



1v1 Attacking with transition (Travel 3)

Category: Technical: Attacking skills
Skill: Mixed age

Pro-Club: TSF Academy
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1v1/2v1 - Phase 2 (20 mins)

Phase: 1

Organisation:

- Two balls at the same time, the attackers RWTB / dribble towards middle of the pitch as quickly as possible
- The player on the ball then has the decision to pass the ball to the link player or beat their opponent in a 1v1
- Only one player is able to use the middle man, awareness is crucial in the decision making.

Focus Area:

Counter attacking with an overload

Key Factors:

Running with the ball

Minimal touches to cover distance but retain possession
Head up while on the run, assess and make good decision
Both feet – protect off both sides when under pressure

Forward passing (Timing, feet or space)

Timing and weight of pass

Pass selection – or stay on the ball

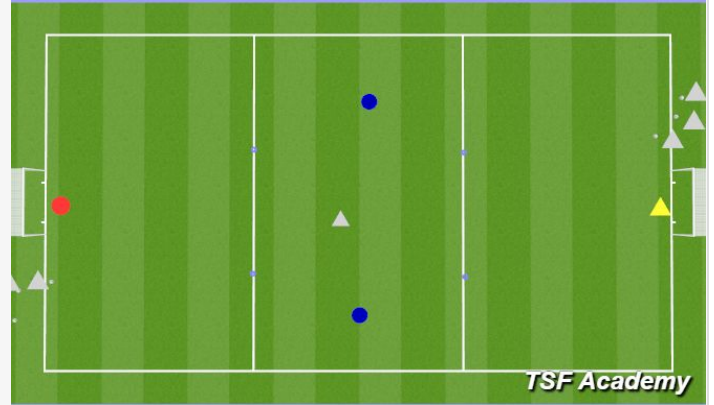
Disguise of pass – make unpredictable

Movement of support players

Threaten in behind – timing of runs

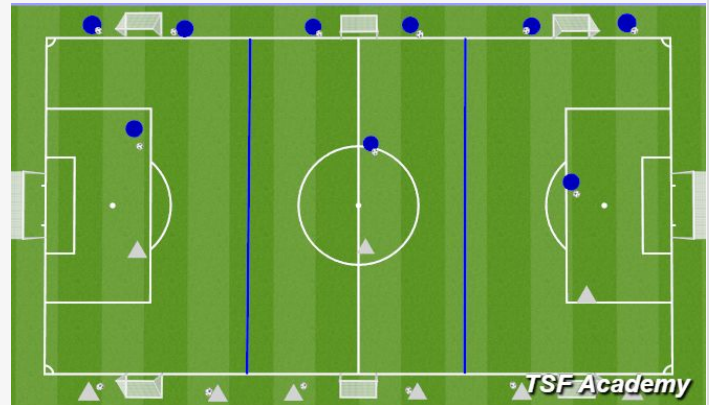
Create space to receive or space for the man on the ball

Third man runs/blind side runs



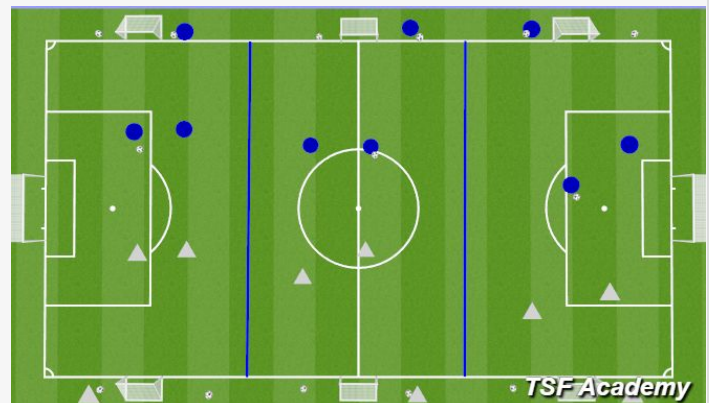
1v1 Transition (20 mins)

- Basic 1v1 transition
- Winner stays on
- Only rotate when scored on
- If a certain player manages to stay on for 3 games in a row he must then swap out with a new team mate.



2v2 Transition (20 mins)

- 2v2 transition
- Players now have a decision to go 1v1, 1v2, 2v1 or 2v2 depending on different scenario's
- Winning team stays on
- If a certain team manages to stay on for 3 games in a row he must then swap out with a new team
- Make teams play against different players



4v4 Transition (30 mins)

- 4v4 or 3v3 Transition depending on numbers.
- Add in neutrals if needed.
- If players go 1v1 and beats another player on the opposite team its an extra point
- Can go into a small sided game after or instead depending on numbers

