

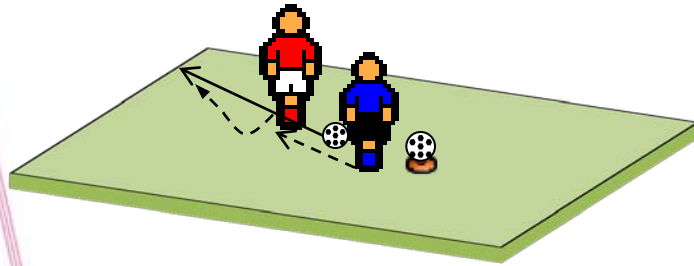
# *Kentucky Youth Soccer Association*

*1v1, 2v1 & 2v2 Variations*

*Adrian Parrish  
Technical Director*

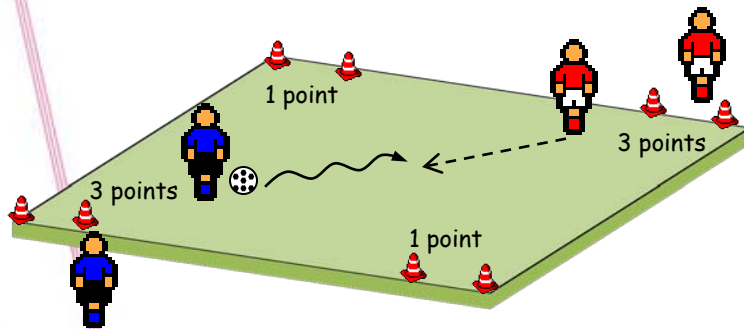


# 1 versus 1 Activities



## Continuous 1v1

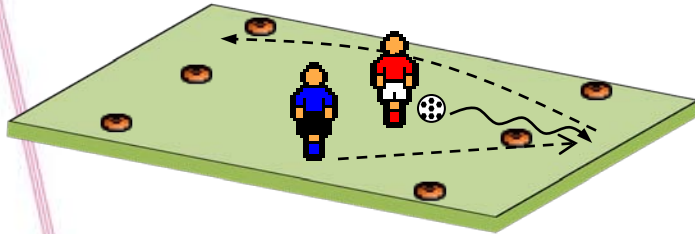
- Place a ball on a cone
- Defender starts with the ball and passes it thru the attackers legs
- Attacking player turn and gets the ball
- Defending player applies pressure
- Players play 1v1 and score by passing the ball and knocking the other ball off the cone



## 4 Goal Game

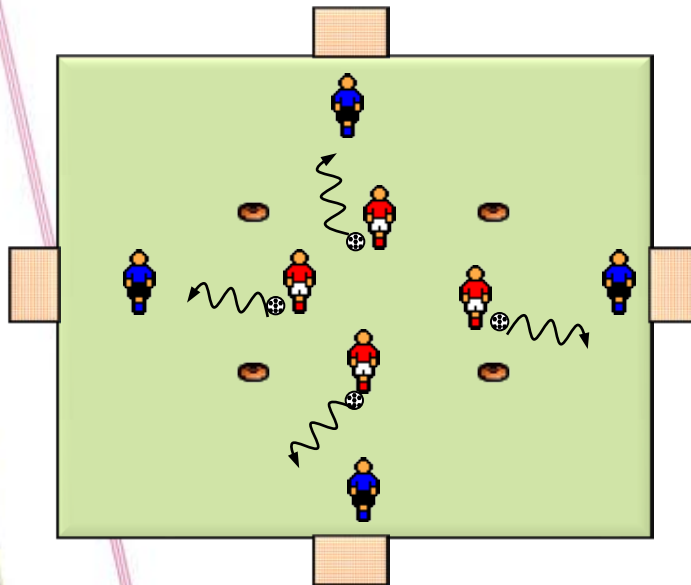
- Play in a 12 x 15 yard grid, placing 2 goals on each side a yard apart.
- Attacking player dribbles the ball out and attempts to dribble in the goal behind the defender for 3 points.
- If they score in the goal to the side of the defending player it equals one point.
- If the defender wins the ball, the same scoring system applies to them.

# 1 versus 1 Activities



## 1v1 to End Zones

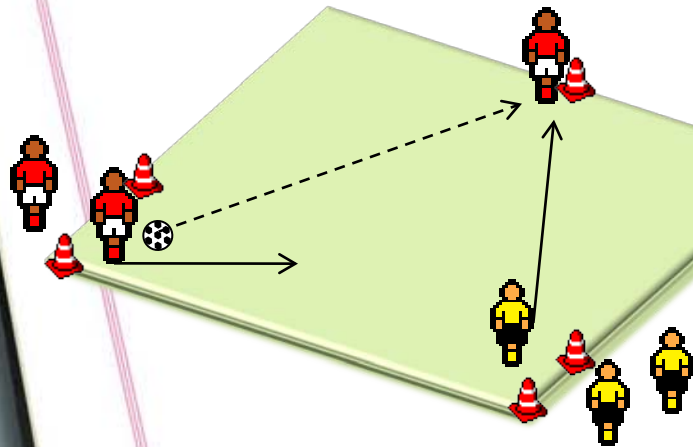
- Place two end zones on a 14x 8 yard grid.
- Players score by dribbling into the end zone.
- Upon scoring the player must retreat back to their end zone before they can defend.
- When the player is scored upon encourage them to attack quickly.



## 1v1 Teams

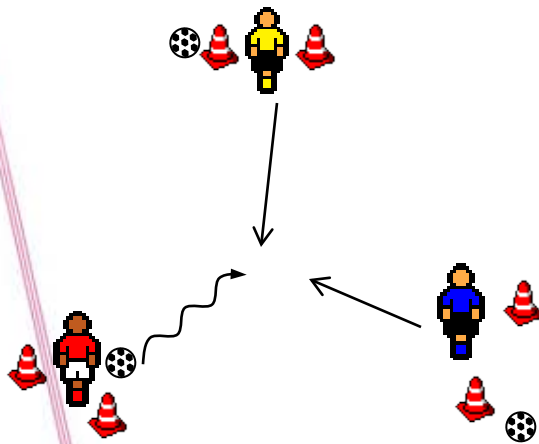
- Set up a 24 x 24 yard grid.
- Inside the grid place a 8 x 8 yard grid.
- On the outside of the larger grid place a small goal.
- Four players start in the middle grid with a defender in front of each goal.
- All players dribble out attempting to score in their goal.
- If the defender wins it they dribble into the square for a point.
- Rotate the attackers to face all four defenders.
- Keep score as team and then rotate roles.

# 2 versus 1 Activities



## 2v1 to Goals

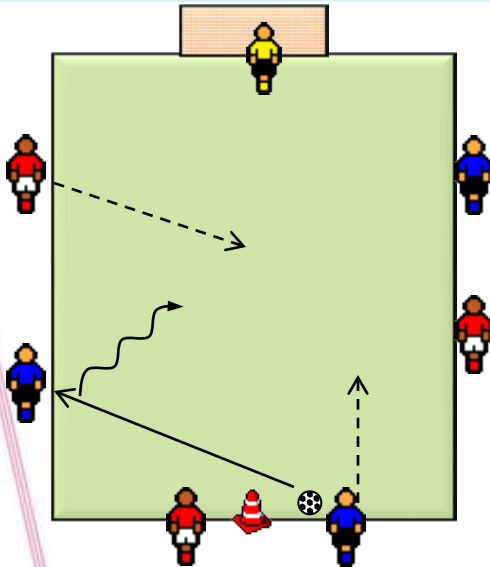
- Two teams of three.
- Grid is 18 x 14.
- Place two goals on the end of each grid.
- One cone half way down, where a player from the attacking team will start.
- Player passes the ball to their teammate as one defender comes out to create a 2v1.
- Score by dribbling through the goals.
- Defenders win the ball and score it equals 2 goals.



## 1v1v1 = 2v1 Triangle Soccer

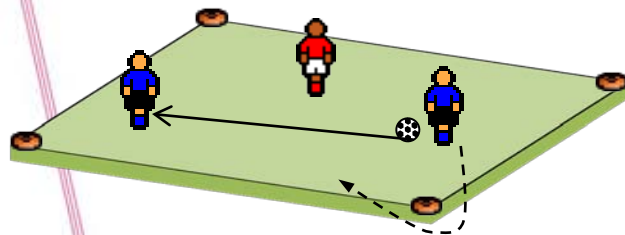
- Three players each defend a goal.
- First player dribbles out and can attack any of their teammate's goals.
- Both of them attempt to come out and win the ball, to create 2 defenders versus 1 attacker.
- When a goal is scored the persons whose goal was scored in restarts the game by dribbling the ball out. The defending players retreat back to their own goals.

# 2 versus 1 Activities



## 2v1 to a Big Goal

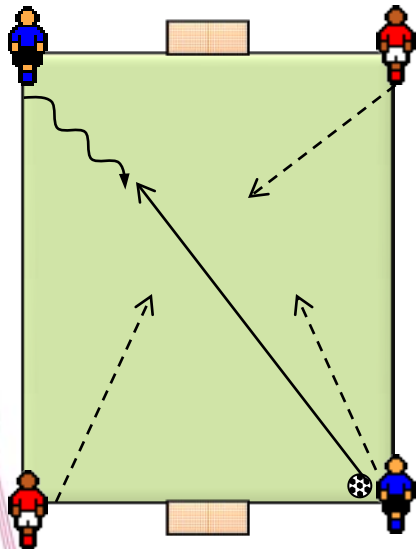
- Two teams of 3 players.
- Grid is approximately 24 x 18.
- Place two player from each team on the outside apart from the side of the goal.
- A player at the end of the grid passes to a teammate and both come out to attack the big goal.
- One defender comes out to create a 2v1.
- The attacking team scores in the bigger goal.
- Defender wins if they dribble over the end line where the activity started.



## 2v1 Keep Away

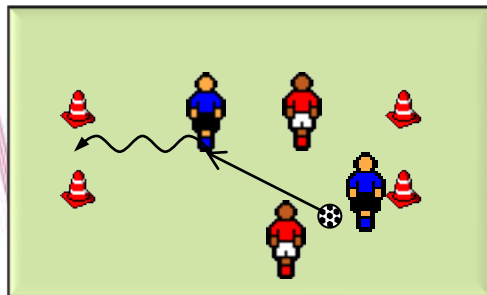
- Two attackers versus one defender.
- The two attackers attempt to keep the ball away from the attacker.
- You could allocate the attacking players a goal, set number of passes or move around a cone after every pass (as shown in diagram).
- If the Defender wins the ball they keep possession.
- Switch roles after 60 seconds.

# 2 versus 2 Activities



## 2v2 from Opposite Corners

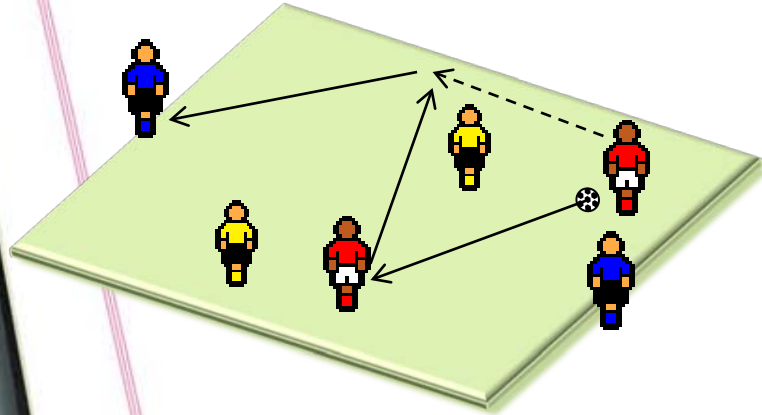
- Grid is approximately 10 x 15.
- Players are placed in pairs and start in opposite corners.
- A player passes the ball to their teammate who comes out and attacks the goal they are facing.
- Both defenders come out and the other attacker follows their pass to create a 2v2.
- Rotate who starts after each play.
- If the ball goes out at the side, players play kick-ins.



## 2v2 Hockey Rules

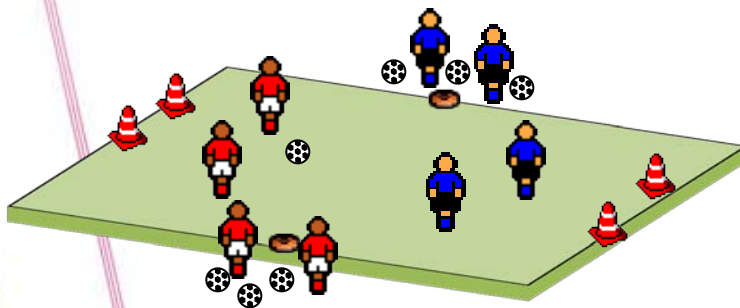
- Grid is approximately 10 x 15.
- Place two goals a yard apart, about 2 yards in, on each end.
- Players score by dribbling through the front of the goal, but can maintain possession around the back of the goal.
- Game can be played with pug goals to encourage shooting.

# 2 versus 2 Activities



## 2v2 to Targets

- Grid is approximately 20 x 16 yards.
- Place two target players on the end of the grid.
- The aim is to play through the middle from one target player to another.
- Target players cannot play to target players.
- Teams score a point by going from one side to the other and back. They continue to maintain possession .



## 2v2 Winners Stay On

- Play 2v2 in a grid approximately 16 x 10.
- Teams score by dribbling through a goal.
- If a team is scored upon, they come off the field and their teammates waiting on the sideline bring the ball on.
- Team cannot enter the field until their teammates have exited.