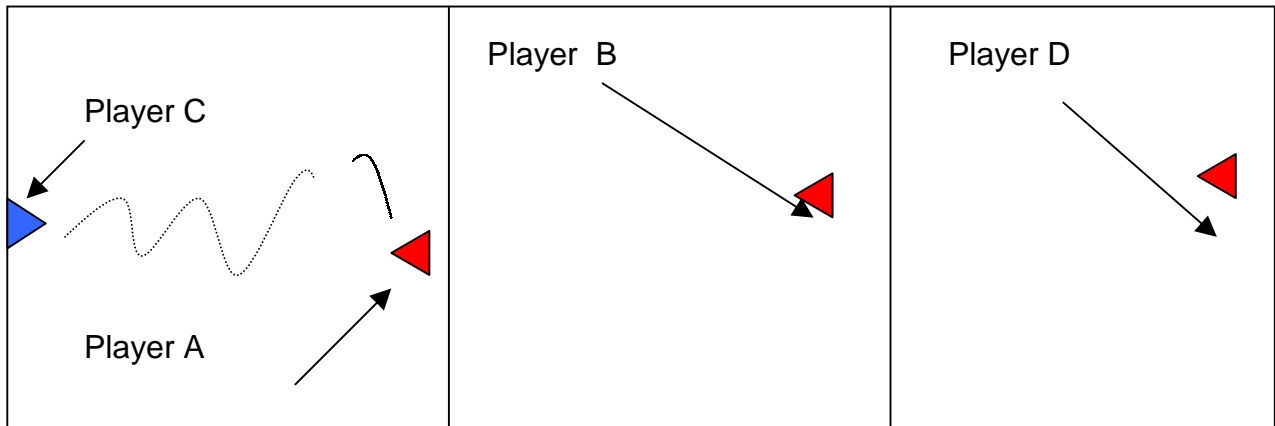


1 v. 1 v. 1

This is another match related game where 1 v 1 skills are emphasized



- If "C" manages to get past "A", "C" continues through Zone 2 and tries to beat "B" over the end line.
- If "B" steals the ball, he takes on Player "A" who has been waiting in Zone 1.
- If Player C beats player B he then takes on Player D. If player D wins he reverses field, takes on, player C. If he beats Player C he then takes on B, etc. etc.

Coaching Points of 1 v 1 v 1

- Individual Attack and Defense
- Attack: Try to unbalance defender, attack at pace, try to face the defender as much as possible, change pace and direction.
- Defense: Try to channel the attacker towards the sideline, use sideline as a second defender.

Variations of 1 v 1 v 1

- Allow defender "A" to chase "C" into Zone 2 if beaten. "C" must then hold "A" off while at the same time moving towards player "B". This also makes "C" not give up on the ball after being beaten
- Start off with the defender as a **passive player** , then let the defender become semi-active, then fully active.