# 4-Point 1 v 1 Game

**Game Details:**

**Theme:** 1 v 1  
**Field Location:** Offense or Defense  
**Field Position:** Attack  
**Time Needed:** 10 minutes  
**Athlete Development Stage:** Foundations, Emerging Competition, Competitive, High Performance

**Objective:**

This game is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the goal for a shot, or to defend in proper form and cause a turnover or a low angle shot.

**Description:**

Set up 4 cones around the attack box or inside the 8-meter, one at X (Behind the cage) and one at the top or point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

**Execution:**

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line. Coaches may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4-5 seconds to develop into a shot or take away. After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.

**Skills Practiced:**

- Dodging  
- Cradling  
- Defense Positioning  
- 1 v 1

**Variations:**

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.