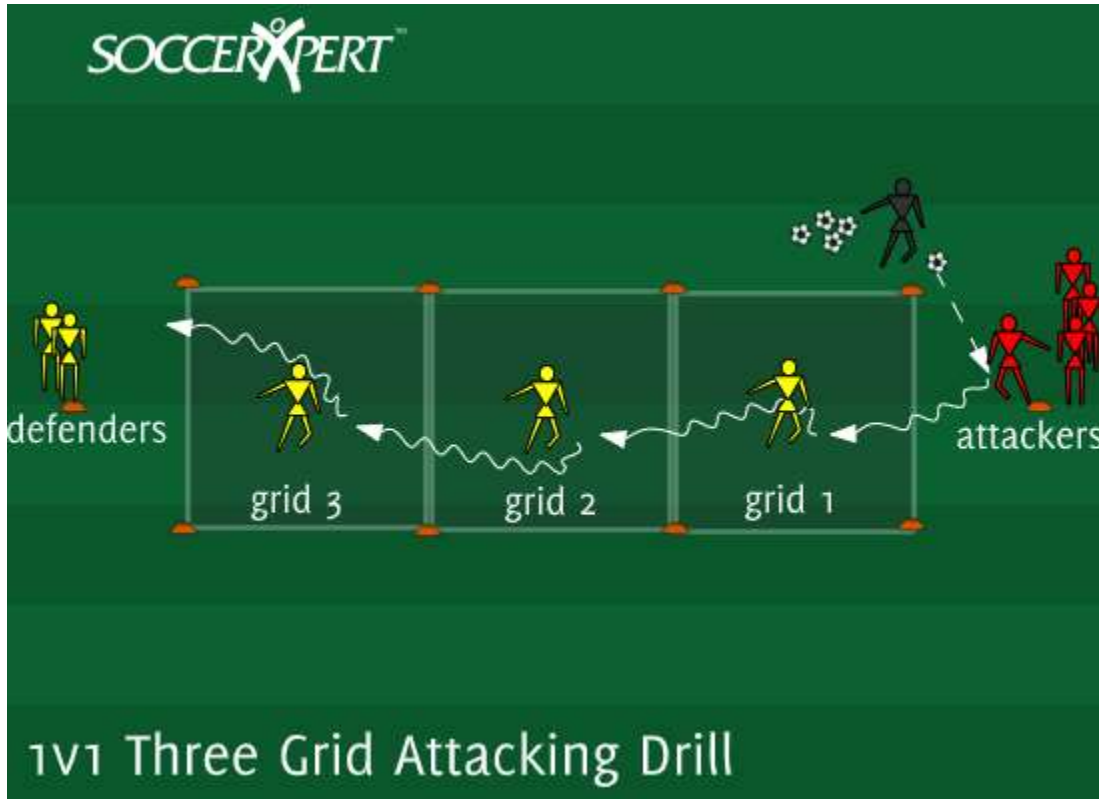


# 1v1 Three Grid Attacking Drill

Chris Johnson 4,430 Views Rating 0 (0 Reviews)

The 1v1 three grid attacking drill focuses on dribbling to beat multiple defenders.



## 1v1 Attacking Drill

1v1 Attacking Drill focuses on dribbling to beat defenders.

### Drill Setup

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1. Create three adjacent grids that are 10x10 yards each.
2. Split the team into two groups. One group attackers, the other are defenders.
3. Attackers will start at one end line about 7 yards from the grid.
4. Start with a defender in each grid and the remaining defenders at the opposite end of the attackers about 7 yards from the grid.
5. The coach should be on the end with the attackers with a large supply of soccer balls.

### Drill Instructions

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1. The coach passes into the first attacker.
2. The attacker attempts to dribble through grid 1, grid 2, and then grid 3.

3. If the defender wins the ball in either of the grids, or the ball is played out of the area, the attacker returns to the attacker line.
4. The defenders all move up one grid closer to the attacker. The defender in grid 1 returns to the defender's line.

### **Drill Variations**

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- Have the defenders play at 50% if the attackers are struggling. After they are more comfortable, increase the defensive pressure.
- Make sure both teams attack and defend.

### **Drill Coaching Points**

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- Get the ball under control quickly.
- Attack with speed.
- Attack the defenders front foot.
- Attempting to attack the space behind the defender.
- Use fakes and feints to off balance the defender.
- Quick change of pace and change of direction. Speed is critical.
- Make sure the player is in control of the ball and not just kicking the ball forward.

### **Equipment**

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- **Disc Cones - Mini or Full-Size Disc Cones** are a critical piece of equipment that every soccer coach must have in your equipment bag.
- **Scrimmage Pinnies/Vests - Scrimmage vests, also called bibs or pinnies,** are also another must-have in your soccer coaching equipment bag.
- **Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.**

### **Drill Ages**

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- 7 - U7, Under 7, 7 and Under
- 8 - U8, Under 8, 8 and Under
- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under

- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

### **Soccer Drill Skill Focus**

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- Dribbling - Soccer Dribbling Drills
- Attacking - Soccer Attacking Drills

**Soccer Drill Titled:** 1v1 Three Grid Attacking Drill

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