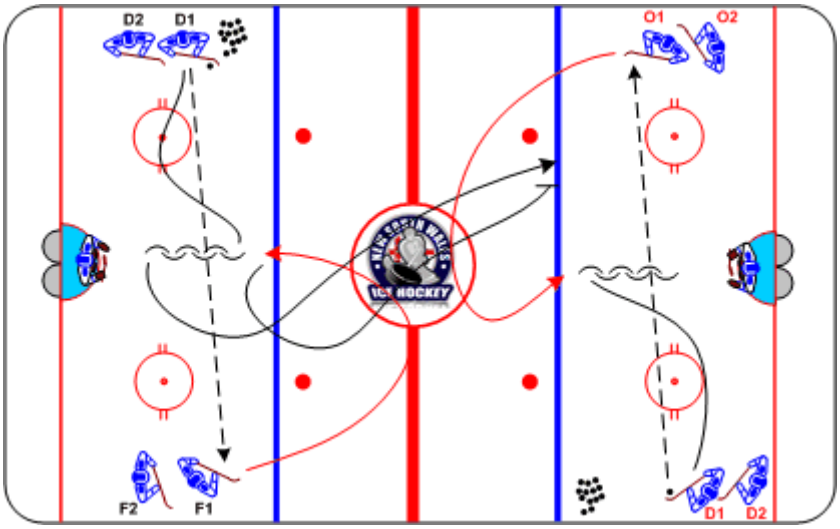
1-on-1 Plus 1

Duration: 8 mins

- **D1** passes to **F1**, double-touches centre circle and attacks 1-on-1 vs **D1**
- On the whistle, D1 passes to F1, double-touches centre circle
- Players play 2-on-0 until a goal is scored
- **D1** jumps up to go 2-on-2 with O1 vs D1 and **F1**



Coaching Tips

- Communication
- Defense to jump up quickly
- Forwards to backcheck through neutral zone

Execution Tips

- Begin on whistle
- Forwards to double-touch centre face-off circle