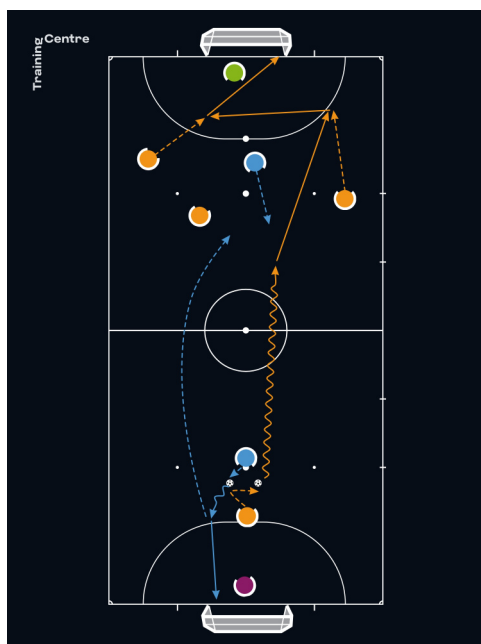


## 1-3 system: Space and verticality



### Organisation

- Use a full court.
- Place a goal at either end of the court.
- Position a goalkeeper in both goals.
- Set up four attackers v. two defenders.
- Place two balls adjacent to each other in the attacking team's defensive half, in the position shown in the graphic above.

### Explanation

- Play starts with the attacking player in the 1v1 scenario deciding with which of the two balls to attack the opposition's goal.
- Once the attacker has chosen one of the two balls, they dribble unopposed past their opponent, who passes the other ball to the attacking team's goalkeeper with a lofted pass before immediately tracking back into their own half.
- The attacker looks to combine with their team-mates in the attacking half to finish on goal.
- The two attackers who begin the exercise in the most advanced attacking positions are limited to one touch.

### Variations

- Two defenders enter the court to create a 4v4 scenario.
- Play starts with the goalkeeper playing the ball out to their team-mate in the 1v1 scenario or to a team-mate in the attacking half.

### Coaching points

- Players should use the full width of the court to make it difficult for the opposition to defend.
- The attackers cannot leave the attacking half.