

# Attacking Principles for 1v1-4v4

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From 1v1 duels to 4v4 chaos, this cheatsheet breaks down the key attacking principles behind each number format.

Use it to coach decisions, not just drills. Help players read, react, and take control in game-like moments.

## GENERAL TIPS

Coach what you see

If you see a lot of mistakes, start with one clear focus and coaching point, don't overload the setup or the players.

Use each format (1v1 to 4v4) to coach decisions, not just execution.

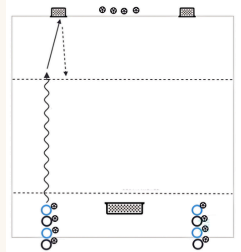
Stretch the space to create options, then add pressure to test them.

Encourage players to scan early, support quickly, and act with intent.

Return to the same formats regularly, recognition builds confidence.

## 1V1

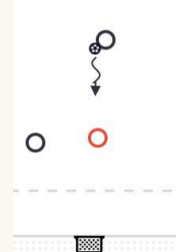
### WIN WITHOUT DIVING IN



- **Own Your Shape** (Low and ready)
- **Eyes on the Ball** (Focus with intent)
- **Don't Overcommit** (Patience)
- **Time Your Tackle** (Wait for your moment)
- **Stay on Feet** (Avoid diving in)
- **Recover Fast** (Bounce back & delay if beaten)

## 1V2

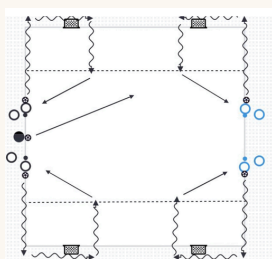
### DELAY THE DECISION



- **Close the Gap Early** (Deny space to the first attacker)
- **Don't Dive In** (Delay, delay, delay)
- **Guide, Don't Chase** (Channel toward the second defender)
- **Read the Pass Window** (Focus on the ball carrier's shape)
- **Intercept or Steal** (Time your

## 2V2

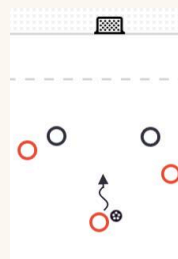
### PLAY BETWEEN THE GAPS



- **Draw the First Defender** (Commit)
- **Drive with Threat** (Dribbling)
- **Pass with Purpose** (Passing)
- **Time the Overlap** (Communication/Pass)
- **Disguise the Intention** (Delay)

## 3V2

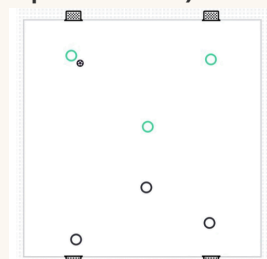
### OVERLOAD WITH PURPOSE



- **Move the Ball** (No aimless passes)
- **Try to manufacture a 1v1** (Isolate)
- **Draw the Defender** (Commit)
- **Connect with Quality** (Passing technique)
- **Support at Angles** (Give Options)

## 3V3

### MASTER THE TRIAD



- **Widen the Wall** (Create Width)
- **Support** (On, Around, Away)
- **Attack the Line** (Penetration)
- **Choose Smart** (Decision making)
- **Isolate the Duel** (Create 1v1s)
- **Combine with Clarity** (Passing)

## 4V3

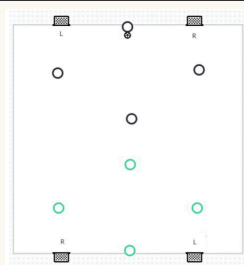
### EXPLOIT THE EDGE



- **Speed the Circulation** (Move the ball quickly – no aimless passes)
- **Create the 2v1 or 1v1** (Manipulate the defenders with movement)
- **Commit with Intent** (First attacker draws pressure)
- **Pass to Penetrate** (Use passing to break shape)
- **Support with Shape** (Angles give clarity and options)

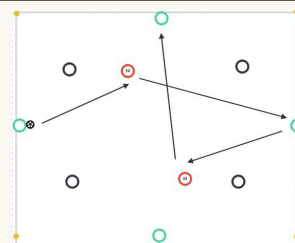
## 4V4

### CONTROL THE CHAOS



- **Play Forward Fast** (Get the ball forward quickly)
- **Arrive in Support** (Support the ball with urgency)
- **Move to Offer** (Create angles to receive)
- **Pass with Purpose** (Secure possession through shape and detail)

## PRINCIPLES THAT STICK FROM 1V1 TO 4V4



- **Stretch the Space** (Width unlocks overloads)
- **Commit Before You Combine** (Draw pressure to release support)
- **Shape to Support** (Good angles turn options into outcomes)
- **Pass to Create, Not Escape** (Possession must have purpose)
- **Speed Kills Stagnation** (Play fast, but not rushed)

All content is from the [How To Coach Technique](#) course, available in our [online coaching community](#).

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