

2v1 DEFENCE

2v1 Defence

Difficulty ● Ages 9+ for boys; 8+ for girls

What does it mean?

In this scenario, it is the defending player who is at a disadvantage as they are outnumbered by 2 attacking players. This numerical disadvantage results in 1 attacking player being left unmarked. The defending player is posed with a situation where they are trying to gain possession from the ball carrier whilst having the threat of a unmarked attacker within passing distance. The attacking players will look to work as a unit in order to pass the ball to each other in order to eliminate the defender & move forwards towards the defending team's goal.

When might this situation occur?

This situation might occur when an attacking team break quickly & find themselves with greater numbers of attacking players moving forwards than there are defending players to mark attackers. This numerical overload may lead to a scenario where 1 defender is faced with a situation where they have to contend with 2 attackers as opposed to 1.

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In this situation the ball carrier could look to eliminate the defender & pass to the second attacker creating a 2v1

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The Attackers

The attackers in a 2v1 situation will be looking to do the following things:

- The ball carrier will **engage with the defender in order to isolate them**. When the timing is right, the ball carrier will look to **pass to the 2nd attacker**. With this move the attacking players are looking to draw the defender towards the 1st attacker (ball carrier) in order to eliminate the defender by passing the ball to the 2nd attacker. The 2nd attacker receives the ball in space which allows them to **move beyond the defender** before the defender has time to recover.
- The attacking players will be looking to **pass the ball** between each other whilst **on the move & maintaining flow**, but may chose to **change their speed** in order to eliminate the defender. The ball carrier may approach a defender at a slow speed in order to draw the defender in to making a tackle, then increase their speed when engaging with the defender in order to move the ball quickly to the 2nd attacker; thus committing the defending player to the tackle & eliminating them quickly before they have time to make any secondary tackles.
- Attackers who add **deception to their movements & passes** will make it difficult for the defender to intercept the ball or make a tackle. In doing so, the attacking players look to send the ball in one direction, so to open up space around the defender & passing into this space instead.
- **Changing direction** is another key method attacking players will use when in a 2v1 situation. If the ball carrier runs directly at the defender in a straight line it makes it much easier for the defender to channel the player & dictate to the attacking player which space they should use. By changing direction the ball carrier is much more difficult to defend against & this will leave the defender with less control of the situation. The 2nd attacking player will be looking to change their movement off the ball in order to create passing options for the ball carrier to utilise.

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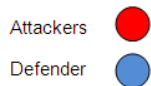
The Defender

- **The defender** needs to try & **isolate the ball carrier** in order to turn the 2v1 into a 1v1 situation in which the defender is more likely to gain possession. When approaching the attackers, the defender should **encourage the attackers to pass or move with the ball so that it moves onto the defender's forehand side**. If the attacker in possession is on the defending player's reverse-stick side, the defender should choose to run in an arc towards the ball carrier, which will either channel the ball carrier onto the defending player's forehand side or **encourage the ball carrier to pass to their team mate on the defending player's forehand side**.
- With the attacker on the defender's open-stick side, a **1v1 situation** is achieved making it easier to channel & tackle the ball carrier. If the ball carrier ends up on the defender's reverse-stick side, the defending player will channel or tackle using their reverse-stick.
- Once the defender has the attacker positioned on their open-stick side, they should ensure that the attacker stays there by **channelling the player further**. The ball carrier will be looking to pass to their team mate in order to eliminate the defender; therefore that defender will **apply pressure** in order to **cut out the line of any passes which could be made to the 2nd attacker**.
- By slowing the attacking player down & **providing time for team mates to get back into defensive positions**, the principle of **outnumbering the opposition** in defence can be achieved.
- Defenders should apply the following when engaging in a 2v1 situation:
 - Use small steps in order to change direction quickly
 - Apply pressure to the ball carrier, e.g. using the jab tackle will mean that the ball carrier's attention will be on the ball rather than on scanning for passing & movement options. Slowing attacking players down will give other defenders time to run back & provide support
 - Keep balanced & stay on the balls of the feet as this will assist with sudden changes of direction
 - Time any challenges on the attackers appropriately. Mistimed tackles will give attackers the opportunity to pass the ball around the defending player
 - Attempt to turn a 2v1 situation into a 1v1 situation

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Channelling the Ball Carrier onto the Open-stick Side

Key



Attackers movements
Defenders movements

Ball movement

Figure 1

Defending player arcs their run towards the ball carrier with a view to channel the player towards the right-hand side or to force a pass to the 2nd attacker who is already positioned on the defender's open-stick side. In this situation the original ball carrier has passed the ball to their team mate

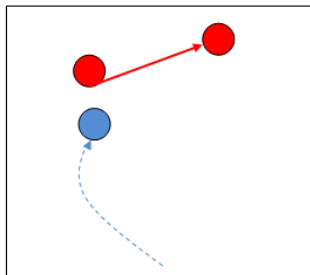


Figure 2

The defending player uses their stick to channel the attacking player further & blocks the ball carrier passing to the 2nd attacker. The defending player has now created a 1v1 as opposed to a 2v1. When appropriate the defending player can tackle the ball carrier using their open-stick.

