

# 2v1 ATTACK

## 2v1 Attack

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

### What does it mean?

By creating a 2v1 situation (2 attackers against 1 defender) the attackers should in theory always beat the defender as they have more passing & movement options available to them.

When penetrating a team's defence, being able to identify & utilise space is a key factor in order to advance in attack.

The more space created by player, the greater the attacking team's chance of successfully penetrating the opposition's defence.

### When might this situation occur?

When 2 attacking players are challenged by 1 defending player.

## 2v1 Attack



The defender has been eliminated using 2v1 attack

## 2v1 Attack



The player on the far left is available to the ball carrier as a passing option.

## 2v1 Attack

### The Defender

- **The defender** will be trying to **control the speed & direction of the attacking players**, dictating to them which space they should & shouldn't use by channelling them accordingly. If a team make a sudden break & overload the opposition's defence, the defenders will look to delay the attackers in their movements forwards & provide cover until support arrives.
- In order to eliminate defenders, attacking players must be able to control the situation by making appropriate decisions & encourage defending players to make poor decisions. In a 2v1 situation, attacking players have the upper hand due to their numerical supremacy. The defender not only has to **contend with the ball carrier**, but has to be aware of the **2nd attacking player** who is a potential threat because they **provide a passing option to the ball carrier**.
- In 2v1 situations, the objective of the defending player will be to turn the **2v1 into a 1v1 situation**. This should make it much easier for the defender to **gain possession** of the ball or **slow down the ball carrier**. Defenders will try & accomplish this, getting in between the 2 attackers to **intercept passes** between them. The result of this positioning presents the ball carrier with 2 options:
  1. They try & pass to their team mate but risk it being intercepted by the defending player
  2. They continue to move with the ball & attempt to eliminate the defender themselves
- If the defending player achieves their initial objective of eliminating the support attacker, turning a 2v1 into a 1v1 scenario, they will then move on to either **channelling the ball carrier onto the defender's stronger, open-stick side** in order to create a tackling opportunity, or towards '**safer**' **areas of the pitch**; such as the sidelines or backlines.



## 2v1 Attack

### The Attackers

When attacking in a 2v1 situation players should think about the following points:

- The ball carrier should **engage with the defender** in order to isolate the player & when the time is right pass to the 2nd attacker. Drawing the defender in to attempt to eliminate the 1st attacker will enable the supporting (2nd) attacker the opportunity to move into space; resulting in the 2nd attacker being able to move beyond the defender, before the defender has time to recover & adjust their body position in accordance with the movement of the ball.
- **Changing speed** whilst moving with the ball is a fundamental skill which will aid attacking players when it comes to eliminating defenders. It is important that when passes are made attacking players receive the ball whilst in flow & keep the pace moving. A ball carrier may decide to approach a defending player at a slower speed in order to draw the defender into attempting to make a tackle. The attacking player should increase their pace whilst engaging with the defender, in order to move the ball on at speed to the 2nd attacker or to eliminate the defender themselves.
- **Adding deception** will make it difficult for the defender to intercept the ball or make a tackle. By using deceptive movements, attackers may send the defender in one direction & open up space around the defender to attack into.
- **Changing direction** is another key part of creating & executing a 2v1 successfully. If the ball carrier runs directly at the defender, it makes it much easier for the defender to channel the ball carrier & dictate to this player which space they should use. By changing direction, the ball carrier is much harder to defend against, as the defender will find it harder to channel the ball carrier & control the situation. With regards to the 2nd (supporting) attacking player, the ability to change direction is also paramount as this player needs to change their position in order to open up passing options & provide support for the ball carrier.

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### Examples of 2v1 Attacking Plays

- There are a variety of different ways in which 2 attackers can eliminate a defending player.
- It is important that both attacking players work together as a unit in order to eliminate the defender.
- Players need to be aware of which space they should & shouldn't use, what the defender is trying to achieve, & adjust their movements according the actions of their team mate in order to provide support.

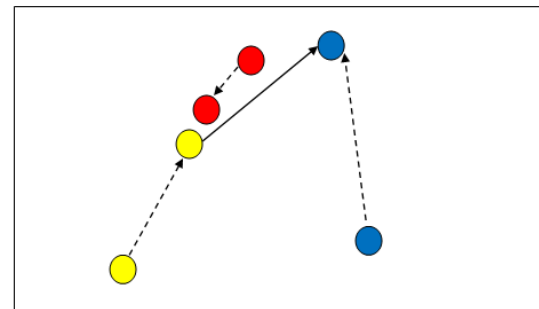
#### 1. Passing behind the defender

##### Key

- Defending player
- Attacking player one receiving the ball
- Attacking player two
- Running direction
- Passing direction

The ball carrier (yellow) moves towards the defending player (red) attacking towards the defender's right foot. By attacking the defender's right foot it makes them believe that the ball carrier intends to pass them on this side. This movement should prompt the defender to try to tackle the player on their strong side. The 2nd attacking player identifies the space which opens up beyond the defender & moves into it. As the ball carrier gets close to the defending player it will cause the defender to shift their weight towards their right-hand side; committing to the tackle. At this point the ball carrier should play the ball past the defender's left foot; passing to the supporting player (blue) & eliminating the defender.

Direction of attack



# 2v1 Attack

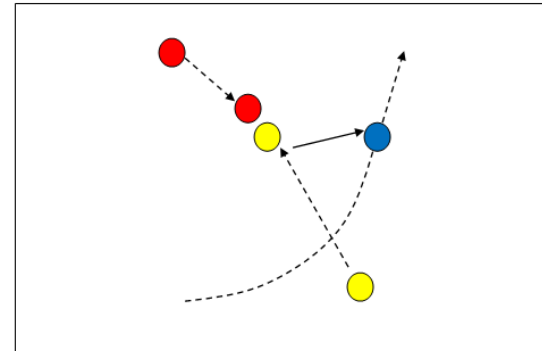
## 2. Using a reverse pass

### Key

- Defending player
- Attacking player one receiving the ball
- Attacking player two
- - - Running direction
- / / / Passing direction

The ball carrier (yellow) moves the ball from right to left towards the defender (red). The supporting attacking player (blue) runs behind the ball carrier into the space available on the right-hand side of the pitch. As the supporting player enters the space created by the angled run the ball carrier passes the support attacker the ball using a short reverse-stick pass.

Direction of  
attack










## 2v1 Attack

### 3. Posting up towards the ball carrier

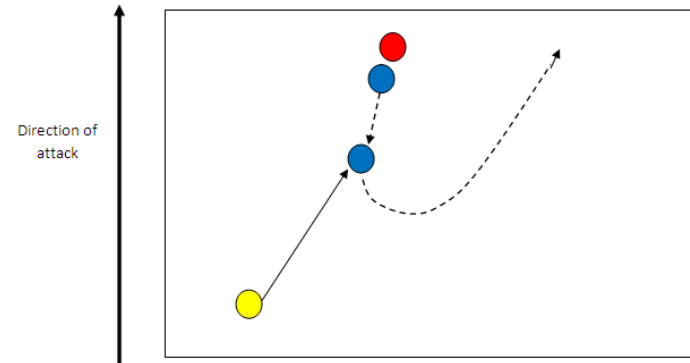
**Key**

-  Defending player
-  Attacking player one receiving the ball
-  Attacking player two
-  Running direction
-  Passing direction

The ball carrier (yellow) moves with the ball towards the attacking goal.

The 2nd attacker/supporting player (blue) begins in a high position with a defender behind them. When the opportunity arises the supporting player makes a leading run towards the ball carrier leaving their defending player posting up towards the ball carrier.

The ball carrier passes the ball for the support player to receive in space whilst in flow. Upon receipt of the ball the support player who now is the ball carrier rolls out to their strong side (left-hand side) taking the ball into space away from the defending player.



*Further information on posting up can be found on Proud to Coach Volume 1, Basic Skills.*

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### 4. Leading run behind the defender

#### Key

- Defending player
- Attacking player one receiving the ball
- Attacking player two
- - - Running direction
- / / / Passing direction

The attacking player (yellow) carries the ball towards the defending player (red). At the same time the supporting player (blue) makes a run behind the defender into the space which opens up on the right-hand side.

As the ball carrier approaches the defender they could choose to add deception to the action by purposely attacking the defender's right foot which will encourage the defender to attempt to tackle on their open-stick side. When the supporting player moves into position using the space behind the defender the ball carrier passes the ball to the supporting player who receives the ball whilst in flow.

