

Title: **2 v 1s**

Date: 03/03/2017	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U12's
Equipment: Balls. Sticks. Cones. Bibs		Purpose: Develop Core Skills: 2v1 elimination, Passing, Defending, Movement, Goalscoring		

Time	Task / Activity / Session Content
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Warm Up

5-10 | Jog + Dynamic stretches + Warm up activity (see 'Warm up suggestions' for ideas)

Pass Past the Defender

10 | Set up cones as shown in the diagram (using as much space as available). Split players into groups of 3.

The player with the ball runs around the cone before then trying to pass the ball to the player standing behind the defender.

To get the ball past the defender players should dummy and try to pass past the left foot of the defender. Players need to look up before they pass to assess where the defender is vulnerable and also to see where their teammate wants the ball to be passed.

Players should also utilise the 'lifted pass' if the defender commits with a flat stick. This should be a controlled lift of the ball just over the defender's stick (it is a foul if it is lifted above knee height). Make sure less experienced players are performing the lifted pass safely.

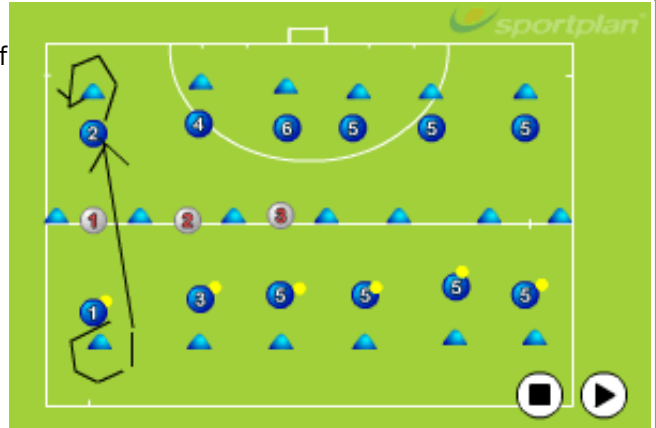
The receiving player has to run the ball around the cone before attempting to pass the ball back to the other side.

If the defender intercepts the ball players must change roles.

Coaching Points

The defender is only allowed to defend on the line.

Players should make eye contact and the passer should try to send the defender the wrong way and pass down the defender's left side or lift the ball over their open stick once they have committed.



2 v 1: Dribble or Pass?

Set up as shown in the diagram. Groups of 3: 2 attackers trying to get past 1 defender and score in one of the two goals. Rotate the positions every few minutes / attempts.

Start with a bounce pass (1-2 with the defender). 1 attacker dribbles towards (engages) the defender where they are presented with two options: They can either pass to the supporting player or take the ball themselves to go and score in one of the two corner goals.

Coaching Points

Encourage players to use the V-drag or a dummy to commit the defender before either taking the ball on themselves or passing to their partner.

Use the principles from the 'Pass Past the Defender' game (above) to eliminate the defender.

Introduce the concept of running in behind the defender: Have the supporting attacker make a diagonal run behind the defender to create new options for the 2 v 1.

Encourage attackers to start the exercise by dribbling at an angle rather than in a straight line to the defender.

Make sure players are not trying to 'force' the pass through the defender.

Keep the playing area narrow to ensure players don't drift too far from each other and make it impossible for the defender.



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4 Zone - 2v1 Game

2 teams play a 6v6 game (or similar), with a left and a right central zone marked out with cones.

In each of the central zones there should be 1 player from each team. (If playing with larger teams then can adapt this to 2 players from each team).

When defending, players can only stay in their starting zones. When attacking, players can run across into any zone to support the attack and create the overloads (2v1).

Coaching Points

This game gives your players the opportunity to try and use the 2v1 skill in a conditioned game situation.

Once a goal is scored or possession is lost the teams should be given time to set up the same situation each time.



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Match

15 Open play small sided game

Cool Down and Review

5 JOG + STRETCHES + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

