

Title: **Improving Passing in the 2vs1**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level: All Ages and Abilities	Equipment: Balls, Bibs and Cones
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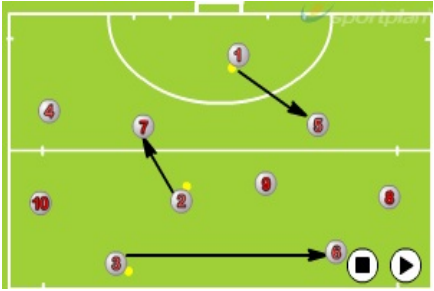
<p>Session Goals: To improve players' ability to pass the ball in the 2 vs 1 - making the most of their opportunities in the overload and improving decision making skills when facing down the opposition's defenders.</p>	<p>Personal Coaching Goals: In our last game we kept passing the ball into the defender's stick and turning over the ball for the other team to break and create goal scoring changes which meant we kept having to run back the length of the pitch in order to recover. I used this session with my squad to show them the importance of getting the defender to commit and for the passer to pass past the defender's left foot (weak spot).</p>
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Time	Task / Activity / Session Content	Coaching Points
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Warm Up

Vision and talking exercise

Spread your team anywhere inside the half of a pitch. Only give your team 3 balls. You may pass the ball around to anyone inside the half. This will create a lot of talking and activity.



Coaching Tips

Do this exercise for about 5 minutes. It is important that the players keep talking and moving off the ball, always making themselves available to receive the ball. For quick decision making do the same exercise inside the circle.

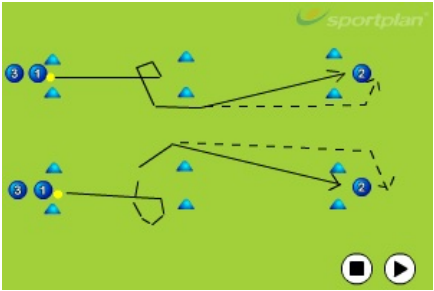
Progression

Have half the players wearing bibs. Players can only pass to a player who isn't wearing the same as you - so bibbed players pass to non-bibbed players and vice versa.

Running with ball - Skills development

Reverse turn - Both ways

Players run with the ball at the cones (pretending they are a defender). The players reverse or forehand turn away from the cones to then continue straight and pass the ball to the other side.



Notes

It is very important for the players to speed up after having turned away to then continue the turn to finish up going in the forward direction again. Players should stay low and should look over the ball.

Pass past the defender

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.

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 Tips

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 weak side.

Taking on the defender

Call in the cavalry - Support play

set out the grid as shown with 2 goals either side of the defender.

1 player starts with the ball and has to run into contact with the defender (draw in the defender) on doing so the player with the ball can decide whether to go it alone and continue to try and run round the defender or turn away from the defender keeping possession of the ball and pass to the supporting player who is only allowed to come into the grid and help if they have received the ball.

Now the 2 player can play a 2 vs 1 and try to score a goal.



Discussion

What should happen in this drill? Which player should be most successful - defence or attack?

What is likely to happen when a defender is trying to mark two players at the same time?

Try to get your players to give you the answers (ask, don't tell).

2 vs 1 Tag defence

Players start in pairs on the 23 metre line.

The attackers have to try and score a goal against the defender.

The defender has no stick and to stop the players scoring they have to tag the player in possession of the ball. As soon as a player has been tagged both attackers must stop and join the back of the queue again.



Don't run into trouble:

Because the defender hasn't got to tackle the attackers, instead only having to touch them, the attackers will have to be extra alert - making sure they don't hold onto the ball for too long and risk losing possession!

Final Game

2 vs 2 - Mini Game

2 vs 2 with 2 goals across the 23 m area with no keepers. Depending on your numbers you can also play this game as 3 vs 3.

To prevent long shots you can instruct your players that they can only score when in the opponent's half of the pitch.



Notes

Variation:

Depending on your numbers you can also play this game as 3 vs 3.



Rules

No long range shots:

To prevent long shots you can instruct your players that they can only score when in the opponent's half of the pitch.

Other Comments:

"If you train hard, you'll not only be hard, you'll be hard to beat."

Herschel Walker

Evaluation: