

Topic

2 v 1 Passing



◇ Area: 30 x 30

Organization:

end of each grid. Defenders are restricted to their own grids.

The practice starts when two attackers enter the grid with the ball. The first defender must start from the middle line and cannot defend until the attackers enter the grid. The second defender must start from the end line and cannot defend until the attackers enter his grid. Attacking players must try to beat the first defender, then the second defender and stop the ball on at the end of the grid.

- If the attackers reach the end line with the ball they score a point and return to the beginning. If the defenders win the ball, the attackers then switch with the defenders. This gives the attackers an incentive to score a point.

Emphasize the following points:

- Attack the defenders with speed.
- Commit the defender by attacking him with the ball.
- Look for a "give and go" pass.
- Look for blind-sided runs and pass behind the defender.
- Disguise the pass and dribble past the defender.