

How to meet the 2 v 1 challenge

There are times when you want maximum participation for a small unit skill. Here, you can use lots of small boxes to play fixing games with 2 v 1 situations. You can move easily around the boxes, observing and feeding back.

What you tell your players the session is about

1. Fixing a defender from different situations.
2. Reacting to the defenders' movements and creating successful 2 v 1s outcomes.

Session planner

WARM-UP	SESSION	DEVELOPMENT	GAME	WARM-DOWN
7-10 mins	10-15 mins	10-15 mins	15-20 mins	7-10 mins
ACTIVITY	KIT		OUTCOME	
Warm-up	Lots of balls in a couple of 20m boxes		Players focused on finding space and moving the ball to space	
Session: 2 v 1 challenges	Lots of 5m wide by 8m long boxes side by side. A ball in each box		80% plus success rate for 2 v 1s	
Development: 2 v 1s in succession	Add a 15m wide by 8m long box behind one of the original boxes		Beating two defenders in succession by fixing each one	
Game: small-sided conditioned game	A 12m square box, with cones on each corner and a flat cone in the centre		5 v 3 games to create opportunities for successful 2 v 1s	

Where this fits as an Advanced Skills Smart Session

Player skill
Decision making / Passing & handling

Tactical skill
Attack patterns

Other Advanced Skills
Smart Sessions covering this area:

36 The channel funnel

63 The weakest link

80 Heads up and away

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What to think about

What are the best types of pass?

Players should not restrict themselves to lateral passes, but should explore switches, dummies and offloads in contact (for slower forwards).

What should the defender aim to do to prevent successful attacks?

He should always pressurise the ball carrier by closing down his space and reducing his time to make a decision. If he can, he should aim to get in between the two players, but close to the ball carrier.

What you tell your players to do

1. Ball carriers: move quickly and change angles to interest defenders.
2. Supporters: hold your runs before committing yourself at pace.
3. Defenders: close down the space for the ball carrier.

What you get your players to do

Put two attackers with a ball back-to-back with a defender in the middle of the box. The players run to the line in front of them and then turn to attack and defend. Move to full contact quickly. Rotate the players between boxes for different challenges.

What to call out

"Keep changing the angle of attack"

"Attack the defender with purpose"

"Supporters: use accurate communication"

"React to the defender and move him if you can"

Development

Add a wide box behind the original box. Repeat the 2 v 1 challenges, but add one player to each side. These players have to run round a corner of one of the boxes, arriving to support as the 2 v 1 progresses.

Game situation

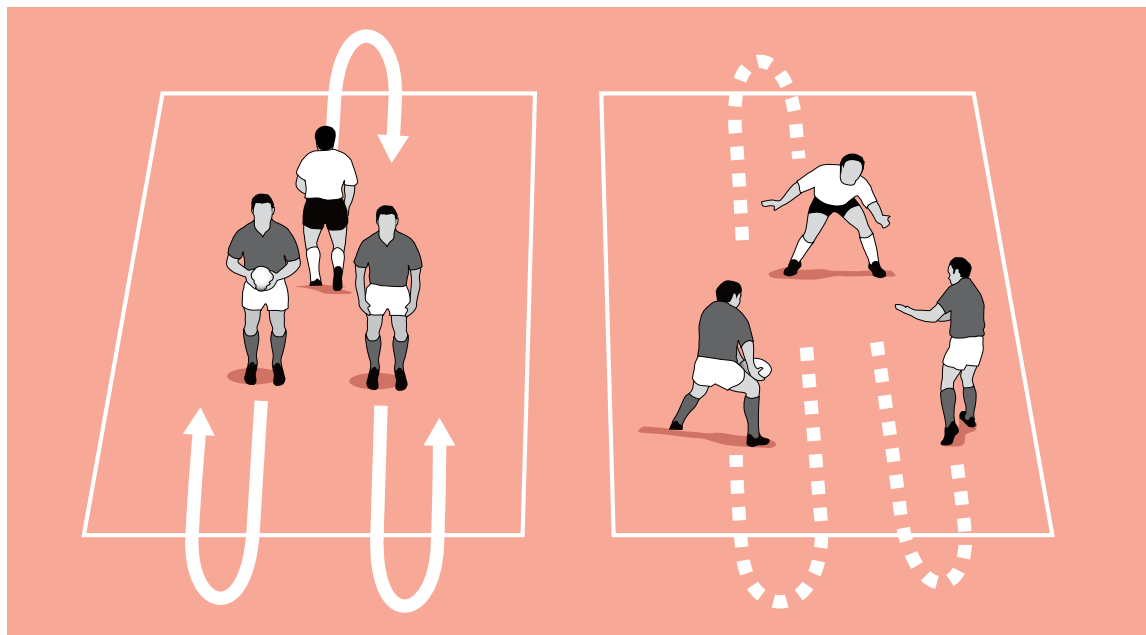
Your team need to create 2 v 1 situations and then execute them.

In this game of 5 v 3, both attack and defence enter a box from the same side, run to a cone in the middle and then split off to run round a corner before entering the box. The groups can split in any configuration. Move the middle cone around to offer different challenges.

This session devised by Dan Cottrell

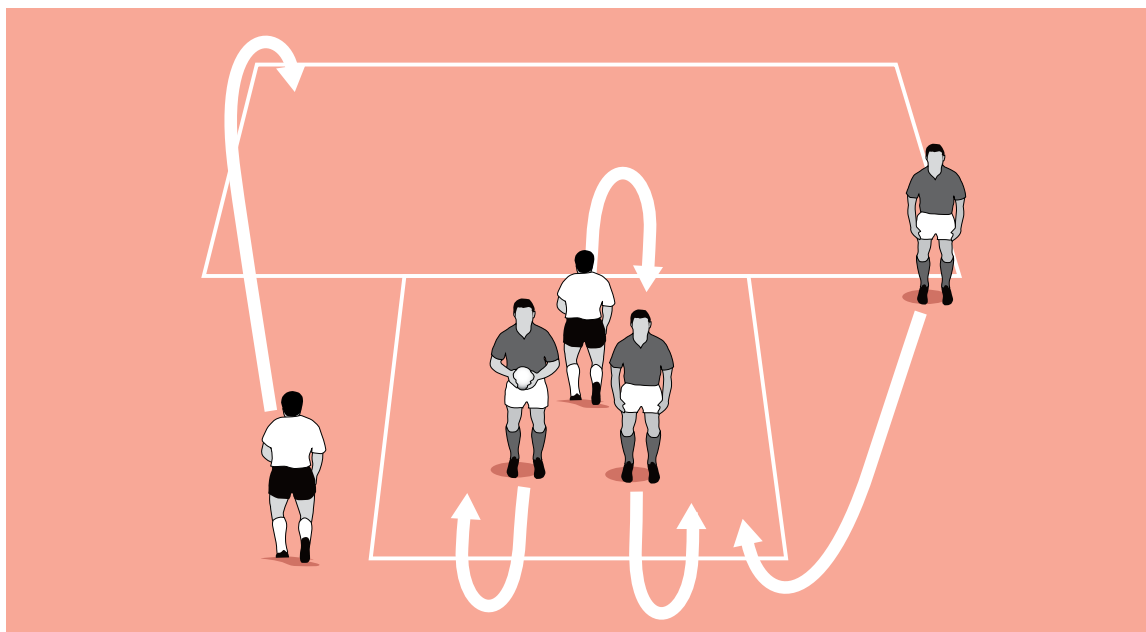
1 SESSION

2 v 1 challenges
 Attackers and defender run to their end and turn to play in the box.



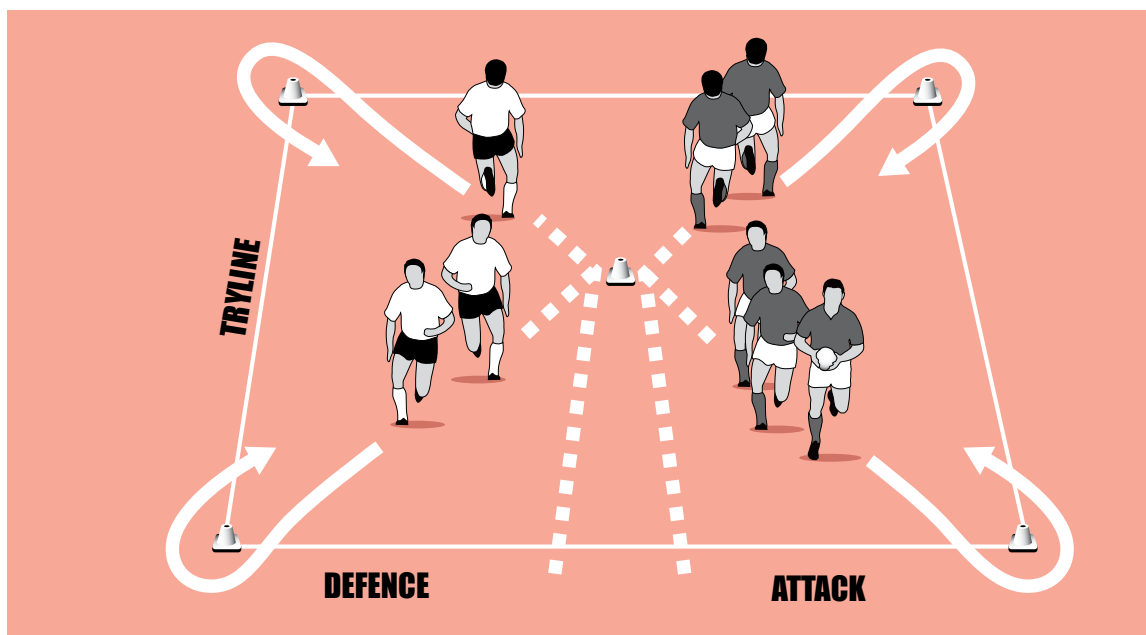
2 DEVELOPMENT

2 v 1s in succession
 Add an extra attacker and defender. The attack goes through the smaller box and then into the larger box.



3 GAME

5 v 3 conditioned game
 Both teams run to the middle and then the corners before playing through the box.



Direction of run
 Ground covered