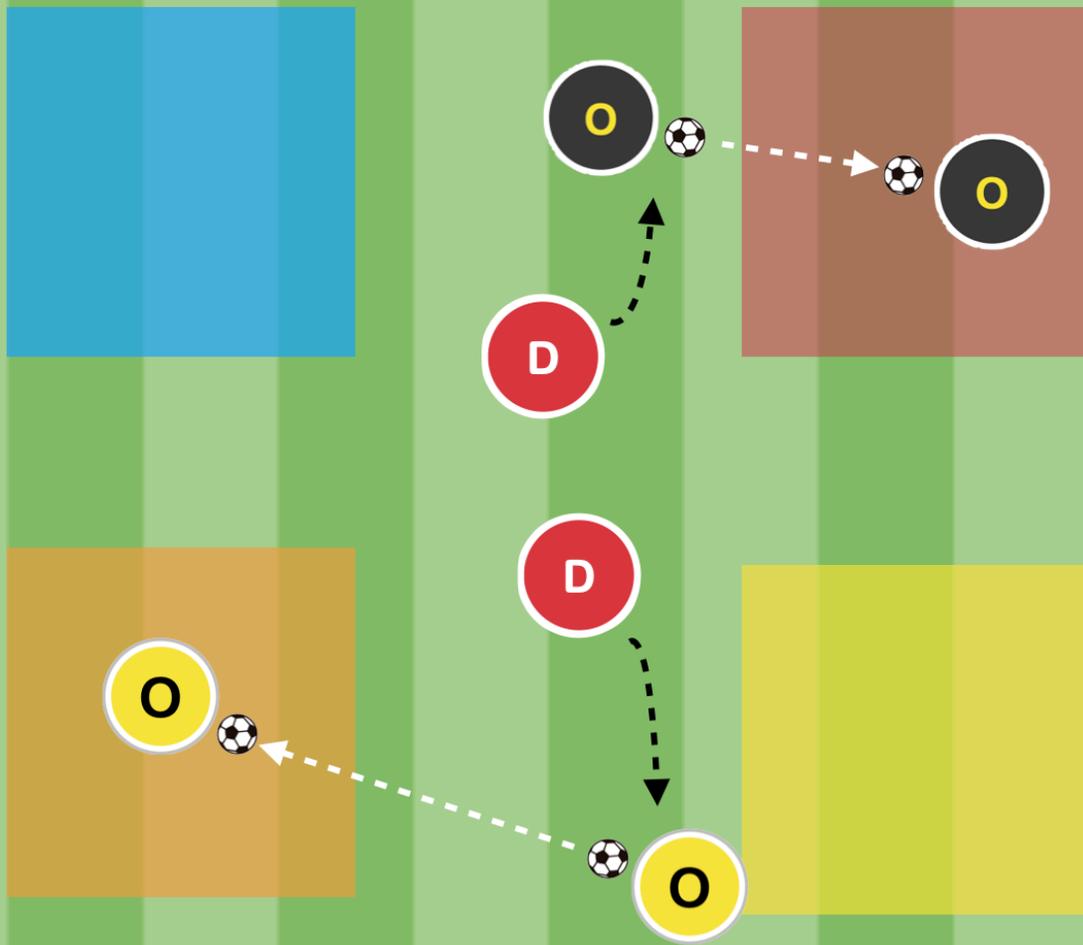


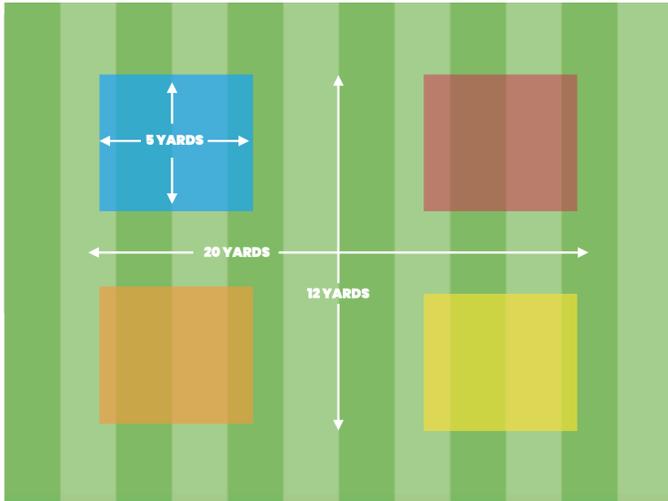
2v1 FOUR BOX GAME



2v1 FOUR BOX GAME

This is a progression from the 3v1 Square Rondo which has one open side of the square. In this version instead of players playing on the sides of a square they now have a larger area to work in, the concept remains the same, find the right space to support your team mate.

SET UP



Adjust the size of your playing grid and target boxes to make the activity easier or more challenging for the attackers or defender.

Players can play from inside the grid and also the outside of the boxes.

ACTIVITY

Put players into groups of 3 they will be playing 2 versus 1 in this activity. The objective of the game is for the two players with the ball to keep the ball between them by dribbling, shielding and passing.

The pair with the ball score a point every time one of them makes a pass to their partner who is in one of the four coloured boxes. To win the game the pair with the ball must complete a pass to their partner in all four coloured boxes without losing the ball to the defender.

If the defender wins the ball they can score 5 points for dribbling the ball into any of the boxes.

COACHING POINTS

- Keep the ball until your partner is open in the box rather than trying to make a pass the defender will block
- You can make as many passes with your partner as you want before you try to make a scoring pass. This is not a race it is a game of keeping the ball first and scoring when the

opportunity is there.

- If your partner is not open for a pass then either dribble away from the defender or shield the ball until your partner can move and support you

Q. When should we try and make a scoring pass into a box to our partner?

A. When we can see they open in the box and we can make the pass without the defender intercepting. Also we can make a pass into a box if our partner can get into the box and receive it before the defender can get there.

Q. What should you do if your partner is not open and you can't pass to them?

A. When we can see they open in the box and we can make the pass without the defender intercepting. Also we can make a pass into a box if our partner can get into the box and receive it before the defender can get there.

VARIATIONS

- Coach nominates which colour box the players must complete a pass into
- Give players the order of the coloured boxes they must visit and complete a passes (blue & yellow)
- The partners must make a pass into the box and the player who receives the ball can not dribble out of the box they must make a pass back out to their partner from inside the box
- Partner receiving the ball must not be in the box before the ball is passed

COMMON MISTAKES

Players will tend to try and make passes too soon when their partner is not open they will try and complete the entire activity in 4 passes !!! Get them to slow down and focus on keeping the ball longer and making the defender work harder. Use dribbling, shielding and passing to keep the ball.