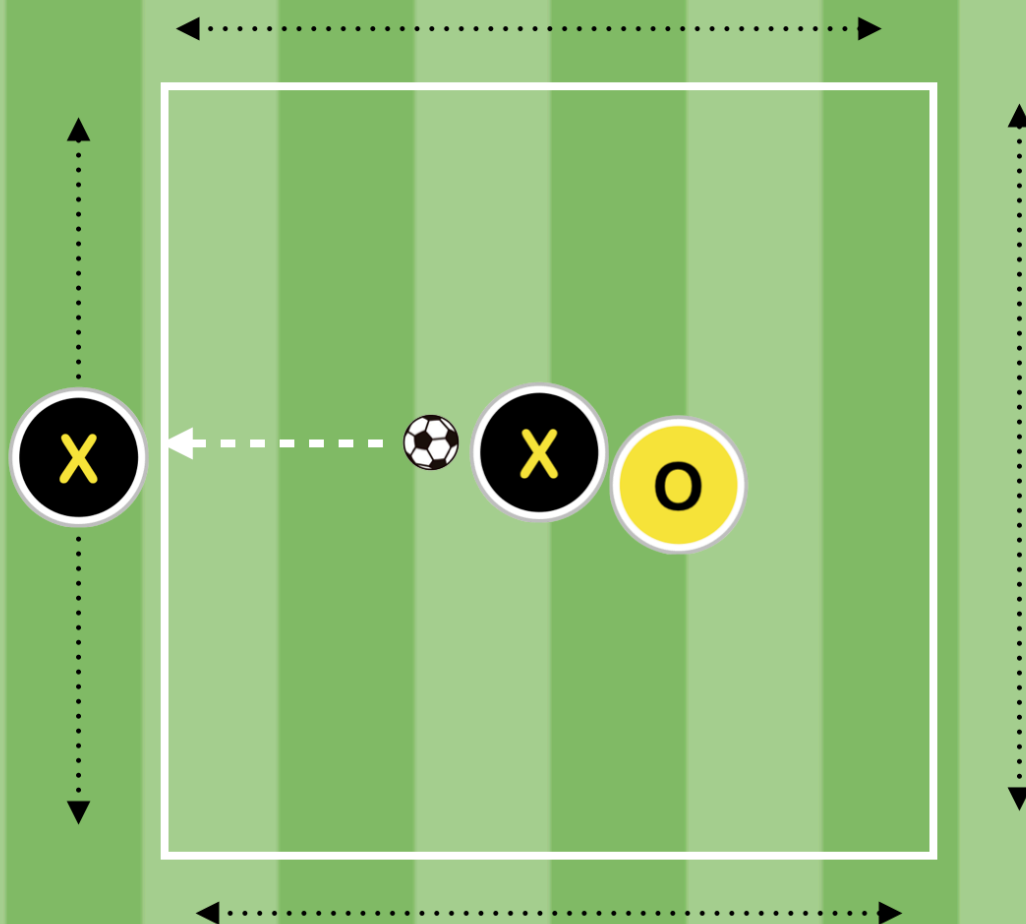


2v1 SQUARE



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The 2v1 Square is a possession activity designed to get the 2 players passing and then moving off the ball to get the ball back. It works on 1v1 aspects of the game and also the additional player finding the right place to support the player on the ball.

SET UP & ACTIVITY

Set up a square playing grid. To start with you will have a 1v1 inside of the square with an extra player who can move anywhere around the outside of the square. The player in possession of the ball and the player on the outside of the square work together as a pair.

The two players in the middle will play 1v1. The player in possession can pass to the player on the outside of the square to keep possession and when they do pass to the player on the outside they switch roles and the player on the outside comes into the square and continues the 1v1 and the player who was in the middle takes up a position on the outside of the square.

- If the defender in the 1v1 steals the ball or intercepts the ball he switches spaces with one of the other 2 players and he or she becomes part of the 2v1
- Set a challenge of how long a pair can keep possession or give them a pint for every completed pass.
- Make your square large to start to make it harder for the defender. You can decrease the size based on how much success the possession pair are having.

COACHING POINTS

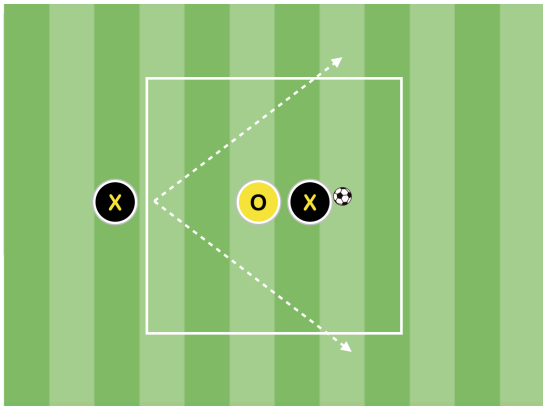
- Focus on the player without the ball taking up an open position on the outside of the square so the player in the 1v1 can make a pass.
- Show the player in the 1v1 how to move away from the defender as soon as they pass the ball out to the player on the outside of the square.
- Show the player on the outside of the square how they will need to move to different sides of the square to be open and in a good position to receive a pass. The players movement will be determined by what their partner is doing.

VARIATIONS

- You can vary this activity by changing the role of the person on the outside of the square. One version would be that the person on the outside of the square can move anywhere around the outside of the square but always remains on the outside of the square.
- The other version of this activity is as we have detailed above where the player on the outside switches roles when they receive the ball and brings the ball into the square to now be the player on the 1v1

COMMON MISTAKES

The player on the outside will remain static and not move to get into an open position to support the player in the middle



- Show the player on the outside of the square where they need to move to be in a good supporting position.
- The player needs to react to what the player in possession in the 1v1 is doing and where they are moving. They must move to another side of the square to be an open option.

The player in the 1v1 will not get open for the neutral to be able to pass the ball back to them

- The player in the 1v1 will play the ball to their partner on the outside of the square but then they will not move as the defender goes to get the ball and will be in a position where the partner can not pass to them.
- Show the player in the 1v1 how to move away from the defender as soon as they pass the ball. They need to react to the defenders movement and move away to become open for their team mate.

