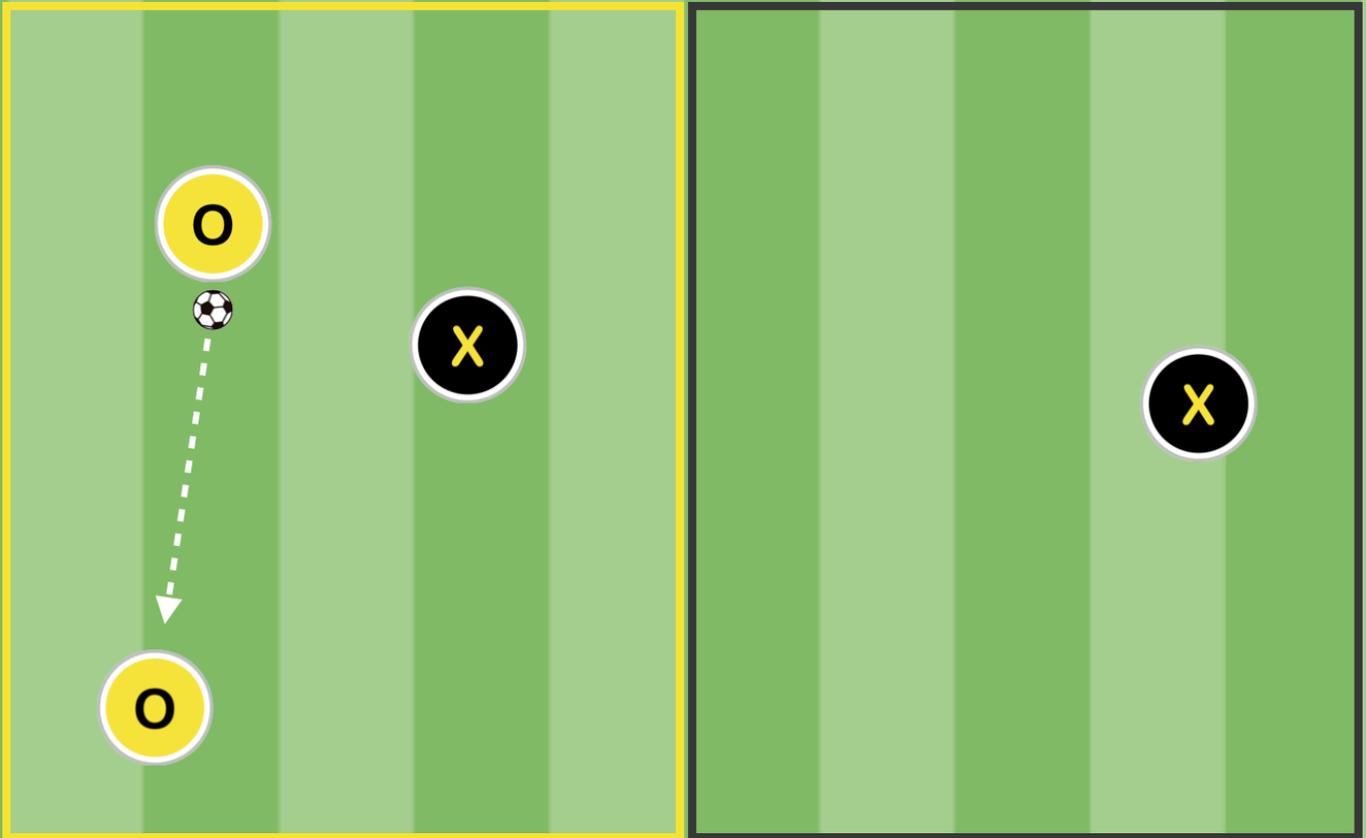


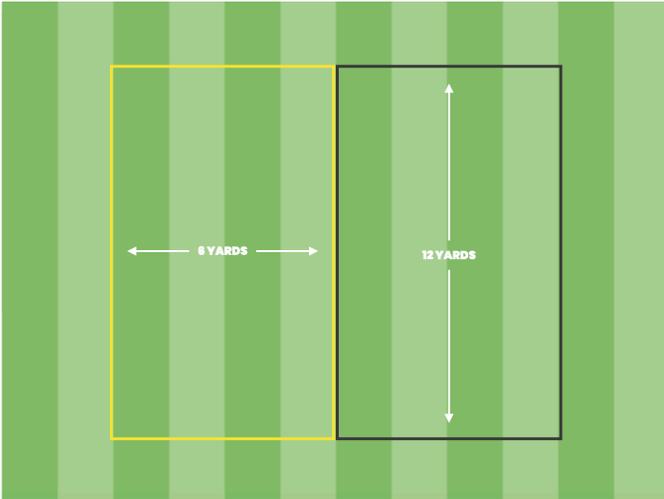
2v1 TWO ZONE GAME



2v1 TWO ZONE GAME

This is a 2v2 activity where the rules and conditions create lots of 2v1 opportunities and give players chances to practice finding their own space and keeping the ball away from the defender. You can easily change this activity to become 3v2.

SET UP



Set up two equal sized zones your zones need to be big enough for 2 players to be able to keep the ball away from a defender.

You may want to experiment with square zones or deeper zones. Adjust the size of your zones to make it easier or more challenging for your players.

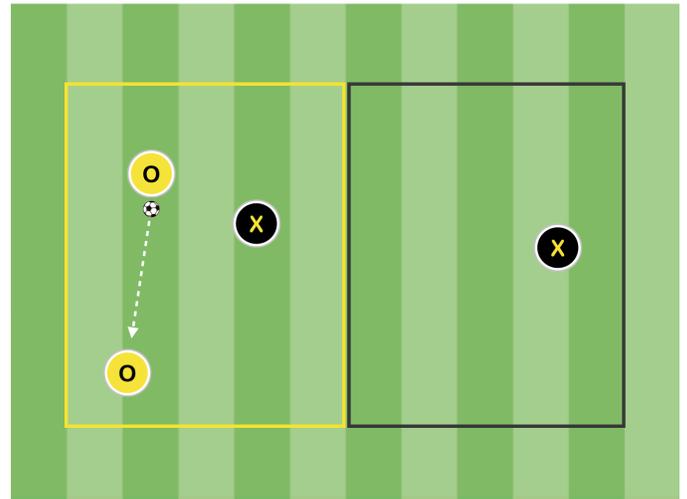
ACTIVITY

This is a 2v2 activity that creates lots of 2v1 situations and will challenge the players to find ways to keep the ball in a 2v1 situation.

One team of two players will start with the ball in their own zone. One of the other pair will come out of their zone and go and try and win the ball from the 2 players.

The basic rule of this activity is that the team out of possession must always have one of their players stay back in their home zone this is how we create the 2v1 situation.

When the defender wins the ball they will pass or dribble the ball back to their home zone and try and keep the ball in their home zone. The team that lost the ball will send one player to try and win the ball back while one will stay back in their own zone.



COACHING POINTS

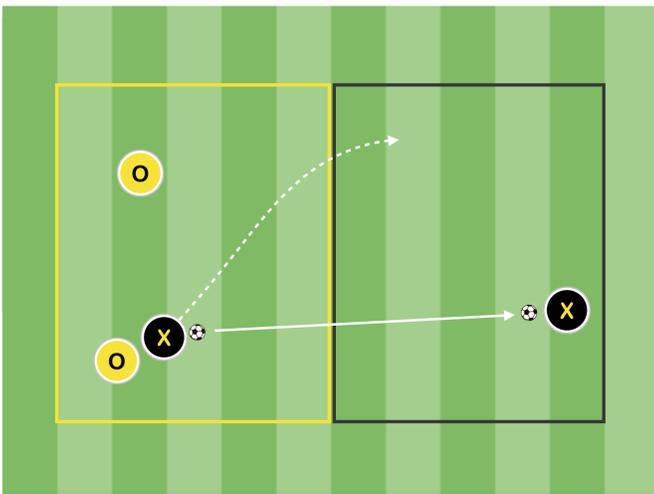
Show the player without the ball how they can move to a different square to become open for their team mate depending where their team mate and the defender are.

Q. When you win the ball what's the quickest way to get it back to your home zone?

A. Pass the ball it will travel quicker than you can dribble it most of the time.

Q. When you win the ball in your opponents zone which player will be open and furthest from the people now trying to take the ball from you?

A. Your partner will always be furthest away and will always be open as they are waiting for you back in your zone



As soon as you win the ball pass it straight back into your zone where your partner is waiting then go and find space away from your partner to support them.

Try and find a space as far away as you can in your zone. The objective for the partner without the ball is to find a space in their zone as far away from their team mate as far away from the defender as they can.

You will also want to help show the player how we want them to be open or available to receive a pass from their team mate.

Q. What does being Open or Available to receive a pass mean?

A. It means your partner who has the ball can see you without the defender being in the way. Your partner can pass you the ball without the defender blocking or stealing the ball. Can you see your partners feet and the ball?

Show the player who is waiting in the home zone how to position themselves towards the back of the zone so the defender has further to come get the ball when they receive the pass from their partner who wins the ball. Also show them how to shadow the movement of the ball rather than just standing static.

VARIATIONS

If your players are finding the activity too difficult you can add another player onto each team.

We suggest making this player stay on the far backline of the zone, this will enable the other two players to go to the sidelines of the zone creating width and two options for the passer.

