



Hooked on Games

15 Play-Practice-Play Session Plans



Session 4

2 v 1 Attack - Support to the Right

Equipment needed:
Balls (minimum one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with and without the ball there should be an emphasis on the following:
• *Quads* • *Groin* • *Calves* • *Lunges* • *Side Lunges* • *Lower Back*. Ensure the players do some short running and footwork drills before commencing the stick and ball section.

10 mins

1. Play

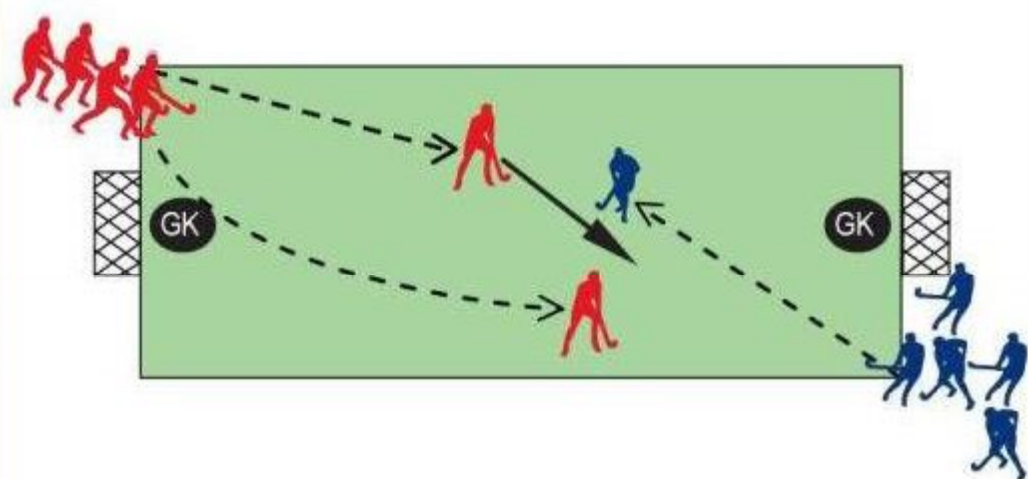
15 mins

OBJECTIVE

This game demonstrates 2 v 1 situations which will be developed in this session.

SET UP

- The pitch should be roughly 15m x 8m with a goal at each end
- Two teams of 5 to 10 players
- Players are positioned at the end of the **side-line** and not on the end-line (for safety reasons)



RULES

1. Two players leave with a ball and attack the opposition goal
2. A defender from the opposite team steps out at the same time as the attackers
3. The attackers must get the ball past the defender before they can score
4. Scoring is with pushing only (no hitting)
5. If the defender **touches** the ball the attack is over and play finishes
6. When the play is over all three players leave the field and the next team of 2 attacks against 1 defender from the other team. Teams take it in turns to attack.

SAFETY POINTS

- **No hitting**
- If the players are inexperienced then position them at the end of the side-line to ensure no balls travel near to them
- Keep control by blowing the whistle once a play is over - ensure all players leave the pitch immediately



2. Practice

35 mins

OBJECTIVE

This section aims to develop the 4 o'clock ball carrying position and passing and elimination techniques which facilitate effective 2 v 1 situations with the ball carrier on the left. It should be noted that these will most frequently occur on the left hand side of the pitch.

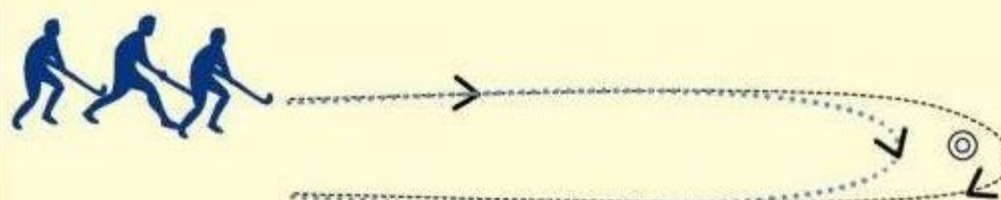
ORGANISATION

It is worth working close to the left side-line of the pitch so that the players associate the techniques developed with that side of the pitch. They should work in groups of 5 to 8 players.

1. Getting the 4 o'clock ball position:

Set up a relay race: Players travel 7 to 8m then spin around a cone clockwise. The ball stays on the nearside (inside) of the cone whilst the feet move around the outside.

- Push the left hand away from the body
- Over run the ball (or speed feet up whilst slowing ball down)



Blue line denotes path of the ball

2. Left to right pass:

Once the players have started to get the ball into the appropriate position a pass can then be added. The player who makes the pass follows it and the receiver takes the ball back to the start.



TECHNICAL FOCUS

Ball at 3 or 4 o'clock position

- ⬆ Eyes up
- ⬆ Try to deliver a pass on the move (don't stop as this gives the defender too much opportunity)
- ⬆ Throw body weight forward and follow through when making the pass