



# Hooked on Games

15 Play-Practice-Play Session Plans



## Session 5

### 2 v 1 Attack - Support to the Left

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

### Warm up and Stretch

Given the amount of running completed in this session there should be an emphasis on the following:  
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some running and footwork drills before commencing the stick and ball section

10 mins

### 1. Play

15 mins

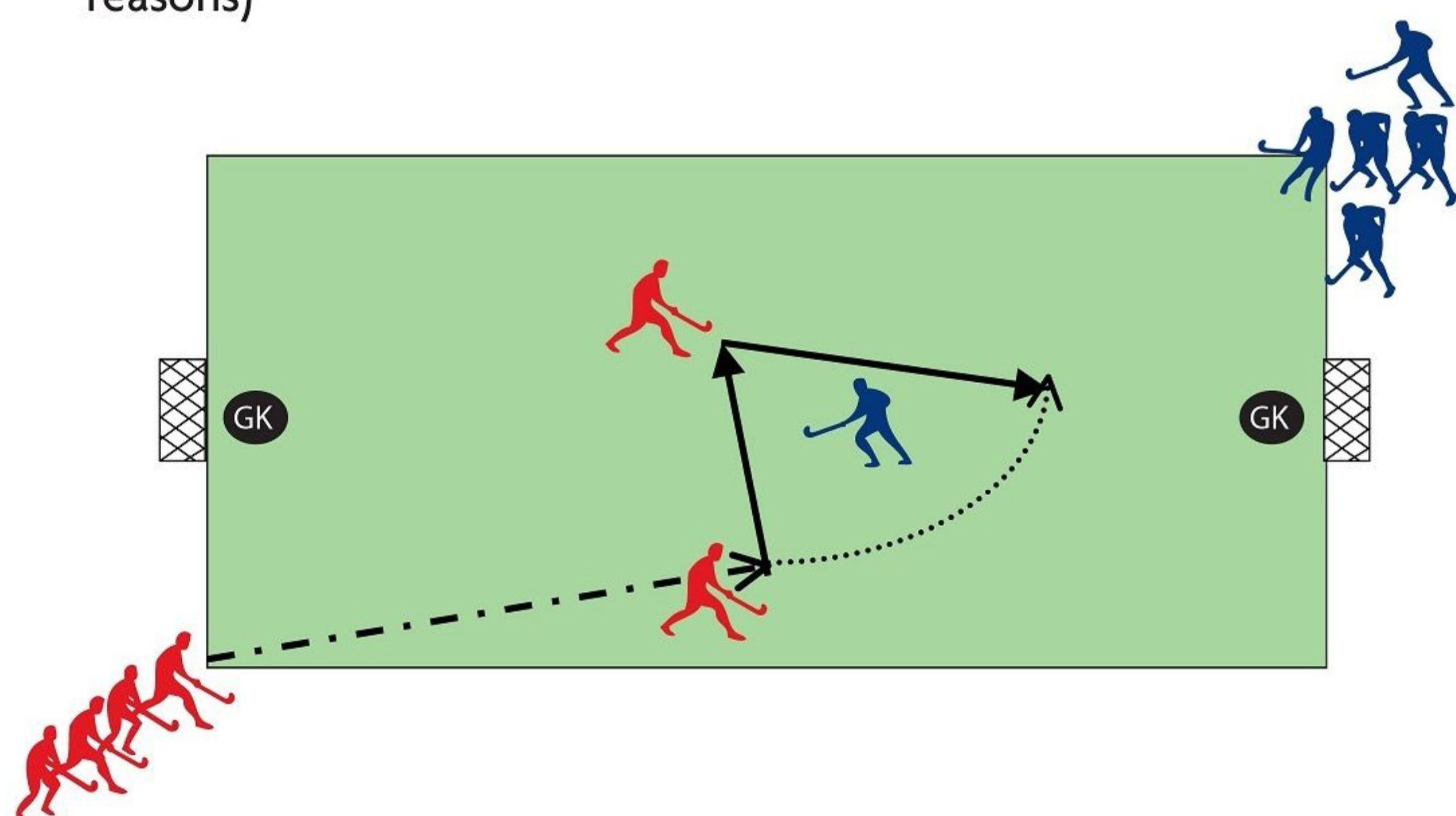
#### OBJECTIVE

This game demonstrates 2 v 1 situations with the support player on the left.

#### SET UP

This game is similar to the game played in Session 4 although the players and ball start from the other side of the pitch (right side). It should be noted that the skills covered in the session are frequently used in the wide right area of the pitch.

- 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** (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 attacker
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 opposing team attack (with a new ball)
6. When the play is over all three players leave the field and the other team attacks against 1 defender

#### SAFETY POINTS

- Be careful to ensure there is always one ball on the pitch at any time
- Encourage the ball carrier to have their eyes up
- Ensure the defender has the head of the stick touching the playing surface at all times to prevent any chopping or stick tackles



### 2. Practice

35 mins

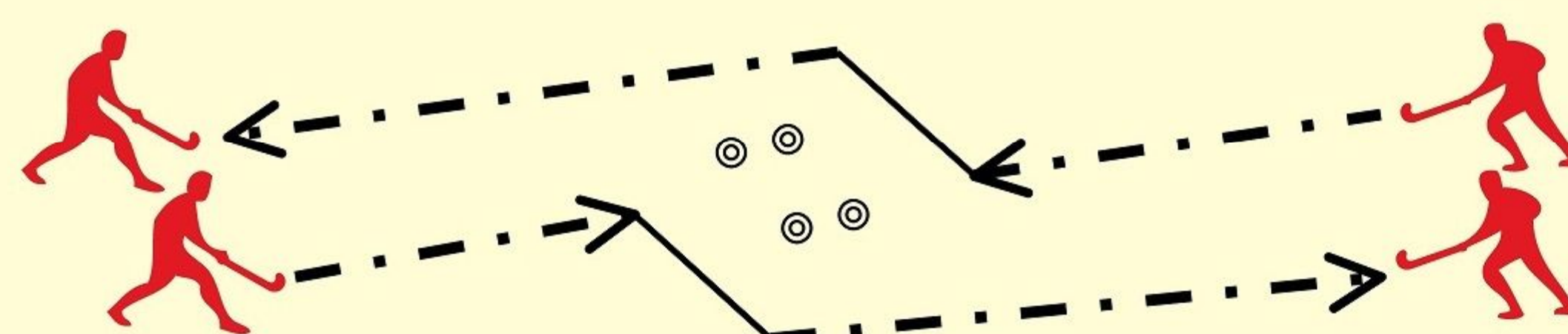
#### OBJECTIVE

This section allows the players to work on their elimination and passing/receiving techniques for this situation, working from a passive (no defender) to a competitive situation.

#### ORGANISATION

##### 1. Elimination:

- The key concept of the 2 v 1 is that the space for the attacker is on the outside. This exercise emphasises the use of the left to right drag to exploit this space.
- Set up players in groups of 8 and subdivide these into two groups of 4
- The two groups of 4 are placed 18m apart in a line (one behind the other)
- Place 4 cones in the middle
- The players at the front of each line have a ball
- When both players are ready and have made eye contact they leave simultaneously travelling towards each other with their eyes up
- When they reach the cones in the middle they move the ball from left to right with a drag and accelerate to the opposition line of players giving the ball to the front player
- This continues so that when the next players are both ready they do the same (it is critical they start at the same time)



#### SAFETY POINTS

Be sure each and every player knows which way they are going to eliminate in order to prevent them crashing into one another. This is easy to do if you use a cone that they head towards and the throw down lines that they move around.

