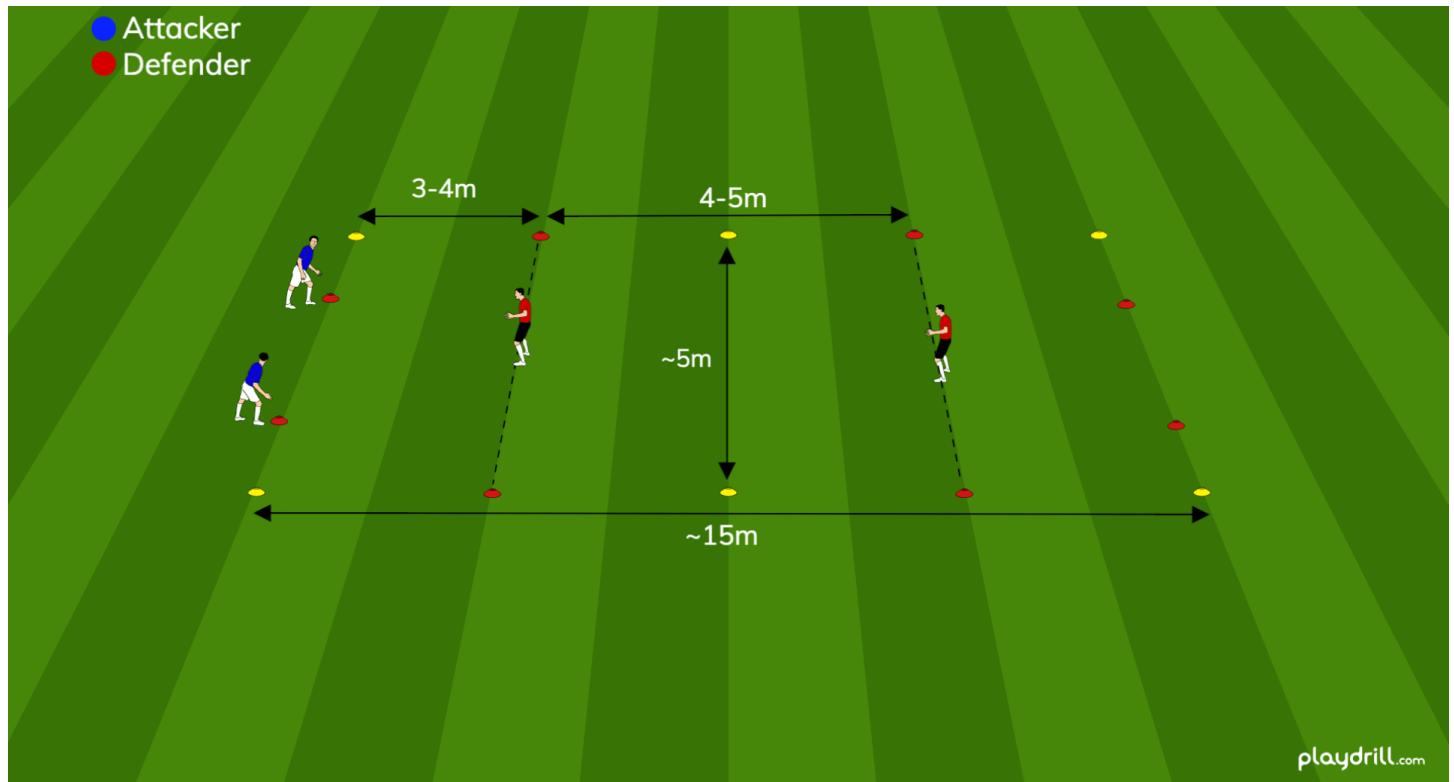


Mini 2 v 1 + 1



COD's

Attacker: 45°, 90°

Defender: 180°

Drill Focus

Attackers taking advantage of space becoming available and avoiding defenders in tight spaces.

Defenders closing down space when faced with two opponents. Lateral change of direction.

Set up

Set up the drill using the dimensions above.

Attackers will start at one end of the drill and begin on the coach's call. The goal is to reach the other end of the drill without being two-hand tagged. The defenders can only move laterally along their line. This simplifies their objective and focuses on their lateral movement.

Once all pairs of attackers have gone through the drill one direction, they turn back and go through the drill the opposite way.

The first attacking pair to finish then get ready to become the new defenders.

Execution

The attackers are aiming to take advantage of space as it becomes available. If the defender moves to tag their team-mate, the attacker should accelerate to get past them.

Using a second defender on another line means that the attackers need to respond to the situation based on the choice they've just made. This is replicating what is constantly happening in sport.

Troubleshooting

If an attacker is hesitating because their partner has already made it past the defender, and the defender is now focused on them, either tell them to take the tag and move on with the drill, or simply start the next pair in the drill. Starting the next pair in the drill will open up space and opportunities again for the attacker to get through.