

# 2V1V1 PASSING AND SUPPORTING ANGLES

## WHY USE IT

This activity introduces young players to the 'timing' of a pass and an appreciation when to pass to feet and when to pass to space.

## SET UP

20x10 yards with a line sectioning the area into 2x10 yard squares. 2 attacking players stand at one end with a supply of balls. One defender stands on the center line and the other defender starts off the end line at the opposite end.

## HOW TO PLAY

One of the attacking players dribbles a ball and the other attacker supports. The first defender is restricted to the 1st square and attempts to win the ball. The attacker in possession of the ball must decide whether to dribble or pass to the team mate. Work with players on the timing of the support run and the release of the pass. In the first square there are no offsides, so the support player can run behind the defender and receive a pass behind the defender. When the first defender is beaten, the attackers enter the attacking half of the field. The 2nd defender can move into the area on the third touch by either attacker in the first sequence (the slower the attack the more time the defender has to confront the attackers higher up the field). The 1st defender cannot enter into the attacking half. If either defenders win possession, they can counter attack and attempt to score - creating a 2v2. With older players (stage 3+), position a coach/parent to enforce offsides, so attackers don't move too early into advanced positions.

## COACHING NOTES

- + Coaching objectives - Work with the attackers on their starting positions - using the width of the area ensures the defender must cover more ground. Discuss the role of the support player in providing a good angle of support - delaying the supporting run to allow more space in front for the partner to pass into. Introduce terms such as passing to the 'front foot' and 'back foot'.
- + Coaching tips - Be ready for a coaching moment to occur and then stop play, demonstrate, rehearse and then play.

## HOW TO MODIFY THE ACTIVITY

- + Less challenging: Narrow the width.
- + More challenging: Add a 2nd defender in the attacking half to create 2v2 and potential for a 3v2 counter attack.

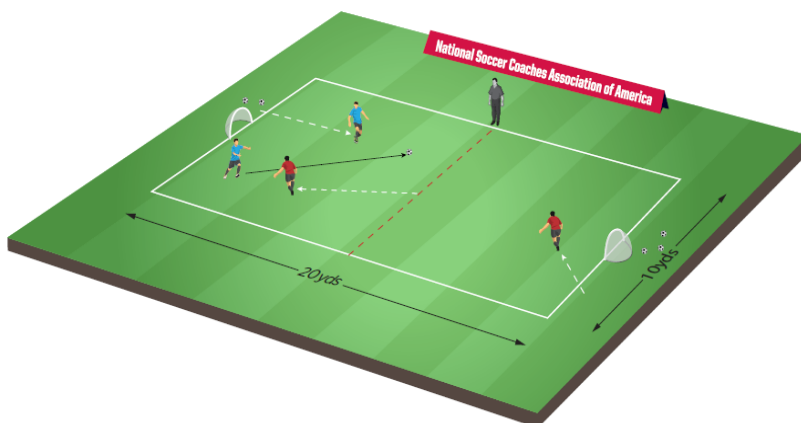
## STAGES COVERED BY ACTIVITY

Stages 2, 3, 4 - 6-14 year old players

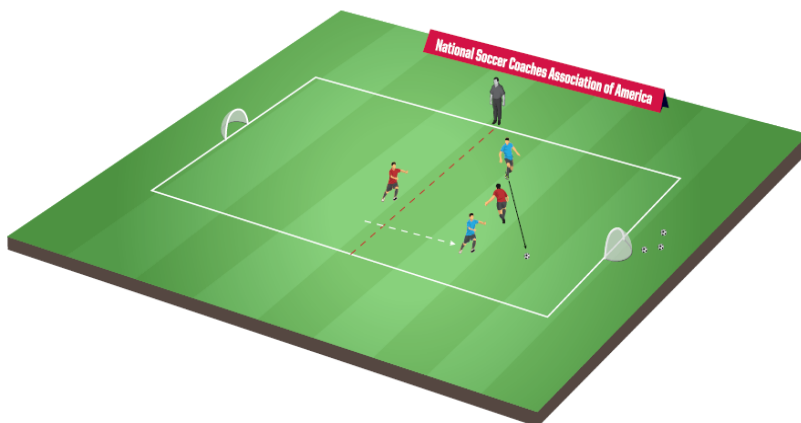
## THEMES & COMPETENCIES

Top 3 themes: Passing and receiving, creating space and defending 1v1.

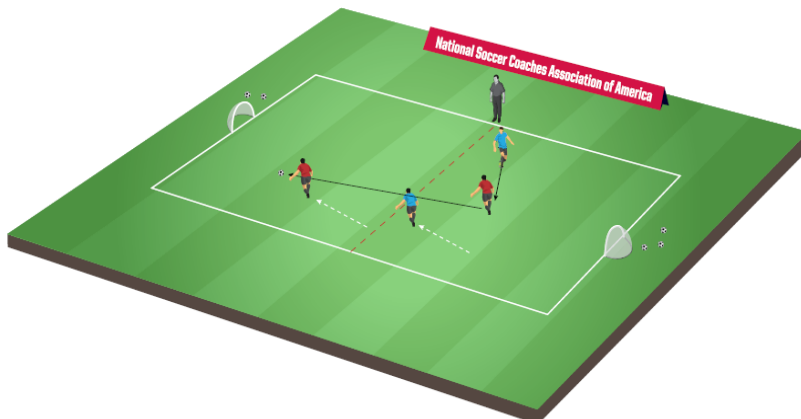
Top 3 competencies: Passing over short distances, controlling touch and defensive pressure.



- + 2 blue players attack the 1st red defender.
- + The red defender over commits towards the dribbling attacker and an early pass to space is on.
- + On the 3rd touch by either attacker, the 2nd defender starts to close the space.



- + The attackers manage to beat the 1st defender and then proceed to play 2v1 against defender 2.
- + The 2nd defender does not commit fully to either attacker and leaves space behind.
- + The support player delays the run and is able to beat the offside trap to run onto a pass behind.



- + A flat-square pass is intercepted by the red defender.
- + The red defender makes an early pass to his teammate before the blues can recover and defend the counter attack.