

# 1v2 Break Defense

**Objective** – Double team to control the attacker

GameFocusResetProgression

1. Players work in pairs in this drill – attacking and defending pair.
2. The attacker starts with the ball and has to dribble around the cone and try to score a goal.
3. Simultaneously a defender also runs out and around the cone.
4. Drill is live once the attacker is round their cone

## Objectives

1. Defending team are trying to dispossess the attacker and score in “their”goal
2. The drill continues until one of the team has had a shot at one of the goals.
3. If the defenders win the ball then the attackers add a player who has to help in the “now” 2v2

1. Communication
2. Planning
3. Channelling

The key to this practice is have a plan and direction

1. Start again if over the side or back line

1. Limited number of balls
2. Timescale
3. Add players each time there is a turnover

