2 v 1

${\tt GameFocusResetProgression}$

- 1. 2 v 1 elimination
- 2. 6 boxes per half pitch
- 3. 5-6 people per box depending on intensity
- Defender passes to attacker (slap or hard push, coach dictates)
- 5. Attackers are to eliminate defender and score on back line
- 1. Move defender and get them to commit
- 2. Eliminate with pass OR skill 3 D, v drag, chop, feint etc
- 3. If no commitment then run to line
- 4. Vary speed to encourage complacency
- 5. Run at angles or around the back
- 6. LEFT FOOT PASS
- 7. Square pass
- 8. Switch direction
- Attacker becomes defender (rotate)
- 2. Defender goes to top of square
- 3. Game restarts
- 1. Different skill on each occasion
- 2. Dictate direction of activity
- 3. Timed

