2 v 1

GameFocusResetProgression

1. 2 v 1 elimination
2. 6 boxes per half pitch
3. 5-6 people per box depending on intensity
4. 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

1. 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