

2 V 1 OVERLAP

ROTATION OF PLAYERS

If the attackers
Score a goal,
then the defender
must defend for
the next attack

However, if the
attackers fail to
Score.

The defender
changes positions
with an attacker
of their choice

QUESTIONS FOR THE PLAYERS

IN ATTACK

What choices do you
have in possession?

Do you overlap
quickly or slowly?

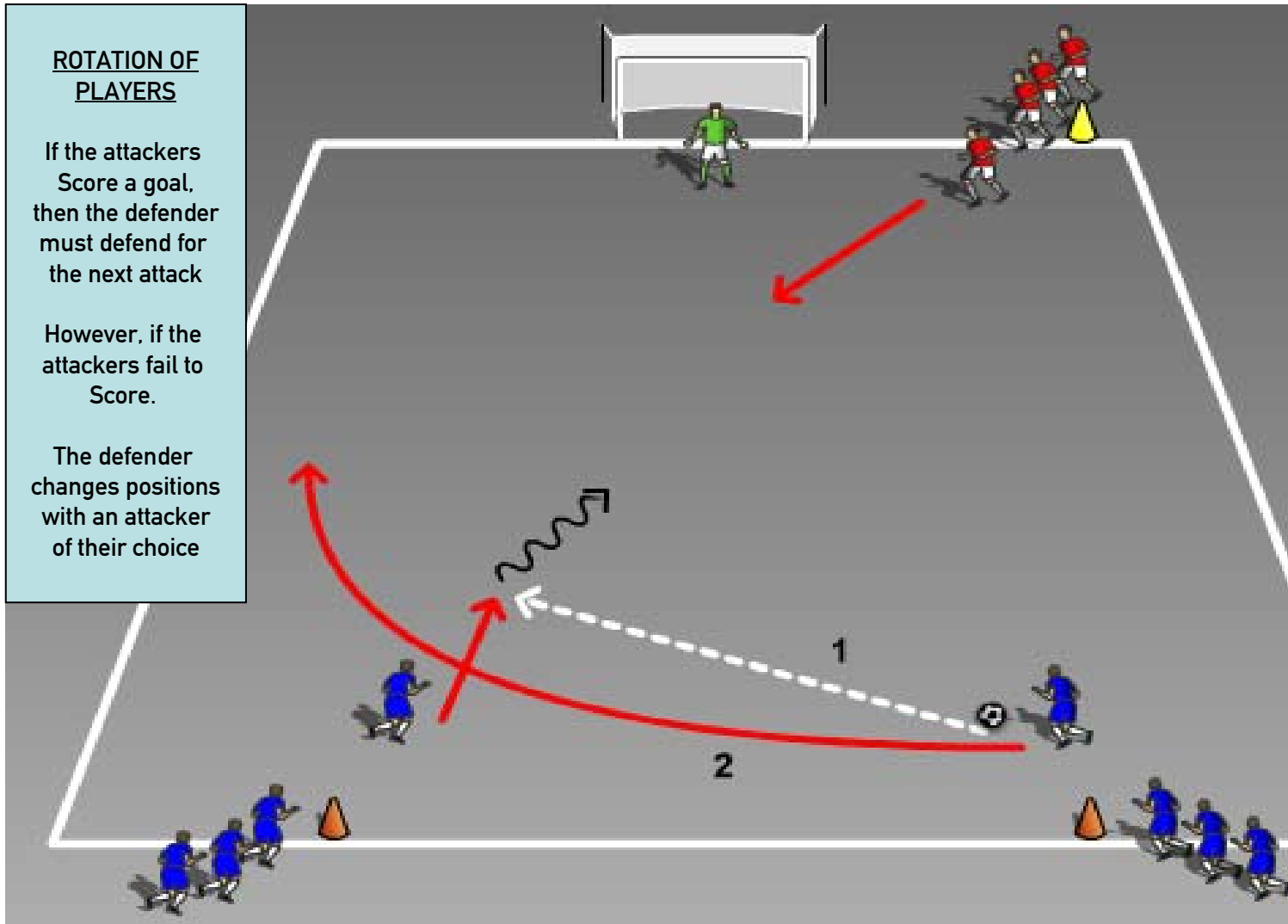
IN DEFENCE

Where do you
Show the attacker?

COMMUNICATION

Between the two
attackers?

Between the keeper
and defender?



ACTIONS

Attacker (1) passes to attacker (2) and makes an overlapping run.

The defender sprints out to defend a 2v1 situation.

The practice continues until the ball leaves play