

2-2 system: 1v1 situations



Organisation

- Use half a court.
- Place a goal at either end of the playing area.
- Position a goalkeeper in both goals.
- Divide the playing area in half.
- Organise the players into four attackers v. four defenders.
- Place two attackers in each half.
- Position two defenders in the attacking team's defensive half and the other two defenders off the court (beside their team's goal).

Explanation

- Play starts with the attacking team's goalkeeper playing the ball out to a team-mate in the defensive half.
- Once the attacking team progress play into the attacking half, one of the attackers and both of the defenders can move from the attacking team's defensive half into the attacking half.
- The attacking team can only finish on goal from inside the attacking half.
- If possession is turned over or the attacking team finish on goal, the teams swap roles, with two attackers leaving the court and two defending-team players coming on to become attackers to create a 4v2 scenario.

Variations

- Set up a 4v4 scenario involving a 2v2 in the attacking team's attacking half..

Coaching points

- Players should use the full width and depth of the playing area to exploit the 2-2 system to the full.