

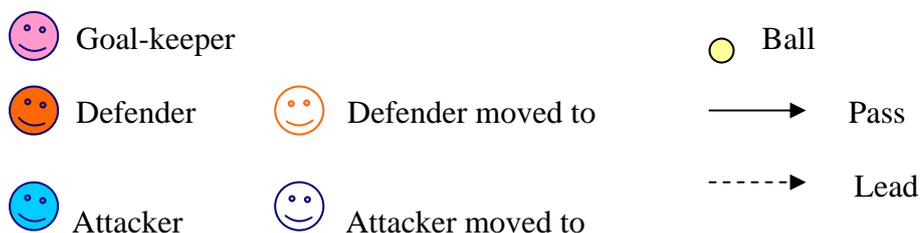
2 on 1's

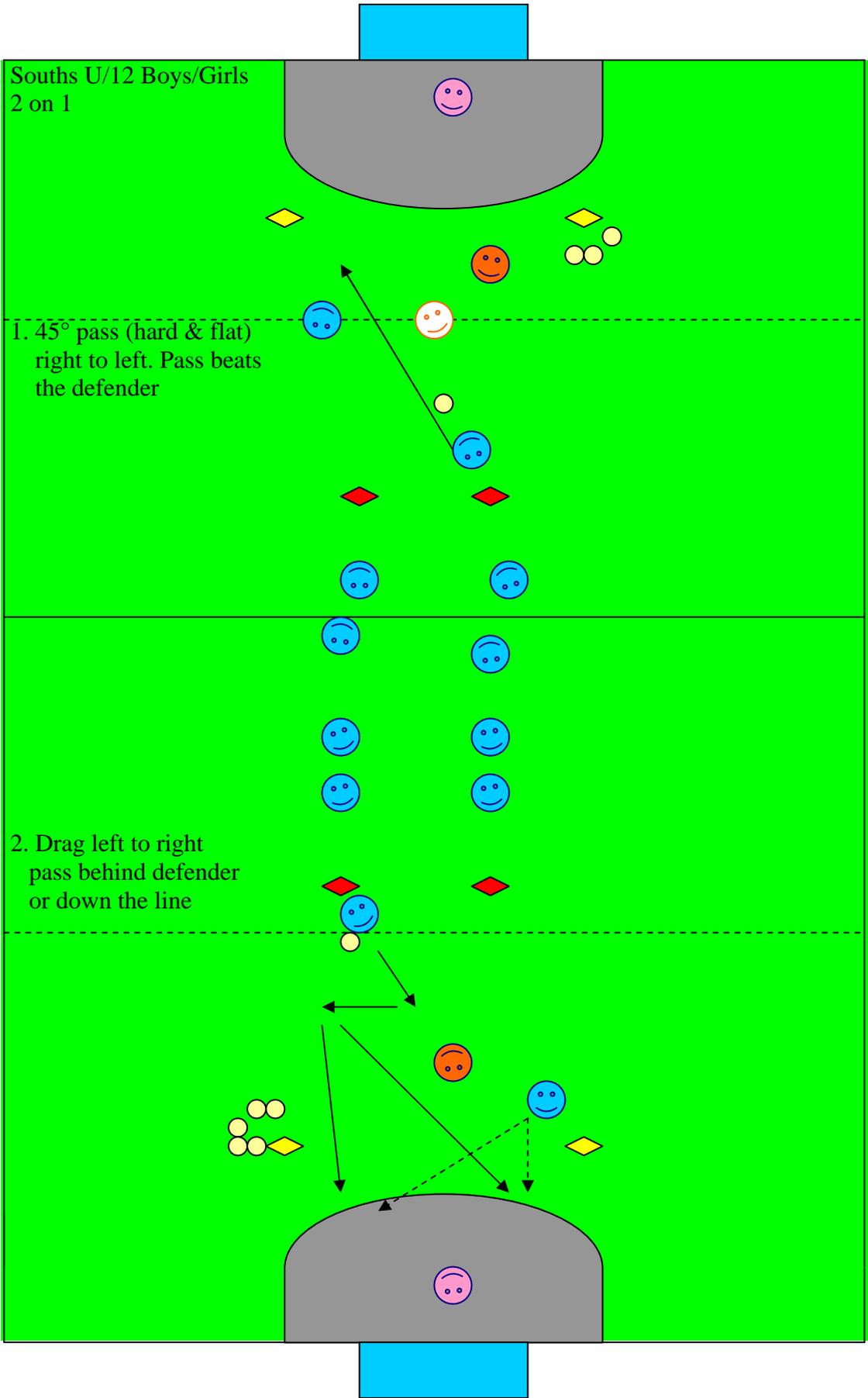
2 on 1's will occur approximately on average every 5 to 10 seconds in a first division game. The problem is both teams do not identify when there is a 2 on 1 on offer. The below diagrams show 5 simple types of 2 on 1's for younger players to practice.

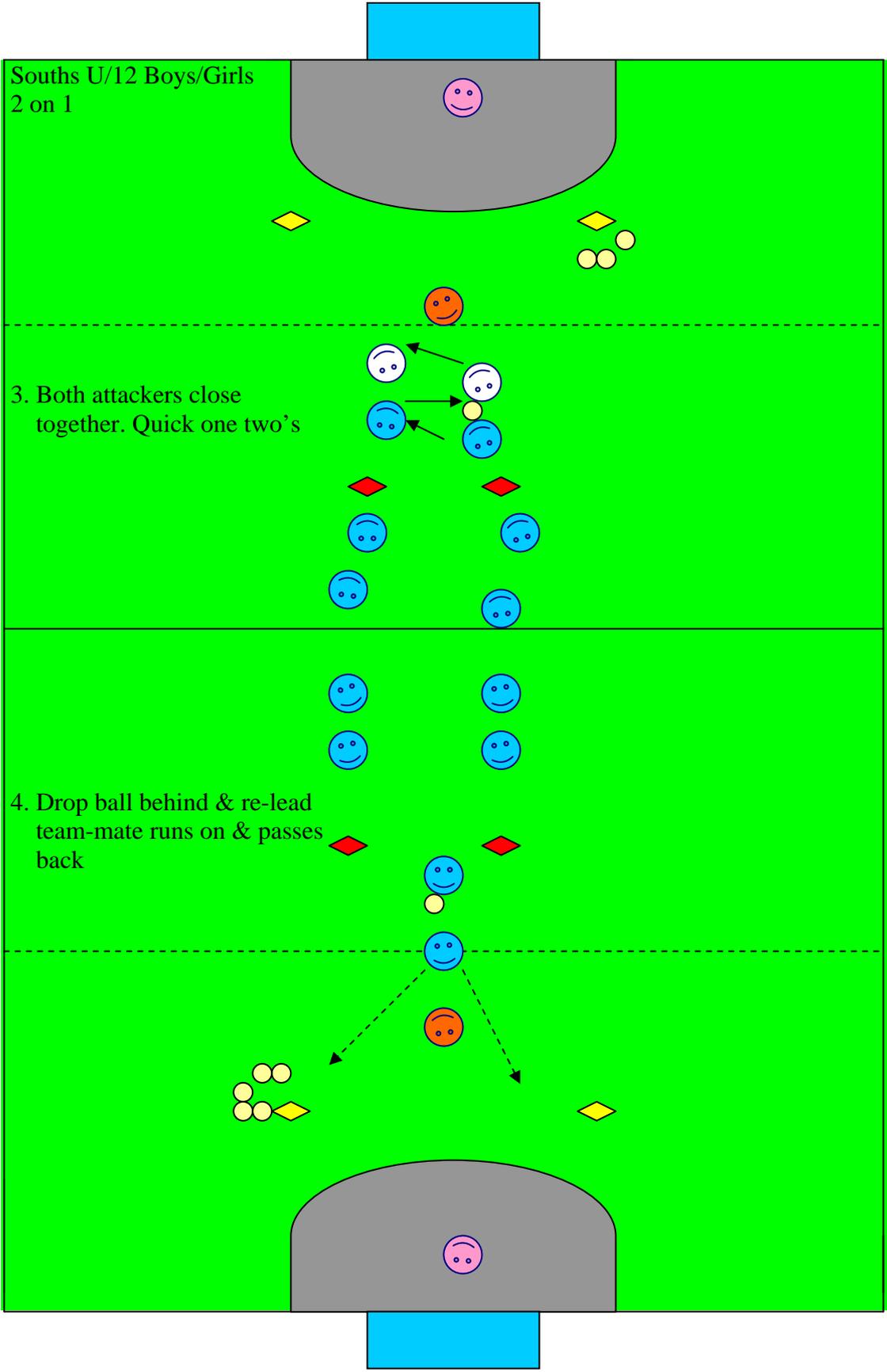
The defender will start with the ball and pass to the right-side attacker to start the play. When the pass goes to the left-side, the same principals will apply as from the right-side. Please note: all 5 types of 2 on 1's do not use fancy stick-work or a high level of skill.

1. The right-side attacker receives the ball and runs towards and engaging the defender. The attacker is now asking the defender to make a decision, to tackle or fall-away. The left-side player will run at speed in a straight line (not in defenders reach) stick down to receive a 45° angled (hard & flat) pass behind the defender on their back-stick; the pass is what beats the defender. Right-side attacker: do not get to close or in reach of the defender before passing.
2. This time the defender has decided to move closer to the left-side players' line after passing the ball to the right-side player. The right-side attacker will again engage the defender by running towards him/her and creating space at the same time on their right side. The left-side attacker will move forward at speed and behind the defenders' right shoulder. Now the right attacker (not in reach of defender) will drag the ball left to right, change of speed (quick) and move forward with the ball. The right-side attacker will have 2 options to pass:
option 1- 45° angled pass behind defender
option 2- through-ball for left-side attacker to run-on-to
3. Both attackers (about 1 or 2 metres apart) will move towards the defender passing the ball back and forth to each other at speed. The defender could panic and will be in two minds in how to defend.
4. The attacker receives the pass and runs directly towards the defender. About 2 metres in-front of defender, drop ball straight back for team-mate to run-on-to; now re-lead in behind and out of reach of the defender. Your team-mate will run-on-to the ball and pass back to you while the defender is caught between the 2 attackers.
5. X: Both attackers will run on a 45° angle. Attacker 1 with the ball will run in front, attacker 2 will cut in behind attacker 1 and run-on-to the ball from a drop pass. Same principals apply when performing this cut-out-play from both sides.

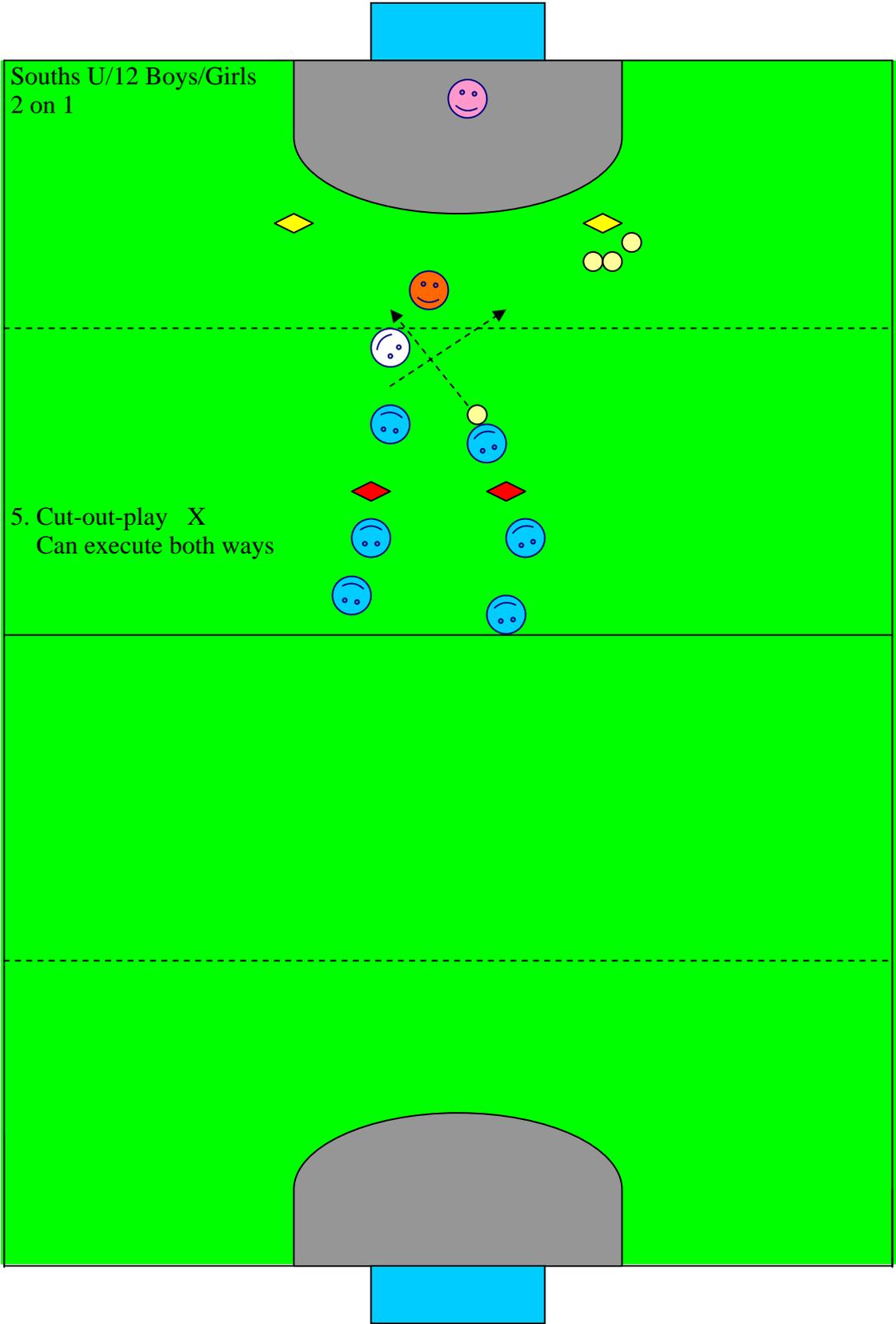
Diagrams over-page:







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