



2 v 1 Challenge

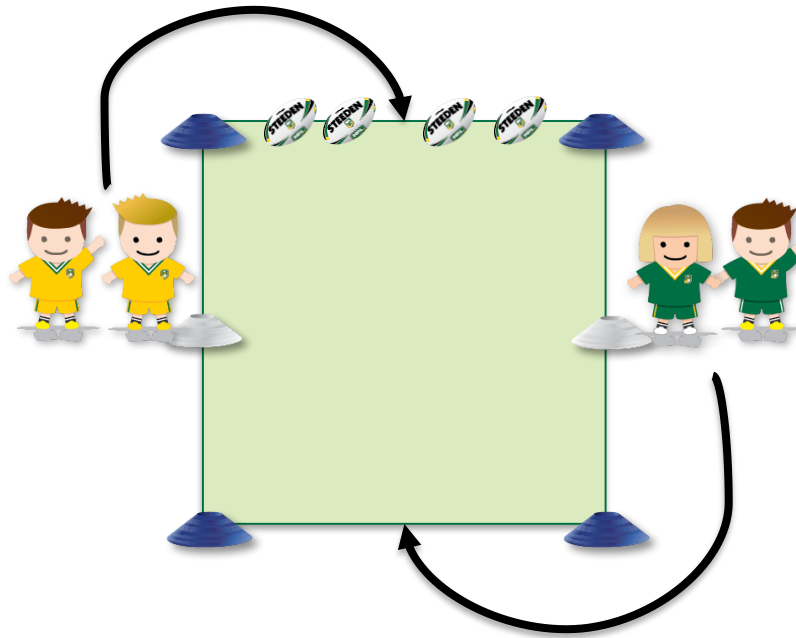
Skill – Catching and Passing

TYPE
Open

AGE
11+

Description

- » One team (yellow) starts as the attackers. The other as defenders.
- » On go, 2 yellow players run to the end with the balls, pick one up, and attack. Green sends one defender the other way to stop them.
- » If yellow is successful in scoring a try, their next two players may have their go straight away and green must defend again.
- » If yellow does not score for any reason, the green team now become the attackers and the yellow must defend.



Logistics (10m)



Players



4+ x
Attackers



4+ x
Defenders

Equipment



x (6) Markers



Whistle



x (4) Football's

Progression

- » Add more attackers or defenders
- » Make the grid bigger
- » Add a tackling element



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