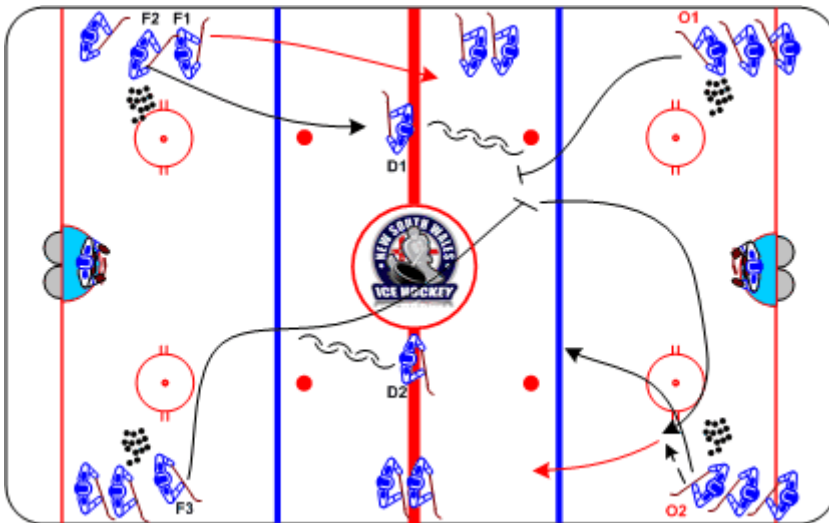




2-on-1 with Backchecker

Duration: 6 mins

- F1 selects a side to execute a 2-on-1 rush with F2
- Once a side is chosen, F1 and F2 play 2-on-1 vs D1 with F3 (forward not selected) backchecking
- After the backcheck, F3 selects a partner to receive a pass from (O2 was selected)
- F3 and O2 play attack 2-on-1 vs D2, O1 backchecks



Coaching Tips

- Communication
- Timing on passes

Execution Tips

- Continuous drill
- Full speed