

Players: 4

## 2 V 2 Breakout

**Objective** – To develop hand catch technique, passing technique and running angles. Evasive skills under pressure as creating space is key

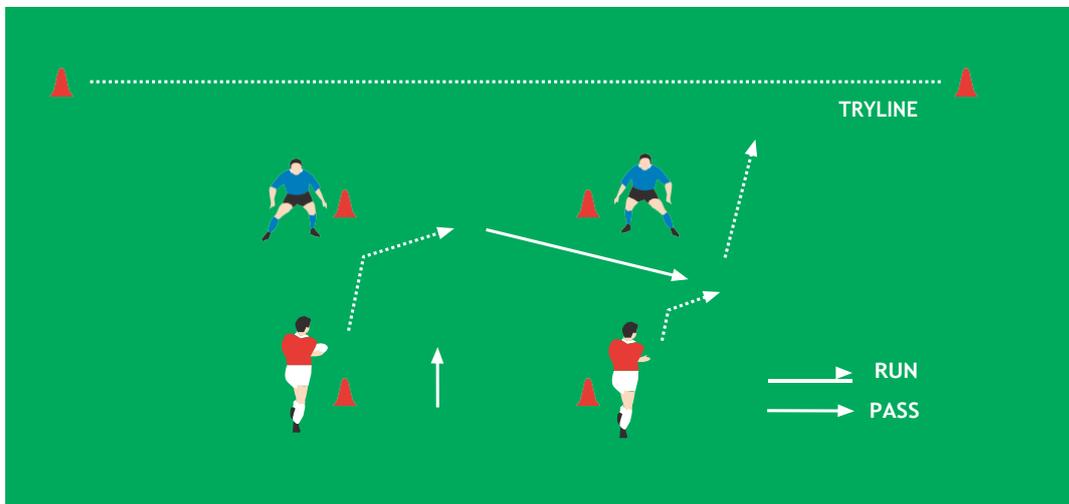
### Equipment needed:

- Balls: 1
- Cones: 6

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- Two attackers, two defenders (facing away from attackers at start).
- On ball carrier's call, attackers attempt to score using evasion and passing.
- Defenders turn round to face attackers once call is made from ball carrier.
- Attackers and defenders swap after 5 phases.

### Difficulty:

- Widen try line to create more space.
- Add another attacker or defender.
- Add second line of defenders - spaced 7-10m behind first line of defence.
- Set try line back.

### Coaching points/Key factors:

#### Hand Catch:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow-through and fingers point to target after the ball is released.