



Dimensions: 8 x 12 Yard area with one tall cone in each corner. One player at each end 12 yards apart. (ALL players must be wearing shin guards for this drill)

How to: The ball is started in the middle of the two players, players are responsible for coaching down from 3, on "GO" players must compete for the ball in the middle. To score a point a player must win the ball and dribble to their opponents starting line, if they can stop the ball on that line they will score one point. Once play concludes (either a point is scored or the ball goes out) the ball is reset and the players start again. If the defender wins the ball back in play, they can attack their opponent's line.

Coaching Points: Get to the ball quickly, in a 50/50 try to get your body behind the line of the ball to try and stop it from moving past you. Challenge hard but fair, if you don't win the ball first time, be ready to make a recovery run.

If you're clearly going to be the second player to arrive at the ball, be ready to try to jockey for the ball. If you commit to a challenge knowing you're arriving at the ball late you risk fouling the player or missing the ball.

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