



Dimensions: 8 x 12 Yard area with one tall cone in each corner. One player at each end 12 yards apart.

How to: One player passes into the opposing player and becomes the defender. The attacker attempts to knock down one of the defenders cones. Once play concludes the players switch roles. If the defender wins the ball back in play, they can attack their opponent's cones.

Coaching Points: Close down the attacker quickly, deny them space. Use correct defensive stance- imagine standing on a surfboard, you need to be side on to the attacker and on your toes, ready to move with them.

Delay the attacker, move with them and slow them down, be a constant object between ball and their target

Make play predictable- Stand closer to one of your opponents legs than the other, this will offer them one side of the field to move towards.

Notes:

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Progressions/Adaptations: Remove the tall cones, now players must attempt to dribble over their opponent's end line.

Defensive player cannot touch the ball- this will force the defender to be in front of the attacker, delaying their progress for as long as possible. Time each player to see how long they can keep the attacker from their line. Make this a competition between each pair of players.

