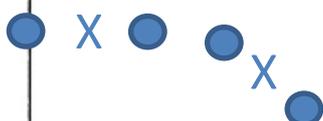




1 v 1 Attacking and Defending



The defender (D) passes to the attacker (A) and the attacker tries to dribble the ball through either of the two pairs of gates (X) the defender tries to win the ball cleanly.

If the defender makes a tackle, they should pass the ball back to the next defender.

Coaching points;

Defender

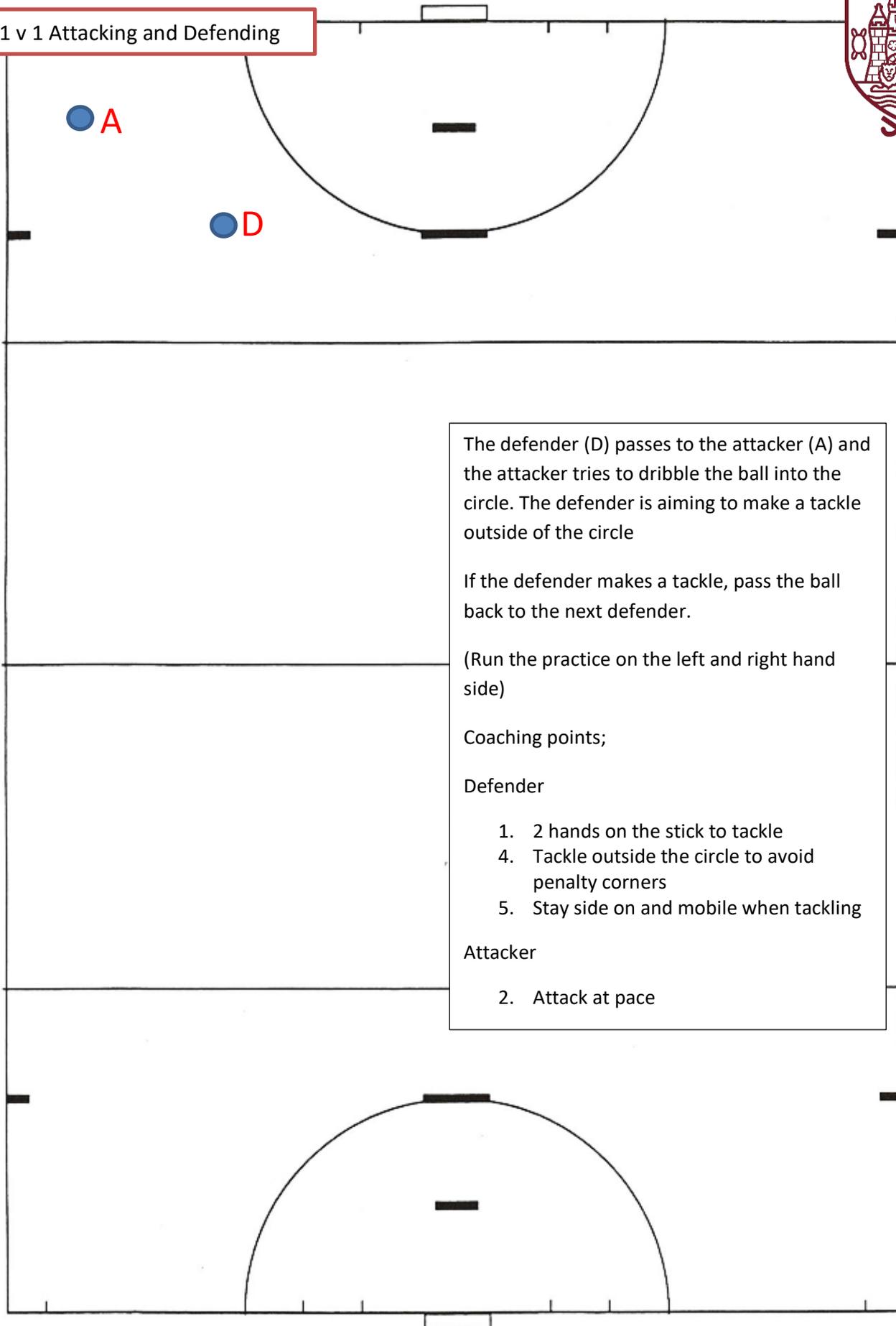
1. 2 hands on the stick to tackle
2. Protect the middle of the pitch and the line to goal
3. Stay side on and mobile when tackling

Attacker

1. Attack at pace



1 v 1 Attacking and Defending



The defender (D) passes to the attacker (A) and the attacker tries to dribble the ball into the circle. The defender is aiming to make a tackle outside of the circle

If the defender makes a tackle, pass the ball back to the next defender.

(Run the practice on the left and right hand side)

Coaching points;

Defender

1. 2 hands on the stick to tackle
4. Tackle outside the circle to avoid penalty corners
5. Stay side on and mobile when tackling

Attacker

2. Attack at pace



1 v 1 Attacking and Defending

X



Coach (C) starts with the balls.

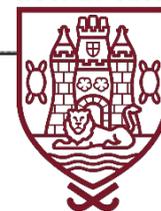
Using bibs, divide the players into two teams (A and B) and ask them to stand in their team and in a line behind the cone (A or B)

Roll a ball into space and call a number (1, 2 or 3) that number of players from each side sprint to get the ball.

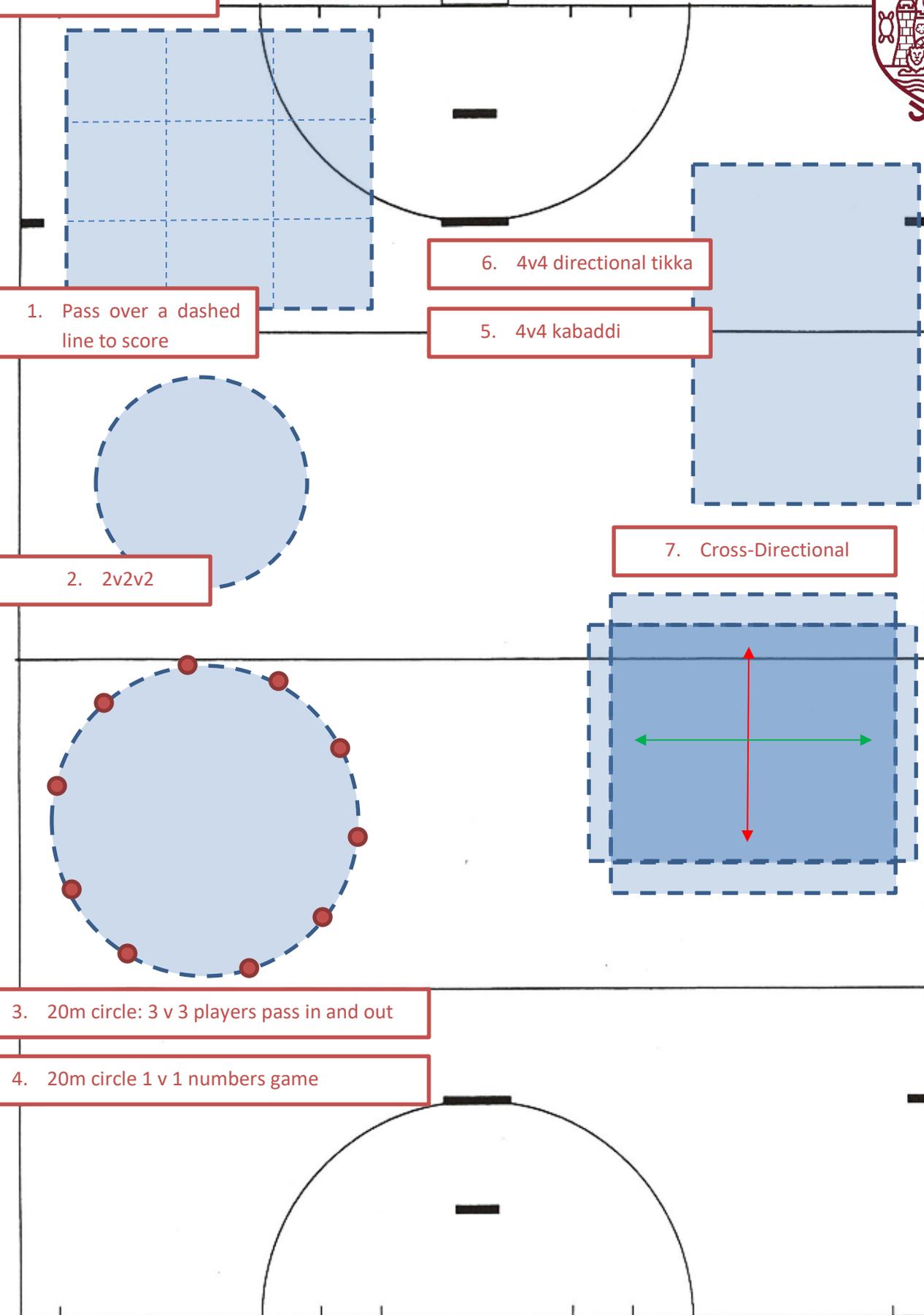
The first team to get the ball attacks the goal, the second team defends it. If the defenders win the ball they play it back to you.

Once that play has finished the players re-join the back of their team line.

Link back to the 1 v 1 practice by awarding bonus points for two handed tackles.



Tikki Takka variations



1. Pass over a dashed line to score

6. 4v4 directional tikka

5. 4v4 kabaddi

2. 2v2v2

7. Cross-Directional

3. 20m circle: 3 v 3 players pass in and out

4. 20m circle 1 v 1 numbers game