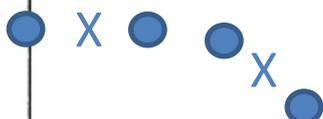




1 v 1 Attacking and Defending



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.

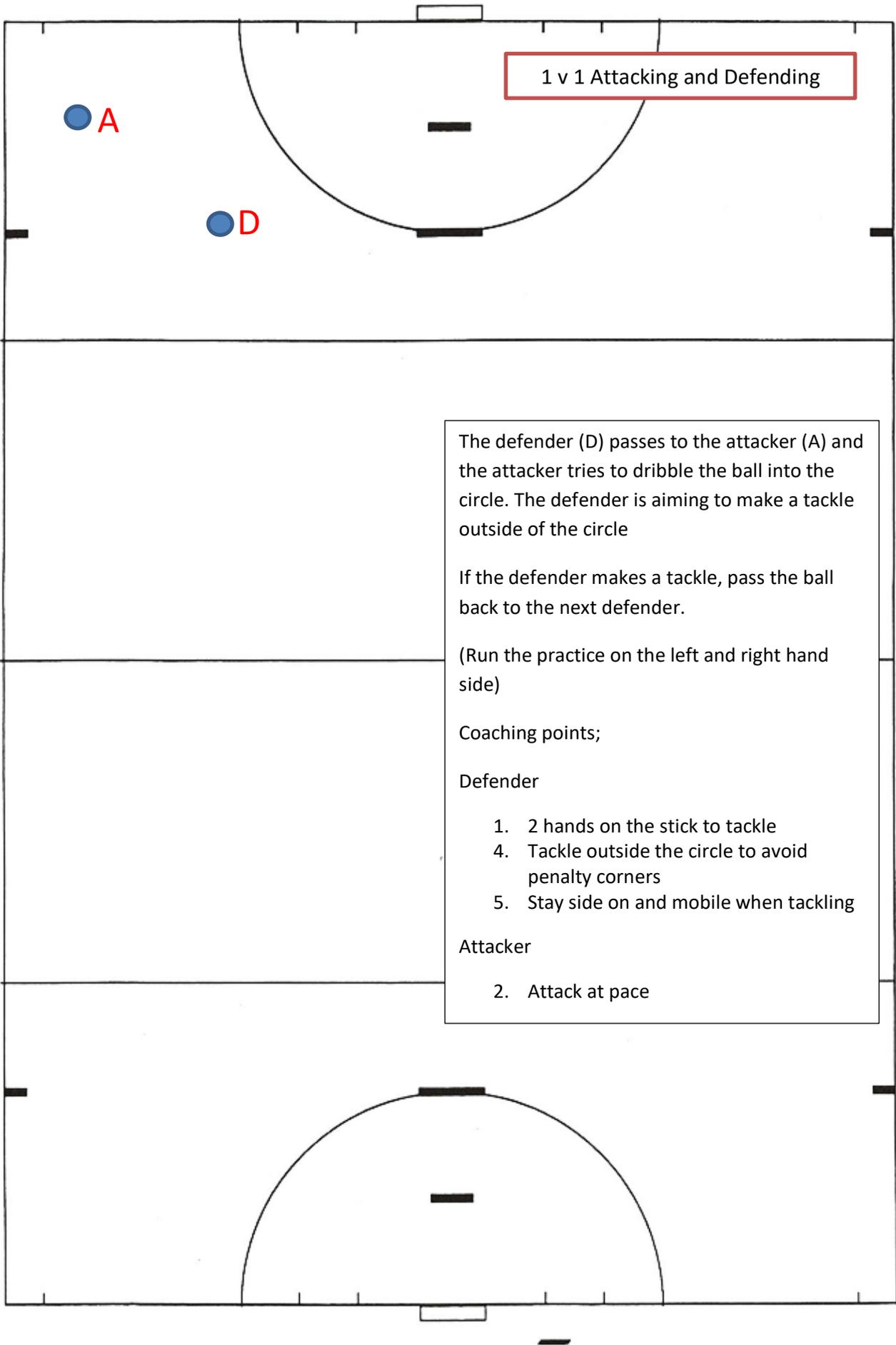
Coaching points;

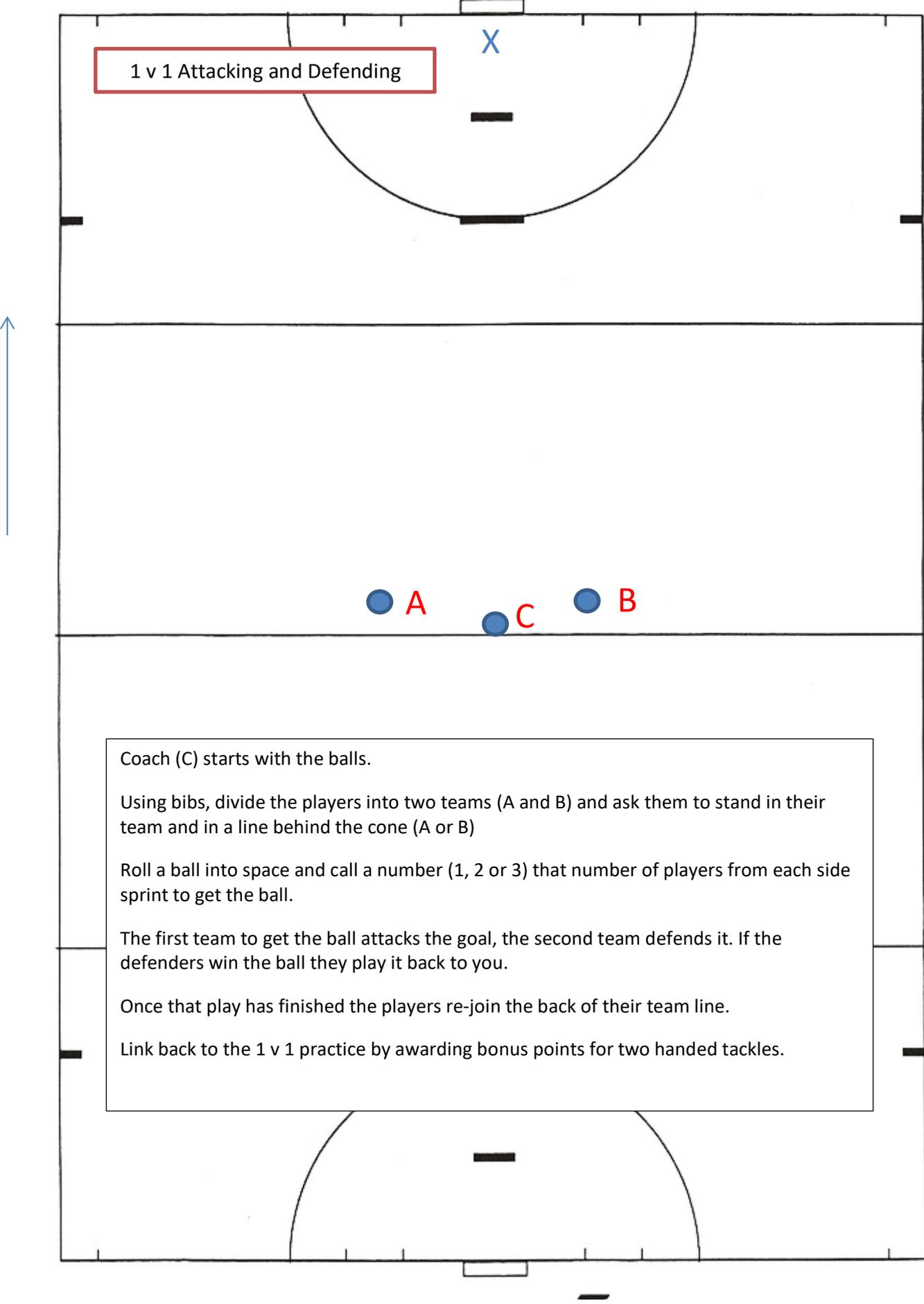
Defender

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

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.