



Set Up: There are eight players set up in the small grid, playing 1 v 2.

Procedure: The Feeder begins play with a pass to the attacker, who tries to dribble across the grid versus the two defenders. If the defenders win the ball, they return it to the Feeder. If the attacker scores or the ball is put out of play, the Feeder restarts the drill with a new set of players. The Feeder alternates service to the two teams during the drill.

Teaching Topics:

- 1 Speed, angle, distance.
- 2 Delay, disrupt, destroy.
- 3 Covering position.

Progressions:

- 1 Progress to 2 v 2.

Coaching Points:

- 1 The first defender must angle his approach and force the attacker towards the sideline.
- 2 The decision to tackle or not depends on how well the attacker controls the ball.
- 3 The 2nd defender must be ready to step up in case the 1st defender gets beat.