



**Set Up:** There are ten players set up on a small grid, playing 2 v 3.

**Procedure:** The Feeder plays the ball to the attacking team, and they try to move the ball across the grid versus the three defenders. The defenders try to trap an attacker on the sideline and win the ball. If they do win the ball, they return it to the Feeder. If the attacking team scores or the ball is put out of play, the players return to their end lines and the Feeder restarts play with a new set of players. During the drill, the Feeder alternates service to both teams.

### Teaching Topics:

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

### Progressions:

- 1 Remove a defender and try to trap the attackers 2 v 2

### Coaching Points:

- 1 The first defender must angle the approach and force the attacker towards the sideline.
- 2 The second defender cannot get beat 1 v 1 along the sideline.
- 3 The defenders have to deny all passes between the two attackers.