

2v1 – Gauntlet

Objectives – Improve sideline tikka takka/ channelling

GameFocusResetProgression

1. 2v1 starting with a push in on the first box
2. Objective is to work your way through all 4 boxes
3. Defender can only come off their line once the ball has entered their box
4. Winner is the team who can work their way from bottom to top “unmolested”

We are trying to get attackers to drag defenders and move up the line doing diagonal passing

Attackers

1. Pull the defenders out of position
2. Run in from inside pitch to receive and use wall pass
3. Diagonal runs
4. Do not roll out unless you want to “drop”
5. Essence is speed up the wing

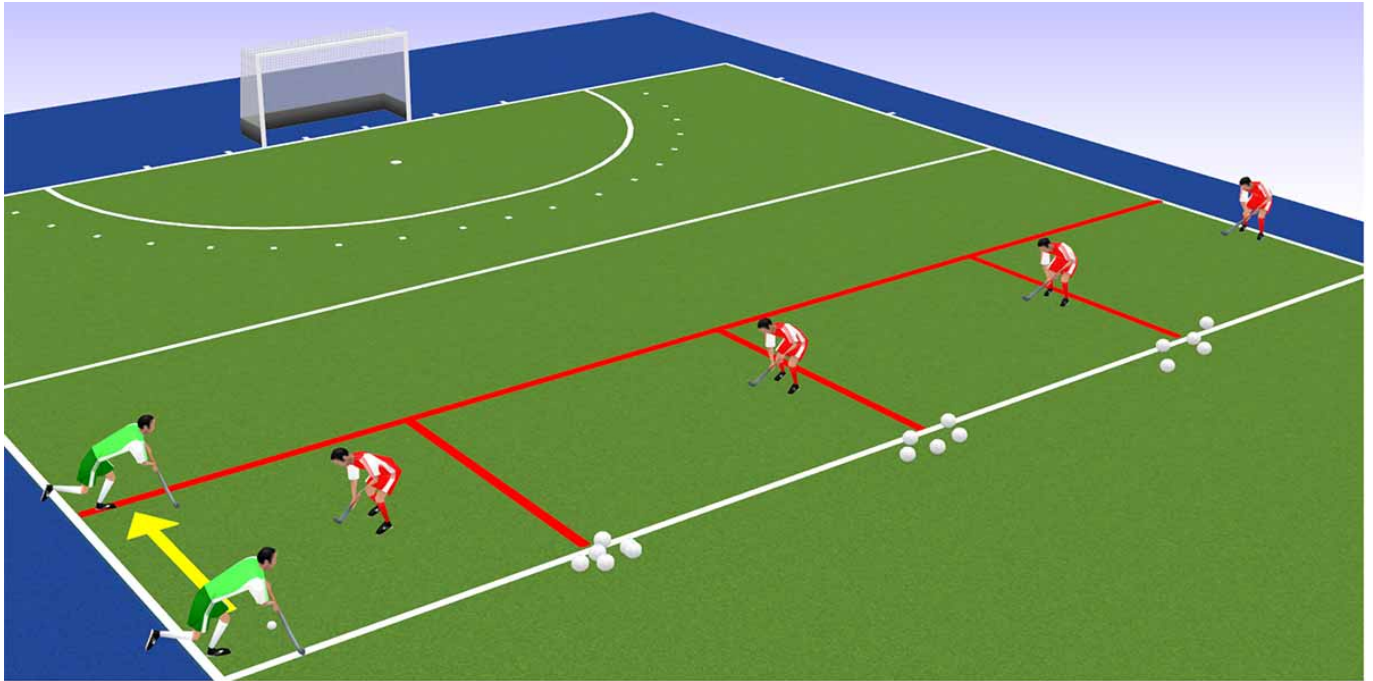
Defenders

1. NO commitment
2. Channelling

1. Start new box with new ball
2. If the ball is pushed out or the attackers lose the ball they start in the next box with new balls

Points for:

1. Add an extra defenders/attackers and increase size of boxes
2. Reduce size of boxes
3. Limit # of balls so they cannot afford to lose the ball





Hockey Training