

Category Gallery

Channelling



Defending long runs



Around & Through



2v2v2 – External goals



Zones around the D



Killer!



3v3 jump back



3v3 ABT (Always Be Threatening)



3v2 plus GK + 4 Goals



Defend The D



Cream cracked



3v2 Rolling
Overload



5v3 – Leading into
space



Win The HIGH Ball
Back



Pass & Move



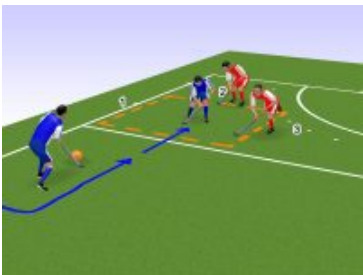
Offset Goals



Tackle Zone



Attacking/Defending at pace



Tacklebox



Fast Attack



Defensive
Channelling



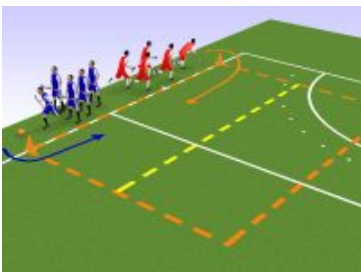
Double Team Double
Points



Tackle to win



7,6,5,4,3 A-Side



Head To Head
Channelling



Turn And Burn



Winner stays on



6v3 Possession



5v5 + Using The Height

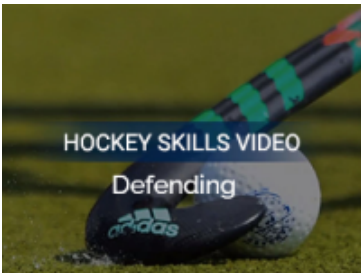


5v5 + Overload



4v4 + Magic
Players

Defending



Defending



Defending long
runs



1v1 (or 2v1)
adjacent goals



Getting out of the

corner



4 box scoring



Track your man



Killer!



3V1 Diagonal Retention



Post Up



Attack, Defend,
Rest



Win The HIGH Ball
Back



Tackle Zone



Tacklebox



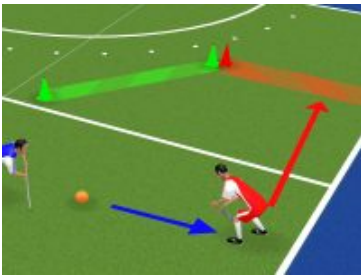
Defensive
Channelling



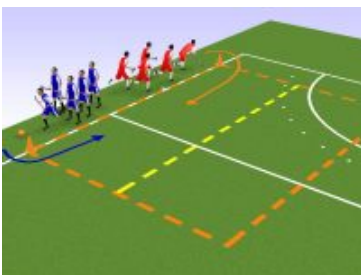
Double Team Double Points



Tackle to win



1v1 – Clean Win



Head To Head Channelling



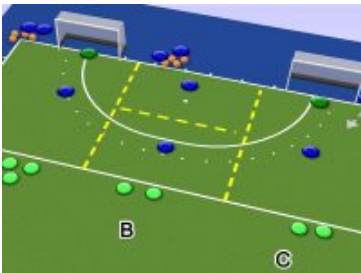
1v2 Break Defense



1v1 Chasing Down



1v1 Turn and Face
4 Goals



1v1 combos



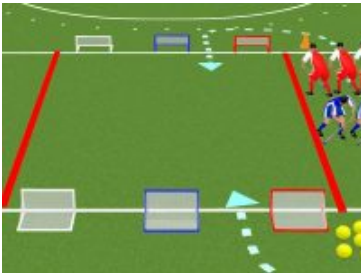
Channelling –
Defend the central
goals



Block tackling –
Defend the box



Possession Rondo –
Move The Ball To
Move The Player



3 goal run –
Channelling



1v2 defending –
double teaming



Defensive
Channelling Strips
& Principles – 5
D's



Score under
pressure



Defensive Jump
Back