

# 1 v 1 Channelling

GameFocus/ObjectivesTransition/ResetProgression

## Description

This exercise is designed to encourage defenders to force attacking players to move onto the defenders forehand.

The player with the ball tries to run through between the 2 cones, indicating the maximum 10 points.

This should encourage the defender to try and force the player onto their open stick side, away from this high scoring gate!

## Coaching Points

It's important for the defenders to cover their feet with the stick.

Defenders should stand with one foot forward and the other behind.

