

# Defensive Channelling

**Objective** – dictate where you want the attackers to go

GameFocusResetProgression

1. 2 teams – defenders and attackers.
2. Attackers have to run around a cone with a ball and score against cones
3. Defenders have to stop the attackers scoring or scoring HIGH value goals
4. Ball must start on right
5. Attackers get more points by scoring in 3 then 2 then 1

## Attackers

1. Speed
2. Position ball to make it hard to “get”
3. Use body to defend the ball
4. Elimination

## Defenders

1. Do not over run the attacker
2. Use body to dictate direction of run
3. Footwork
4. Stick low to the ground and Jab tackling
5. AGGRESSION

1. After all have run then swop attackers and defenders

1. Vary the start and finish points of defenders and attackers
2. Move defender starting point further back so they have

to recover their position

