1 v 1 Gauntlet

GameFocusResetProgression

1. 1 v 1 elimination
2. 6 boxes — sizes can vary
3. 2-4 players per box depending on intensity
4. Defender passes to attacker (slap or hard push, coach dictates)
5. Attacker is to eliminate defender and scores on back line of each box

Gauntlet

1. Attacker has to repeat 1v1 x 4
2. Points awarded for how far they get through the boxes

1. Move defender and get them to commit
2. Eliminate with skill — 3 D, v drag, chop, feint etc
3. Vary speed to encourage complacency
4. Run at angles
5. Switch direction
6. Forward first fast

1. Attacker becomes defender
2. Defender goes to top of square
3. Game restarts

1. Speed of activity

Make area smaller
As they progress

1

2

3

4

1v1 - Gauntlet