

2v2 sideline attack vs defense

Objective – Run off the ball

GameFocusResetProgression

1. Each team attempts to score by receiving from a sideline free hit
2. They then look to drive into the 23 and attack the goal
3. If the defenders win then they look to take the ball back to the halfway

Defenders

1. DO not dive
2. Channel
3. Pressure and wait for a mistake
4. Do not “over tackle”

Attackers

1. Move the defenders
2. Look for eliminations and angles
3. Communication
4. Quick opportunities

1. Start new attack

Add a second play – either defender or attacker

1. Add more defenders and attackers from different locations
2. Time to score

