

Channelling – Defend the central goals

Objective – teach defenders to delay, deny, channel and block tackle – NOT DIVE

GameFocus/PrinciplesResetProgression

1. Defender passes to attacker
2. Attacker attempts to score from OUTSIDE into one of the 2 goals
3. Defenders objective is to channel attacker off the side or into one of the boxes in the corners
4. Each attempt 30 secs
5. On completion of a round swop defenders and attackers

Scoring

1. Attack vs defence – keep a record and add up after each sequence done

Pressure on the ball – encourage a mistake

1. Defenders

1. Do not dive
2. Delay, Deny Dictate/Channel
3. Approach the tackle as far from goals as poss
4. Keep pinned

Attackers

1. Vary speed
2. Dummy
3. 3D

None required move through sequence

If overloaded then as each cycle finishes add a new set in

Progressions

- Vary time to success
- Keep defenders score
- Limit number of attempts

