

# Channelling to the corners

**Objective** – Defender to force attacker into the corner

GameFocusResetProgression

1. Defenders on 23 metre
2. Attacker on halfway
3. Defender passes to Attacker
4. Attacker immediately attacks the circle OUTSIDE the markers
5. Defenders aim is to get the ball off the pitch or into the grey box

## Defender

1. Body shape, size & position
2. Aggression and speed
3. NO Commitment
4. Jab tackles
5. Stick on the ground
6. PALM22
7. 5 D's

## Attacker

1. Speed
2. Elimination
3. Dummy

1. Attacker becomes the defender and the
2. Defender goes to the back of the queue.
3. The only time this does not happen is if the attacker scores.

1. Timed
2. 2 v 1
3. Space – pitch shape and size

