

Deny the channel

Objective – Passing through screens, defenders to close of channels

GameFocusResetProgression

1. Reds objective is to pass the ball across the central area to the other side
2. They are NOT allowed to cross the lines
3. Blues set up in defensive position anywhere in the central area.
4. Reds try to hit/sweep the ball through the zone to the reds on the opposite side.
5. If Blues intercept, they counter-attack quickly and look to score by stopping on the opposite line where the pass came from.

See similar on this video



1. Defenders should communicate to cover the passing lanes.
2. Defenders should vary position to close down passing angles, or move back to allow more time to react to pass.
3. Defensive players should be balanced: low center of gravity and weight evenly distributed between left and right feet, ready to react to either side
4. Defender should hold stick in the center of his body, with a flexible grip that allows him to change grip and stop the ball that comes on either side
5. Defenders should react sharply to a lateral pass and reposition immediately.
6. Defenders should watch the hitter's backswing and get "set" for the hit, balanced and ready to react.
7. Look for cues of where the ball is going

1. When ball leaves pitch then coach throws new one
2. Game restarts on goal or back line loss

1. 30 secs to score
2. Change loadings of defenders
3. Play in a smaller space.
4. Start with pass coming out of defensive end, so counter-attack can go to goal.

