

# 2 Goal – dynamic attack/defend

**Objective** – Attackers – Forward to score asap/Defend the channels and slow the game

**Game**  
**Focus/Principles**  
**Reset**  
**Progression**

1. Game is a 2v1,3v2 attack
2. Coach calls numbers of players and defenders have one less
3. Attackers take a ball and attack the goal in the **opposite** corner
4. Defenders have to win and score in “their” goal
5. Normal overloads hockey

## Principles

1. High Player
2. Speed
3. Width/height
4. Drag the defender (encourage pressure)

## Focus

1. Speed of attack
2. Explode
3. Decision making – where to go
4. Use the spare player

1. Reset when ball goes out

1. Restrict number of tries per team (each receives gets 5 balls)
2. Extra goal if good first touch or post up
3. Score for
  1. CE
  2. Short corner
  3. Strike

