

# Head To Head Channelling

**Objective** – teach patience and the Ds of defence – deny, dictate, delay

## GameFocusResetProgression

1. 2 players come from either end of the box and aim: to carry the ball under control over the opposition end line.
2. Each team scores a point each time they successfully get the ball over the end line under control
3. You can identify each player with a number (to keep them engaged) and call numbers
4. Each game max of 15 secs

## Attackers

1. Focus on speed with attacker
2. Focus on running angles
3. Try and get attacker to commit

## Defenders

1. Channelling
2. DO NOT DIVE
3. Dictate and deny

1. 15 secs each routine to keep it flowing
2. Spare balls
3. Off the side restart

1. Number the players in each team to start call out a single number, or a combination of numbers.
2. Start with a narrow pitch, and then widen the pitch to

the full width of the grid. This will encourage players to attack into space.

3. Call more than one numbered player at once to bring in passing options as well as ball carrying

