

# Killer!

**Objective** – defending with forehand defence

GameFocusResetProgression

1. Continuous 1v1 (or can add more in middle)
2. Defender is looking to win the ball and pass to their team
3. When that happens they switch with their team mate but the other team stay in as the new defender
4. This exercise rewards good defending! Inability to win the ball under control = long stints defending

## Notes

1. Look at some ball carry detail and give individual technical detail
  2. Defenders looking at forehand defence trying to make the space small
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1. Add body feints to move the defender off balance
  2. Defenders shape up to get the attacker going where they want them

ATTACKING PRINCIPLE	DEFENDING PRINCIPLE
Play to space	Forehand defence
Be able to play forwards	Defend line to goal

New ball from NON-transgressing team

1. 5 balls
2. Time

### 3. Outside player can run in

