

Drill Bank – Defence Work 2

Purpose: Group Defence: Channelling, Double defence (2 def v1 Attacker) – counter attack play

Structure of practice – See diagram below – it is NOT to scale

Coaches first to set up channelling stations to train players how to channel and force players in a particular direction. Generally AWAY from the most dangerous area, or to slow the player/attacker down.

Drill One: Coach to work on the first station where player in groups of 4 work in the area. The person doing the channelling starts with the ball and makes a pass to the attacker directly in front. The attacker tries to get through one gate (nominated by coach) and the defender tries to channel the attacker to the opposite gate. The second exercise is having the attacker and defender dribble/run around a set of cones – now the person channelling must channel coming from behind the attacker.

Coaching Points:

- ✓ Pressure by defender to make attacker get their head down on ball – lose vision for forward pass.
- ✓ Patience and strong body position.
- ✓ Balance and footwork – stick feints and near the ball.

After players are skilled at channelling coach sets up double defense area. Key aspect here is for the person channelling they **MUST NOT MAKE THE TACKLE** in the first instance. Their role is primarily to channel the attacker onto the defender. When the successful tackle is made – one player stays with the attacker and the other now very quickly sets up the counter attack.

Coaching Points:

- ✓ Communication between player channelling and tackler
- ✓ Compact pocket created so that attacker is trapped – danger if doesn't work as TWO defenders are caught close together.
- ✓ Generally a flat stick tackle is made by the tackler
- ✓ Play out the counter if you wish to add one more attacker and defender above the area – see drill below.

