

96 STAYING GOAL-SIDE OF ATTACKERS

Purpose: Teach defenders the importance of staying between their opponent and the goals.

ORGANISATION

- ▶ 10 players involved at any one time.
- ▶ On the signal the ball is kicked long to a stationary target and opponent inside the 50 metre line (K).
- ▶ Immediately the runners sprint towards the contest.
- ▶ The defensive white runners attempt to keep goal-side of their opponent to give themselves first chance of winning possession.
- ▶ If the defenders win possession they rebound to a target. If the attackers win they have a shot at goal.
- ▶ Change the angle of the kick constantly.
- ▶ The same drill could run simultaneously at the other end of the ground.

COACHING POINTS

- a. The danger of allowing an attacking runner to be between a defender and the goal is that he often has clear space to shoot.
- b. By staying goal-side a defender forces the attacker to have to shoot around him.
- c. By blocking or forcing the attacker to change his run angles, a defender can still make a faster attacker ineffective ("bump and run").

