

Attacker v defender

A shooting drill with the shot being made under pressure from a defender.

All the balls start with the defenders at the blue cone.

The defender kicks the ball to the coach or a player designated as a receiver at the red cone.



The defender immediately follows their kick.

The attacker comes from the green cone demanding the ball off the

receiver who hits them with a pass.

Attacker looks to get a score, while the defender looks to deny them.

Can be turned into a scoring competition between the teams either side of the posts.

