



1v1 Sideline Channeling (10 mins)

Goal: This drill is designed to help your players grasp the best techniques for keeping an attacker to the outside of the field.

Skill emphasis:

Defenders — jabs, block-tackling, body positioning, engaging distance (the distance between them and the ball carrier based on the ball carrier's speed, vision, and ball control)

Attackers — receiving and carrying the ball with speed, elimination moves to break into the center of the field

Drill:

1. The defender (blue) passes the ball to attacker (orange) and immediately approaches the attacker, working hard to keep the attacker on the outside of the field.
2. The attacker collects the ball and attempts to carry through one of the gates posted on the inside of the field. If the attacker successfully dribbles with control through the first gate, they get three points for their team, if they dribble through the second gate — two points for their team, and if they dribble through the farthest gate — one point.

If the defender comes up with the ball and successfully completes a pass to either line of waiting players, they get three points for their team, if they channel the attacker through the gate closest to the sideline — two points, and if they channel the attacker through the gate on the 25-yard line that is closer to the middle of the field — one point.

3. Once the attacker dribbles through any gate or the defender completes a pass to the waiting lines, that repetition ends and the next defender in line starts a new ball.

Recommended:

Keep score to keep the drill competitive.

Run the drill for 3—5 minutes (depending on intensity) before having the teams switch roles.

Make the playing area bigger if you want to create more of a challenge for your defenders and smaller to challenge your attackers.

