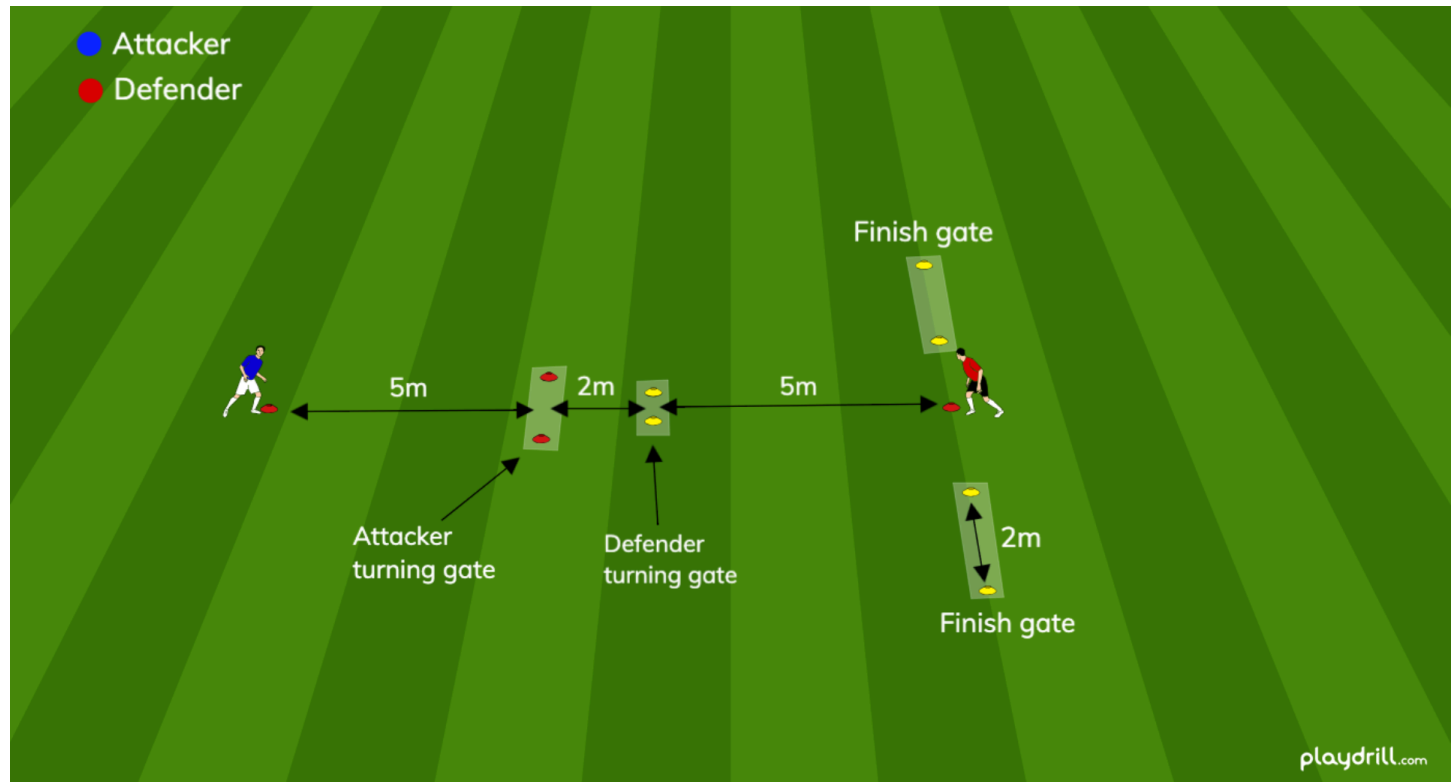


Attacker Y Drill



COD's

Attacker: 45°

Defender: 90°, 135° +

Drill Focus

Attacker is working on making a fast, shallow cut to evade the defender.

The defender is working on making a sharp cut to track the attacker.

Set up

Set up the drill as shown above.

The attacker and defender will be facing each other, about 5m from each of their turning gates.

Execution

On the coach's call, both players accelerate towards their turning gates. The attacker is aiming to make a fast, shallow "Y" cut towards either of the finish gates. The defender makes a sharp cut to track the attacker then try and two-hand tag them.

The attacker can use some deception when approaching the turning gate to try and gain space and time from the defender.

The attacker should have a reasonably high success rate in this drill.

Troubleshooting

• If the defender has a very high success rate, try increasing the distance from their starting cone to their turning gate.