

## 2 Gate Face-Off



### COD's

Attacker: 45°, 90°

Defender: 45°, 90°

### Drill Focus

The attacker is attempting to evade the defender approaching them from a 45° angle.

The defender is attempting to read the attacker's movements and approach them at moderate speed from a 45° angle.

### Set up

Set up the drill as show in the diagram.

Both players begin on the coach's call. The attacker chooses one of their gates to run through, and the defender has to run through the opposite gate on their side.

The attacker is then trying to run through either of the defender's gates without being two-hand tagged by the defender.

### Execution

Encourage the attacker to feint which gate they'll run through to gain time on the defender.

Allow players to explore different movement strategies to try and evade or approach their opponent.

### Variations

• If you find players are coming to a near stop in the drill and not maintaining speed, try introducing a time limit of ~8 seconds to increase the time pressure of the drill.