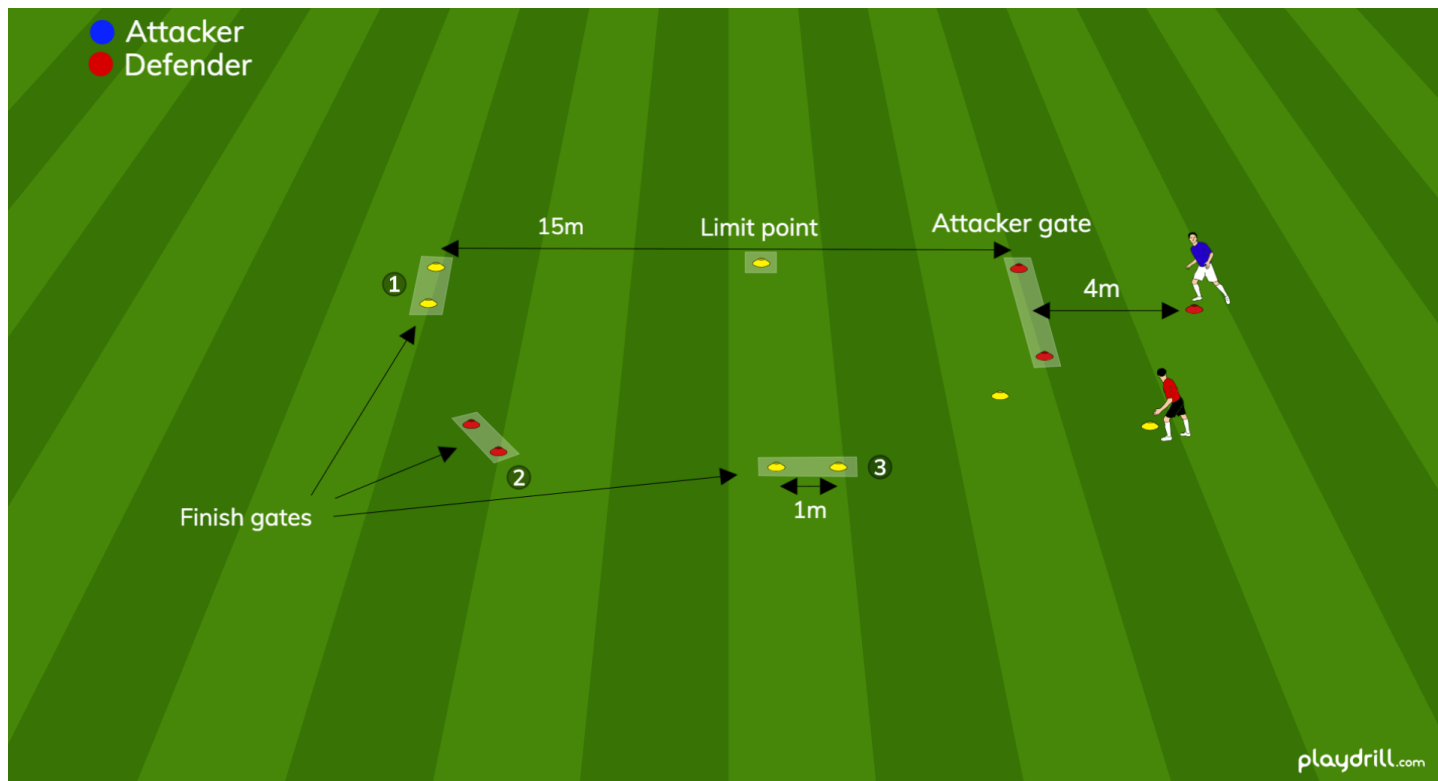


Gate Point Game



COD's

Attacker: 45°, 90°

Defender: 0-45° (conceding space)

Drill Focus

The attacker is working on evaluating the impact and chance of success of different cuts. E.g. accelerating down the line, cutting 45°, or ~90°.

The defender is working on prioritising defending different areas of the playing area, where protecting a dangerous cut inside is high priority.

Set up

There are three gates each valued with different points for the attacker to run through. The gate down the line is worth 1 point, the gate on a 45° cut is worth 2 points, and the gate on a hard cut inside is worth 3 points.

The attacker will start in a "protected zone", where the defender cannot come closer than the next yellow cone until the attacker passes the "attacker gate". This is so that the defender doesn't end up defending directly in front of the attacker.

The attacker also has a "limit point" marked by a cone on the side of the playing area. If the attacker passes this cone, they are not allowed to return back past it.

Execution

The objective of the attacker is to accumulate as many points as possible. The defender is trying to two-hand tag the attacker, and prioritising the defence of the more valuable gates. The most valuable gate is the 3 point gate, but an attacker who can effectively accelerate down the line without being two-hand tagged might score more points overall.

The "limit point" for the attacker is so that the attacker can't turn back for 3 points when they are almost running through one of the other gates. We want to practice committing to the acceleration or cut that the players choose to make. It also keeps the drill moving efficiently where players might take longer and run backwards.

Variations

The drill can be mirrored, so that the cuts are made off the attacker's left foot, rather than their right foot.

Tips

Encourage players to attempt the higher value gates to score more points. If attackers are only attempting to run through the 1 point gate, you can increase the value of the other gates to 3 and 5 points. Consider making these even more valuable with an extra reward for the highest scoring player, or increase competitiveness by including a consequence for defenders who concede the highest value gate.