

### 3 Gate Face-Off



#### COD's

Attacker: 45°, 90°

Defender: 45°, 90°

#### Drill Focus

The attacker is working to get around the defender when approaching them front on, limited with options by using gates.

The defender is trying to read the attacker's movements when approaching them from front on and close down space.

#### Set up

3 gates at each end of the playing area, with the attacker and defender starting 5m away from their own gates.

The attacker can choose any of their three gates to run through. The defender has to run through the corresponding gate on their side. The attacker is then trying to run through any of the three gates on the defender's side.

#### Execution

The coach calls start. The attacker runs through any of their three gates, while the defender has to run through the corresponding gate on their side.

The attacker can try to use deception before running through their gate to gain time on the defender at the other end. Once they run through their gate, they are trying to make it through

one of the defender's gates without being two-hand tagged.

## **Optional variations**

You can add a cone just past halfway on the defender's side of the playing area. Once the attacker reaches that line, they are allowed to turn back and run through one of their own gates to win the drill.

## **Troubleshooting**

- If the attacker has a very high success rate, try narrowing the width of the playing area or increasing the space by moving the gates backwards.
- If the defender is winning too often, space the gates wider in the playing area or make the space larger.