

2 Gate Face-Off + Turnaround



COD's

Attacker: 45°, 90°, 180°

Defender: 45°, 90°

Drill Focus

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

The defender is attempting to read the attacker's movements and close down space at a 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.

When the attacker makes it past the "turnaround point" they are allowed to turn back and run through one of their own gates, as well as the defender's gates.

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.

When the attacker makes it past the "turnaround point" they don't have to go back through one of their own gates. As shown in the animation, they may look to go back, but space opens up ahead of them to accelerate into.

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.