

ACTIVITY: 1 V 1 EVASION

This drill is used to promote footwork in a controlled one v one scenario. This is also a good activity for helping defenders track the attacker.



HOW TO PLAY

- * Set 2 cones 5 metres apart
- * 1 Attacker v 1 Defender , the Defender starts between the two cones
- * Defender starts with the ball, Defender passes the ball to the Attacker to start the drill
- * Attacker must react as soon as they receive the ball and try to beat the defender whilst staying within the two cones
- * Defender must get a two handed touch on the Attackers hips to stop them

COACHING CUES

Key Coaching Cues:

- Ball in two hands
- Move the defender
- Transfer the ball away from the defender
- Plant and Push
- Accelerate away

CONSTRAINTS

There are multiple adaptations and constraints available for this drill:

1. Encourage the Attacker to run through the cones, to prevent diving to score. The cones are not the tryline but a gate to encourage pace after evading the Defender.
2. At the start only allow the Defender to move laterally between the two cones to defend. To add pressure allow the Defender to move forward to shut down the Attackers time and space.
3. To increase or decrease the difficulty of the drill you can change the width of the cones and or the starting depth of the Attacker.
4. Progression for the Defender: start with two handed touch moving onto tackle.

COACHING REVIEW

Stop – Start – Continue

1. What worked well in this drill?
2. What didn't work so well?
3. What will I do differently next time?