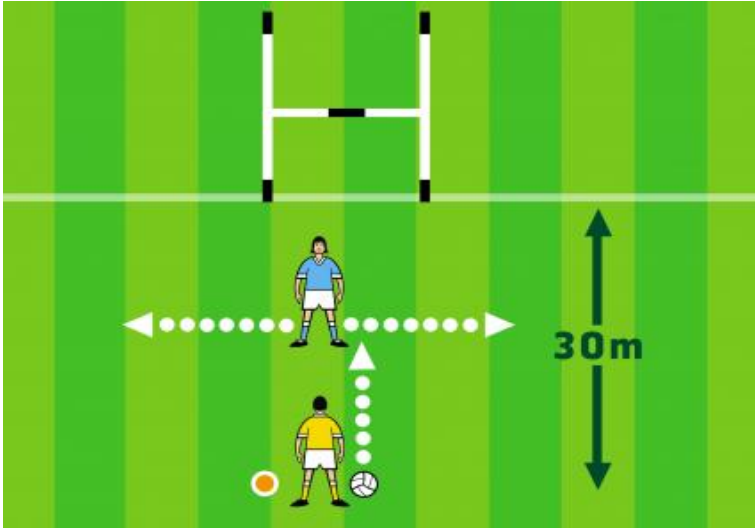


LEVEL 4

CHECKING – GAME PLAY DRILL – 1 V 1

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This is a Game Play drill to develop Checking or Shadowing a player

Organisation

- Divide the group into pairs; one player is the attacker, the other the defender
- Beginning 30m from goal, the attacking player must attempt to round the defender and kick for a score
- The defending player attempts to check or shadow the player to delay their progress and to flick or palm the ball away as the attacking player solos the ball
- Change roles and then repeat the drill

STEP Variation

Space – Marking a channel to restrict the movement of the attacker will reduce the difficulty for the defender

Notes
