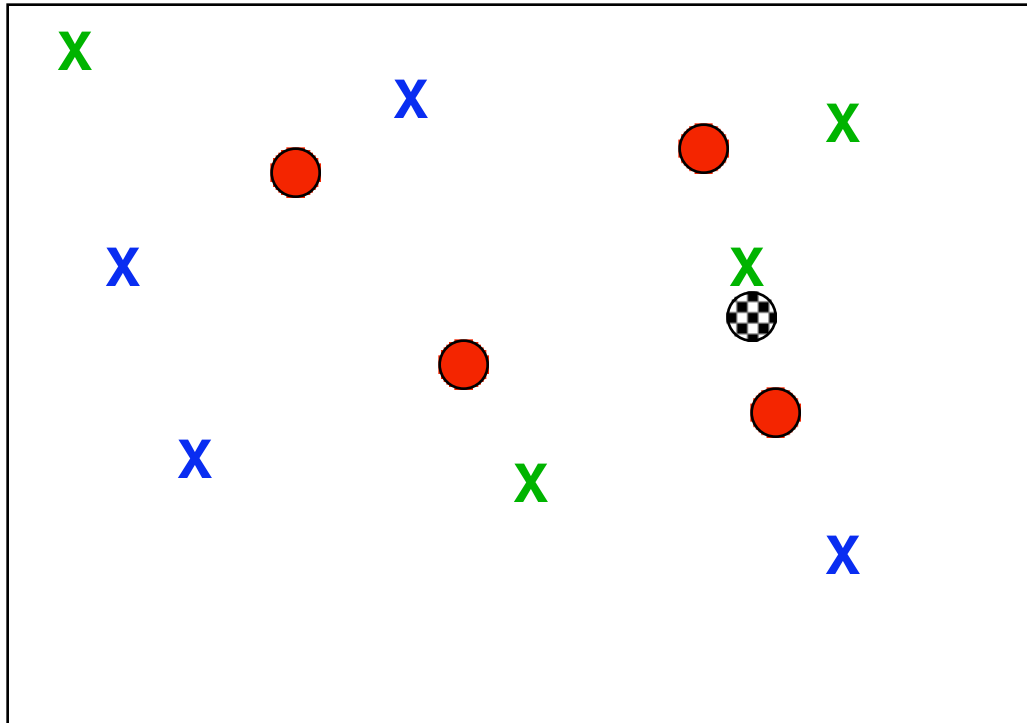


TACTICS: Defensive Shape

"CONE DROP"

This drill is designed to teach players about keeping defensive shape



X X COACH X X

GRID SIZE: 30-40 yards x 30-40 yards

NUMBER OF PLAYERS: three (3) teams of an equal number of players

DRILL

- > Teams play "Keepaway"
- > One team serves as defending team against the two (2) other "attacking" teams
 - in diagram, Red Team "X" is defending against Blue and Green
- > Defending team players defend while holding small disc cone
- > At any time during play, the Coach blows whistle or commands players to "Freeze"
- > At that point, the defending players then drop their cones (red circles in diagram) where they are standing and then jog to sideline next to Coach
- > This enables players to see their shape from the Coach's point of view
- > All teams take turns as defenders

Progression

- > play 2-team "Keepaway", with all players holding cones