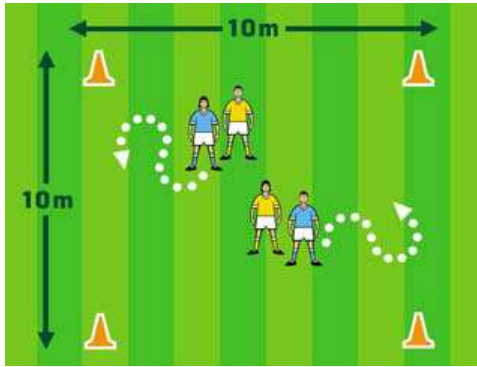


Basic Drill



Hang On

Defender tries to remain in contact with the attacker using one arm

Checking

Key Points

1. Position the body between the opponent and goal.
2. Arms spread out. Use short steps
3. Keep one foot slightly ahead for balance
4. Attempt to intercept when given an opportunity

Head - Hands - Feet

STEP - Vary the activity

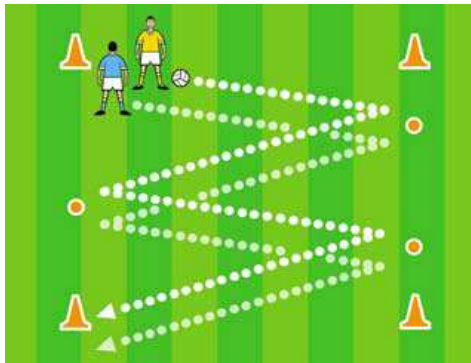
Vary Space

Vary Task

Vary Equipment

Vary Players

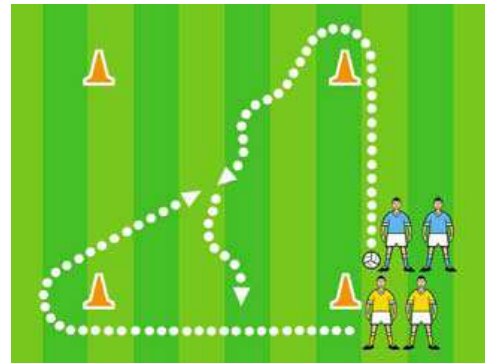
Intermediate Drill



Zig-Zag Check (with ball)

B faces A and attempts to maintain the 'Check' position throughout

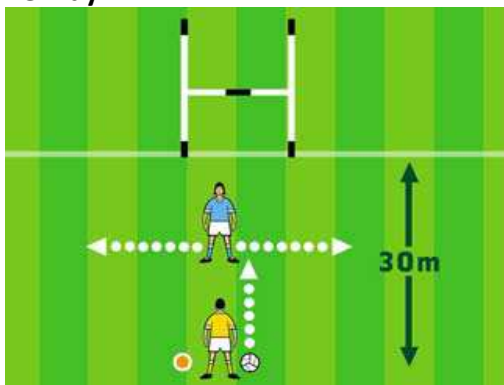
Advanced Drill



Grid Check

Defenders attempts to 'Check' the attacker after he has rounded the corner

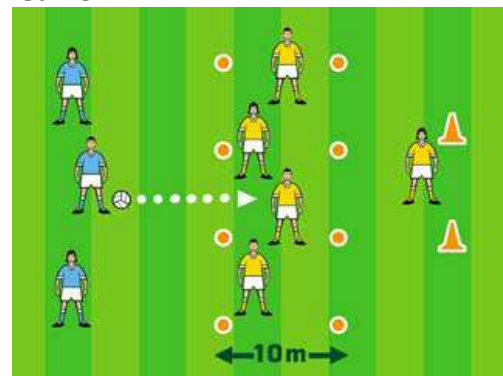
Game Play Drill



Check Mate

Attacker tries to progress to score while the

Fun Game



Check Zone

Attackers attempt to pass the defenders who try to Check them and prevent them from scoring.