



# Defensive Line Communication

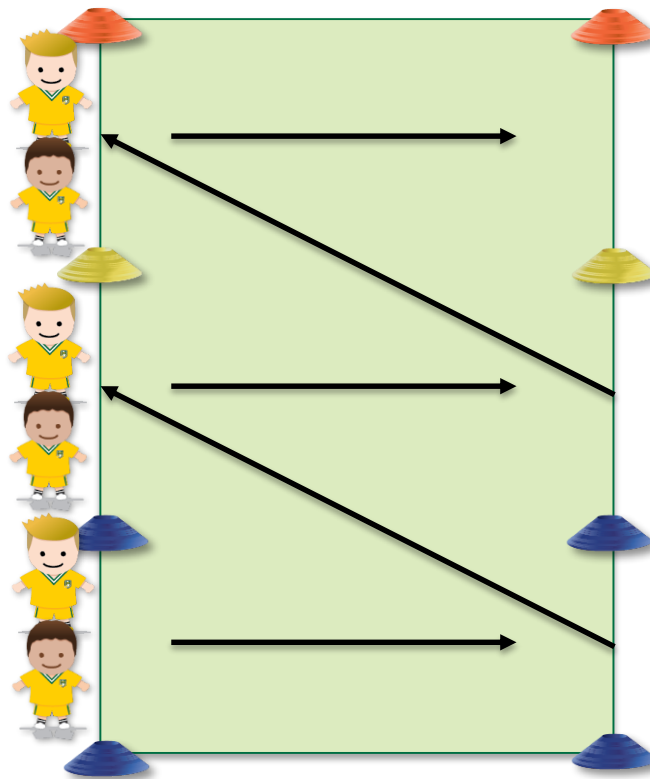
Skill - Defensive Fundamentals

TYPE  
**Closed**

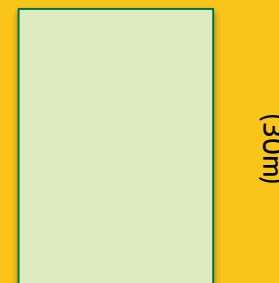
AGE  
**8+**

## Description

- » Line players up in groups of 2.
- » When the coach says go, the players must move forward to the opposing line whilst keeping their line straight with even spacing.
- » Players then retreat back in a line to the section diagonally opposite them.
- » They wait for the next group to go, and move up in a line of 4.
- » The 4 players retreat diagonally.
- » Then the next 2 players start, and all 6 players move up.
- » When the first group is finished, they loop around to the beginning.



Field Size (10m)



## Players



You need 4 players for each group

## Equipment



x (8) Markers



Whistle



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