



Defensive Line Game

Skill - Defensive Fundamentals

TYPE
Game

AGE
8+

Aim

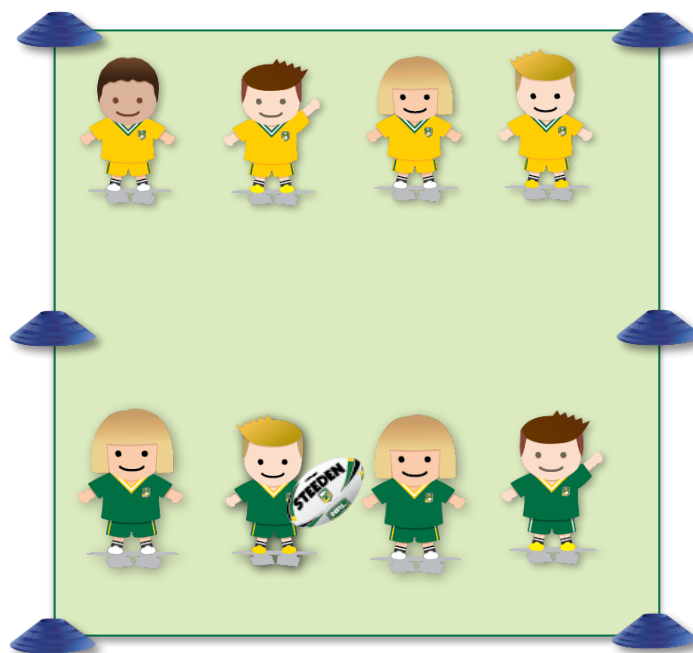
- » Improve teams defense by encouraging them to maintain a good defensive line.

Description

- » The defensive team must maintain a straight defensive line and move up together.

Consequence

- » If they do maintain the defensive line, they are only required to make two tackles before receiving the ball. If a player shoots out of the line, or gets left behind, the team must continue to defend.



Equipment



x (6) Markers



Whistle



x (1) Football

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



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