

Players: 8

## Pyramid Attack

**Objective** – To develop hand catch and ensure players communicate effectively once they have breached the defence

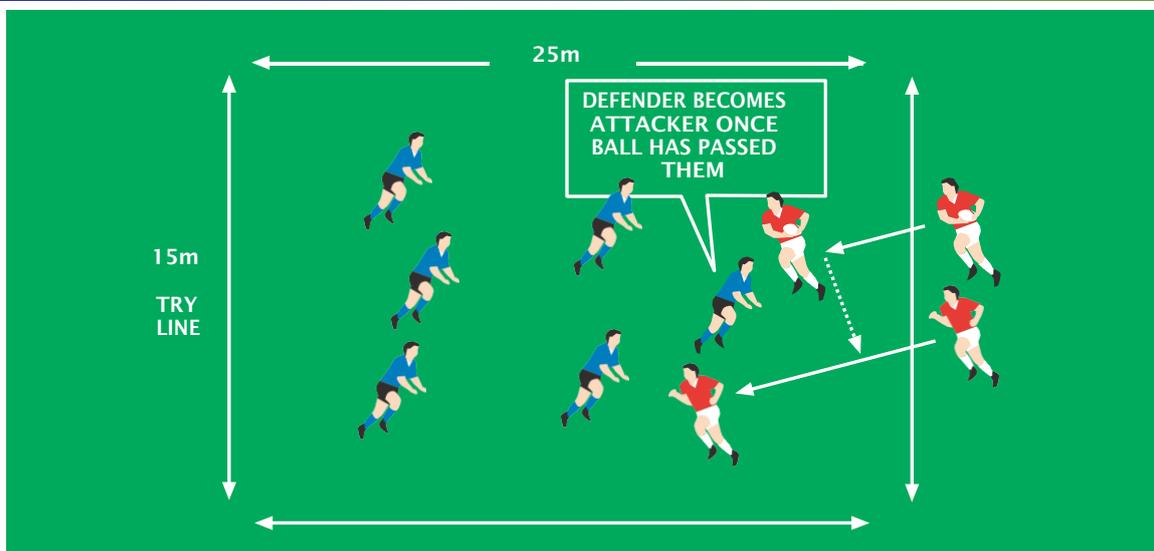
### Equipment needed:

- Balls: 1
- Cones: 4

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- Defenders start in pyramid - 1-2-3 spaced 5-8m apart from each other.
- Two attackers start at end of channel - they attempt to beat the one defender with a pass / offload.
- Once the defender is beaten, they join the attack.
- Defenders cannot move forward until the defence in front of them is breached.
- Swap defenders each rotation.

### Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow-through and fingers point to target after the ball is released.
7. Support runners to talk effectively with ball carriers e.g. 'Short, right'.

### Difficulty:

- Widen / shorten width of pitch to add / remove defensive pressure.
- Attackers run back to their own line if they are touched / tackled (difficult).
- Defenders only allowed to move laterally (easier).