

Players: 8

Pyramid Attack

Objective – To develop hand catch and effective communication once players breach the defence.

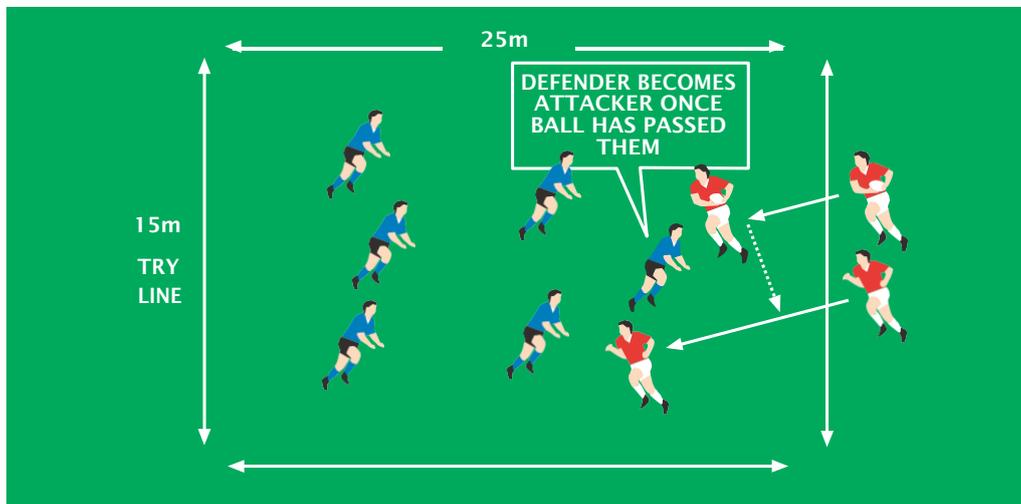
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 6

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

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

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Catch the ball in their hands.
3. Ball remains off the shirt.
4. 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.
- Defenders only allowed to move laterally (easier).