



# Evade the Defender

Skill – Carry, Grip, & Evasion

TYPE  
**Open**

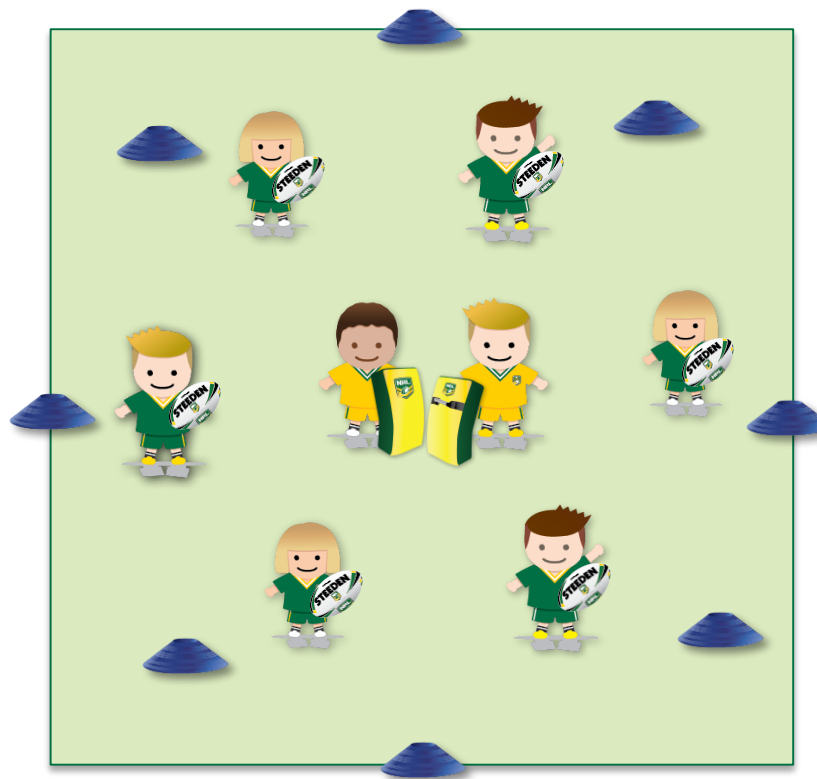
AGE  
**9+**

## Description

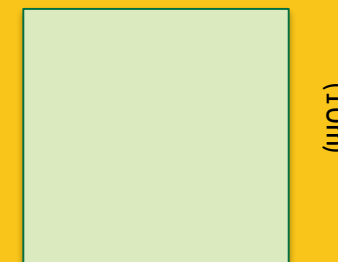
- » All players start in a 10m x 10m circular grid.
- » 6 attackers start with a football.
- » 2 defenders start with bump pads
- » When the coach says go, the defenders attempt to bump attackers out of the circle.

## Progression

- » You can increase or reduce size of the teams or mismatch team numbers e.g. 6 v 4.
- » You can increase the size of the grid, or make it smaller.



Field Size (10m)



## Players



x (6) with ball



x (2) Without Ball

## Equipment



x (14) Markers



Whistle



x (3) Football



x (2)



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