

Fox and hound

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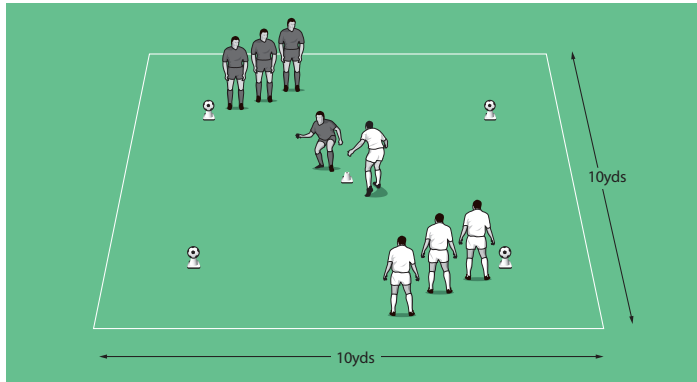


How to play it

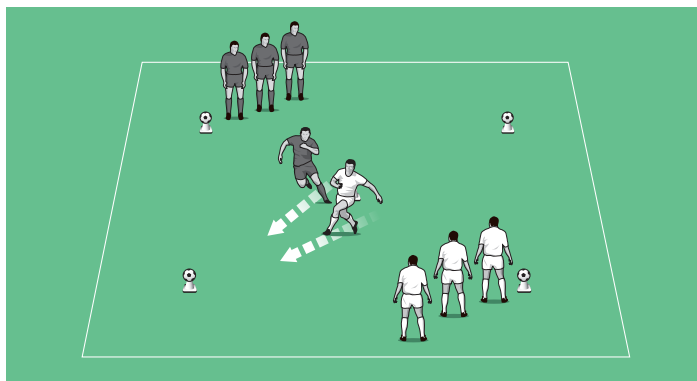
- In this small-sided game, the defender must be light on his toes in order to react quickly to the attacker's movement.
- Set up a 10x10-yard area, as shown, with five cones and four balls.
- Teams are 4v4, and begin from opposing ends of the area. The white team are foxes, the black team hounds.
- To begin, a player approaches from each side and jogs on the spot at the middle cone.
- The fox must attempt to knock a ball off one of the cones.
- It's the hound's job to catch and tag him before he makes it to a ball.
- Each of the four players completes three 1v1s. Then switch team roles.

Technique and tactics

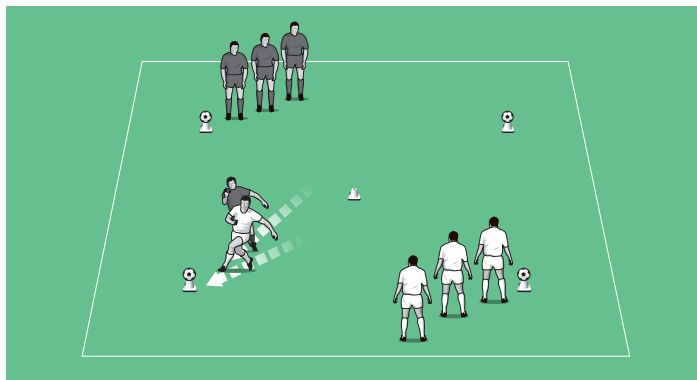
- This game is all about reactions, so players must be on their toes and ready to respond quickly to the situation.
- Foxes must attempt to fool the hounds by moving sharply and, if possible, by disguising their intended runs.
- The game also encourages players to use their bodies in holding off or pressuring an opponent.



The fox (white) and hound (black) approach the central cone



The fox makes a break to reach one of the outside cones



The hound catches the fox before he reaches the ball

player movement →

COACH KEVIN

