

PLAN 3- SESSION #5 DEFENDING

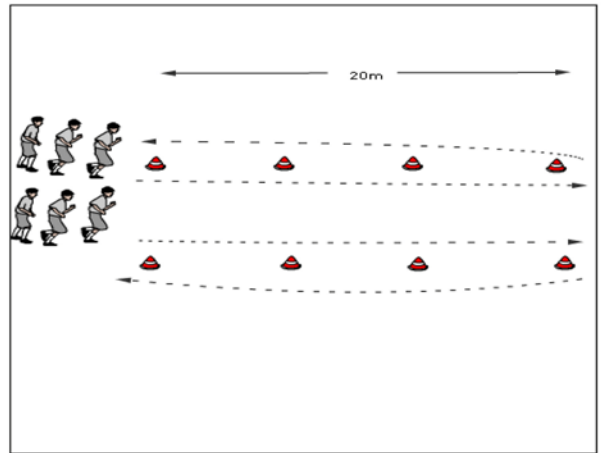
A. Warmup : Jog & Stretch (5m)

SETUP :

- 5 x 20 channel

ORGANISATION :

- Players go in 2's down inside of channel and come back on outside
- Jogging forwards
- Backwards
- Sideways
- Knees up
- Heels up
- Knees up, out and in, then in and in and out



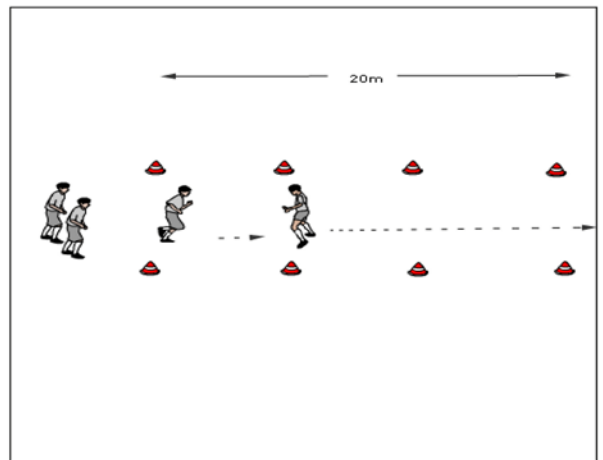
B. Warmup - Defending Movements in 2's

SETUP :

- 5 x 20 channel

ORGANISATION :

- Players go in 2's
- Attacker runs straight, defender runs straight backwards
- Attacker zig zags, defender runs straight bwds
- Attacker zig zags, defender mirrors zig zag
- Same but at end attacker veers to one side and defender follows run crossing over feet.



C. Warmup - Defending Movements – The Wheel

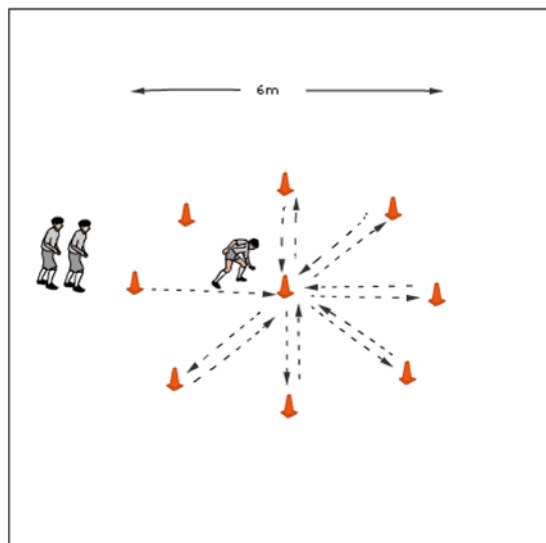
SETUP :

- Create wheel with 6/8 cones 3m radius

ORGANISATION :

- Player shuffles in and out touching end cone then centre cone
- Get low, knees bent
- Shuffle side to side, quick feet
- Push off outside foot

- More than 1 player can go at a time
- Reverse direction



D. Warmup - Defending Facing Opponents

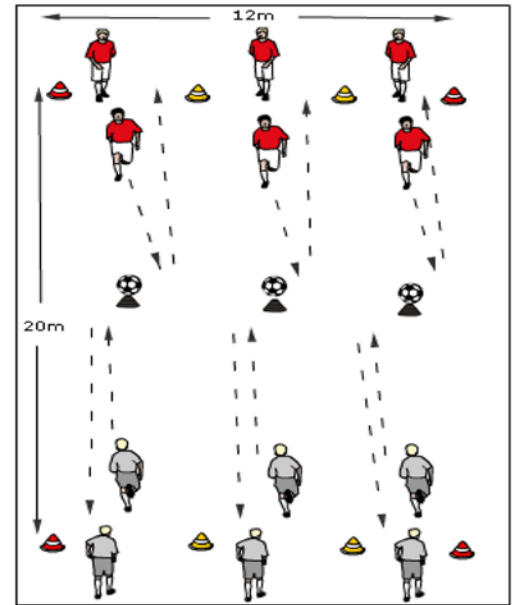
SETUP :

- Line drill fashion, players in 20-25m apart.
- Ball/marker in centre (signifies attacker)

ORGANISATION :

Players at either side move towards ball/marker performing following defending techniques :

1. Speed of approach – fast then slow down last few meters.
2. Angle of approach – to one side to make play predictable.
3. Jockey back – patience and watch the ball
4. Side on, match run – don't be square

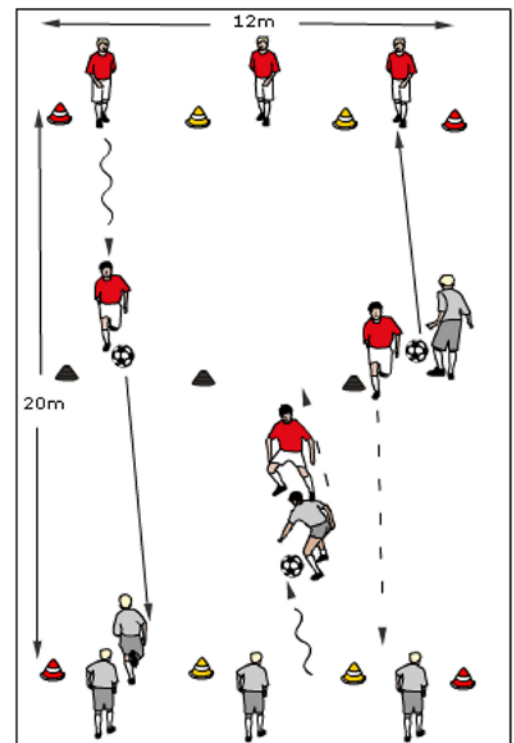


Progression :

Player at one end dribbles ball to half, passes to attacker at other end and becomes defender – use above techniques :

- Close down
- Force one way
- Jockey
- Eye on the ball.

At half way, attacker passes ball and becomes defender



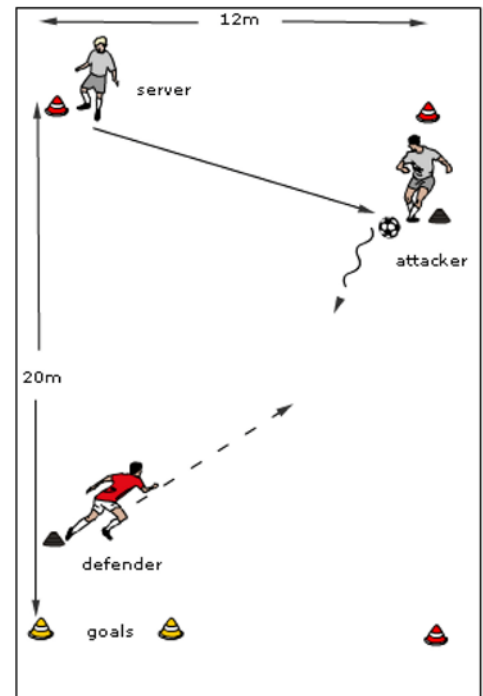
E. 1 v 1 Facing Opponent

SET UP :

- 20 x 12 grid.
- Server, attacker, defender

ORGANISATION :

- Server rolls ball to start play and passes to attacker who tries to beat defender and dribble thru goal.
- Quickly close down play
- Angle of approach – push to side
- Get low
- Be patient - Watch ball, not attacker
- Jockey
- Challenge when possible.



PROGRESSION :

- Introduce 2nd defender to make it 1 v 2.

KP's :

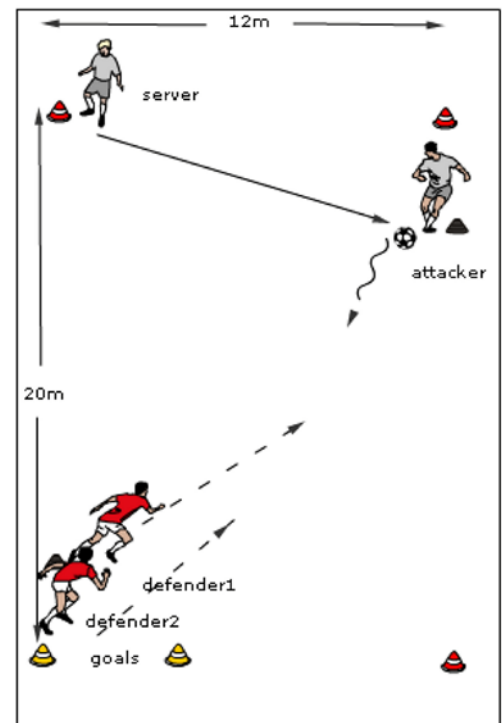
- Distance of 2nd defender – 2m.
- Angle of cover
- Communication from 2nd (supporting) defender
- Recovery run of challenging defender

PROGRESSION :

- 2 v 2
- Server becomes 2nd attacker

KP's

Maintain supporting position, while keeping track of other forward.



F. Game – 4 v 4

- Coach individual defending