

2v2 DEFENDING

Understand the first and second defender principles

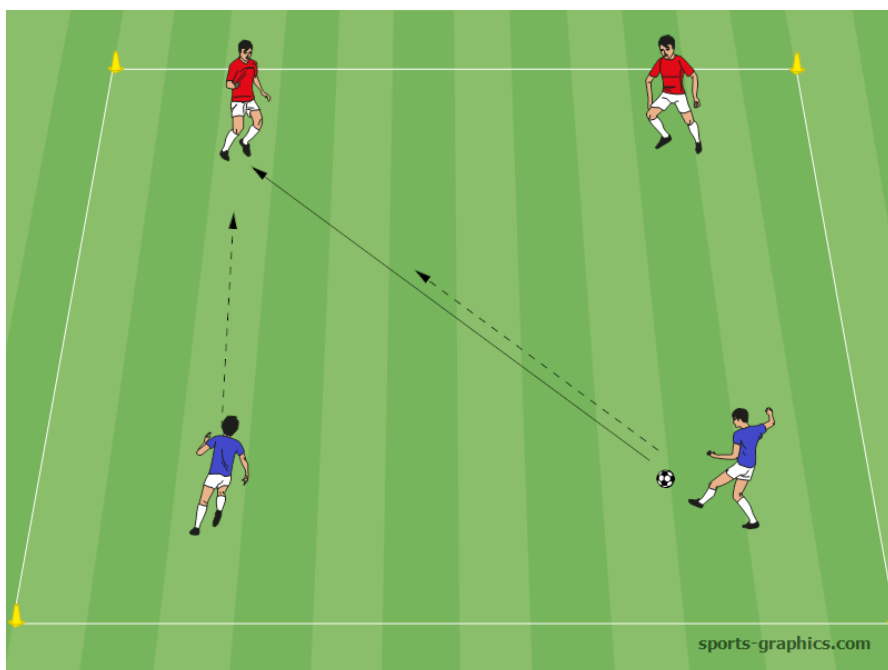
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Defending

Individual / Team Defending Responsibilities



20x20 playing area for each group of four players, games lasts for two minutes, rotate players.

To start the game, one pair plays the ball across to the other. The team that plays the ball defend and the attacking team try to score by stopping the ball on the opposite line. If the defending team win the ball back they try to score on the opposite line and the attackers become the defenders. Each time play ends the game is restarted by the team who were the attackers.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Forcing play to make play predictable.
- How to slow the dribblers approach.
- Individual/team responsibilities.
- Learning to defend as a pair - understanding positional play.
- To learn the correct body shape when jockeying.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Good body shape (low and side on)
- Make play predictable
- Patience
- Win the ball if possible

FOCUS AREAS

- Body shape must force the attacker to go inside or outside dependant on the second defender to make play predictable and to allow good covering position behind. The second defender must continuously communicate.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Make up ground quickly - ensure defender stops early enough to ensure that the attacker can't knock the ball past the oncoming defenders approach (on their touch).

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