

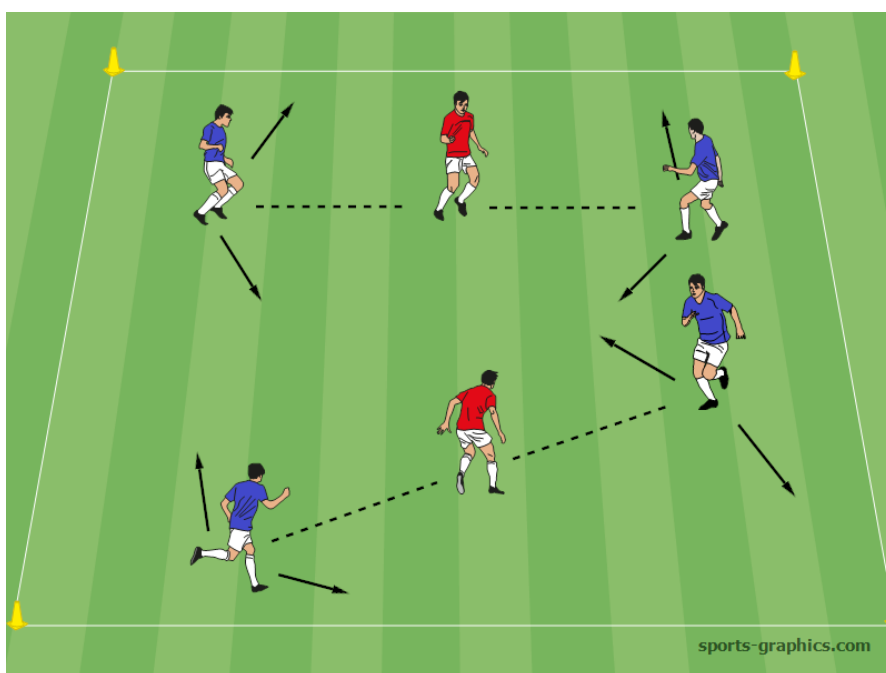
THREE LINE PLAYER

Develop defensive principles

TECHNICAL

Defending

Defensive Shape



In a 20x20 practice area, arrange players into groups of three. Increase the area size as appropriate for the number of players. In each group of three, two players are Line Players and one is the Middle Player. The Line Players move around the area in any direction at any speed, attempting to get away from the Middle Player. The Middle Player tries to stay in a straight line between the two Line Players. On coach command, all players stop. If the Middle Player is not in line between the Line Players they give a fun challenge to the Middle Player e.g. two star jumps.

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

- Learning to defend as a pair - understanding positional play.
- To defend as a unit when in balance.
- To learn the correct body shape when jockeying.
- To work within a team unit with an agreed outcome.

KEY FACTORS

- Communication
- Concentration
- Good body shape (low and side on)
- Light on the feet

FOCUS AREAS

- Communication between players, especially those from behind who can see the oppositions' movement/ team shape.
- Constant changes of role and responsibility.
- Defence formation should stay compact.
- Defend as a group and support each other.
- For optimal coordination, players have to coach each other.
- Marking positions.

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