

SLIDE AND FILL DEFENDING

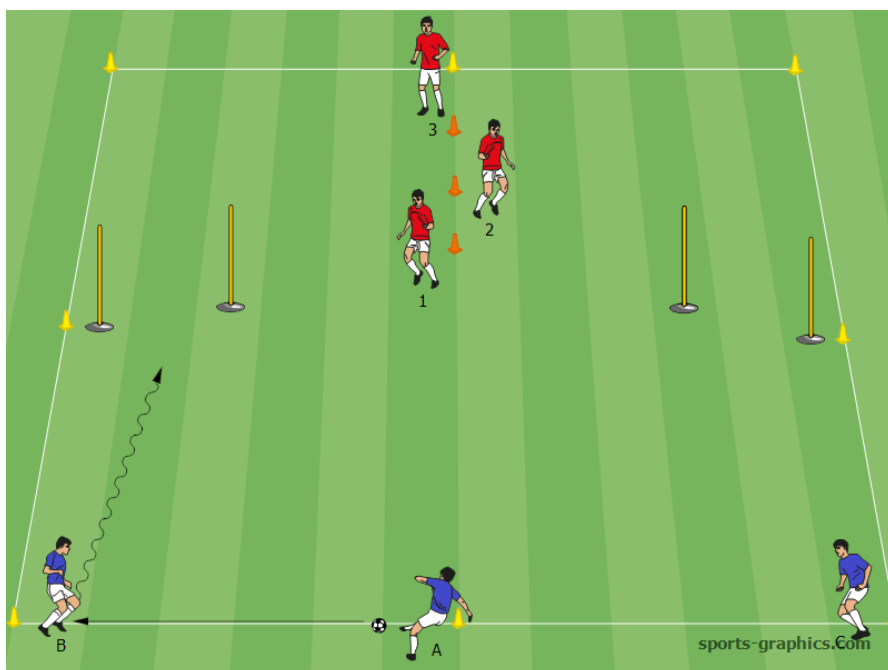
To develop understanding of basic defending responsibilities in a technical based practice

TECHNICAL

PSYCHOLOGICAL

Defending

Individual / Team Defending Responsibilities



Set up three cones 20-yards apart along one end of the area. Place an attacking player (blue) on each cone. Defenders (reds) start on opposite end line. Set up gates with poles (or tall cones) 15-yards away from the defenders starting position.

Player A starts with the ball. Player A passes to Player B. As the ball is travelling Player 1 makes up ground to quickly stop Player B playing forward towards the gate. Player B takes at least two touches before passing back to Player A. As the ball travels back to Player A, Player 1 recovers back to starting position. Player A then passes to Player C and Player 2 now makes up the ground to stop the forward pass. Player C passes back to Player A and Player 2 recovers. Session continues with Players 1, 2 and 3 taking turns.

On receiving, Players B and C can now pass or dribble balls through the pole gates. Player A can now pass through the pole gates after receiving a pass back.

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

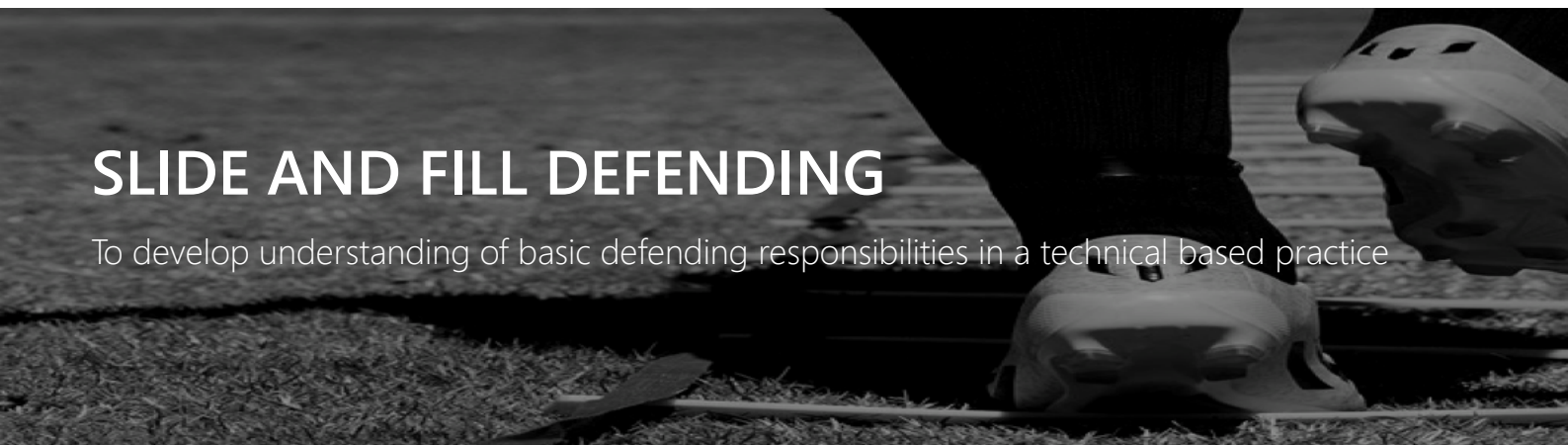
- Forcing play to make play predictable.
- How to slow the dribblers approach.
- Individual/team responsibilities.
- To learn the correct body shape when jockeying.

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

- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- 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.
- Encourage good communication between players.
- 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).
- Observe the session from different vantage points and make any key points quickly and precisely.



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