

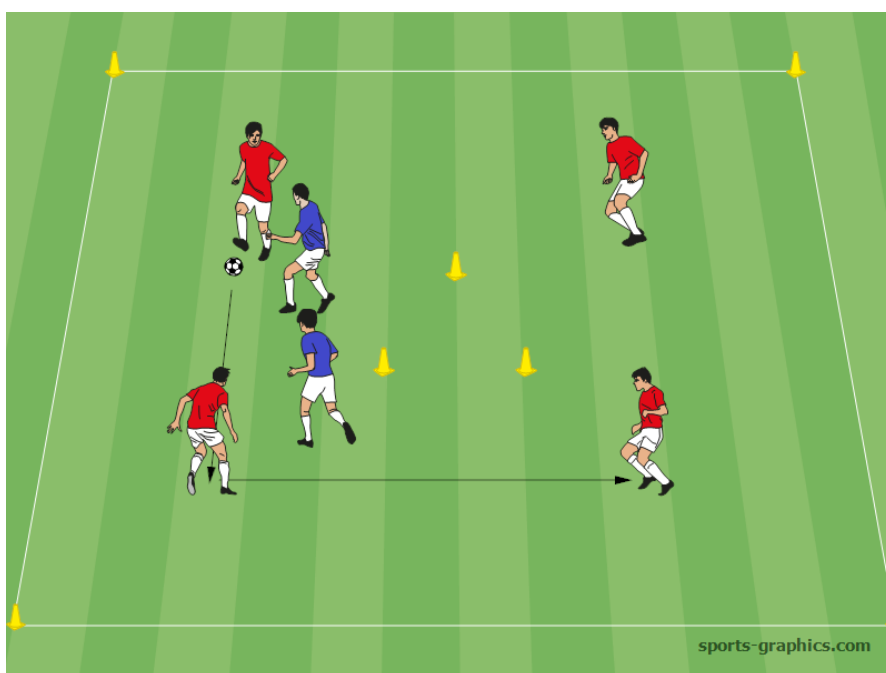
4v2 SPLIT

Develop defending principles in a skill related practice

TECHNICAL

Defending

Defending as a Unit



Set up a 15x15 playing area with a triangle of cones in the centre creating three 3yd wide gates.

Size of playing area can be adjusted if necessary.

Four players attempt to keep possession of the ball while the two defenders try to win the ball.

If the defenders don't close down the ball properly, players on the outside will be able to play the ball between the defenders and through a gate to another player.

This will score a point. On the other hand a point is scored every time the defenders win the ball.

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

- Basic defending as a unit.
- Cover, support, pressure, compactness.
- Forcing play to make play predictable.
- How and when to win the ball.
- Individual/team responsibilities.
- To understand how to affect the result based on attacking and defending principles.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Light on the feet
- Make play predictable
- Nearest man to close ball quickly
- Stay compact as a unit
- Win the ball if possible

FOCUS AREAS

- Always cover the attacking player.
- Attack the ball carrier as soon as possible.
- Covering support, balance, recovery.
- Defensive shape with correct distances to apply pressure, cover and balance.
- Role of pressing player.
- Work on identifying passing lanes.

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