

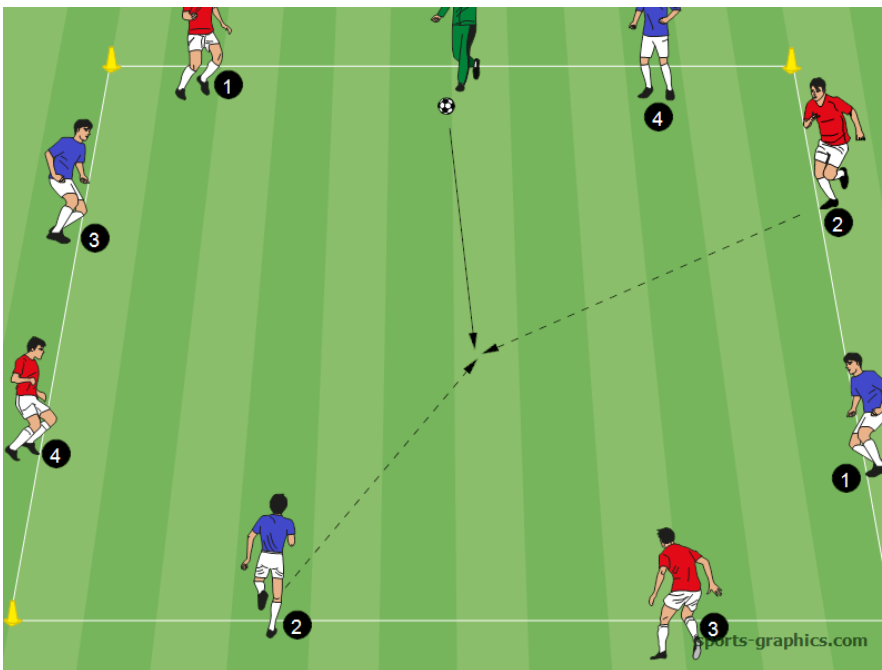
DEFEND IN 30 SECONDS

Develop defending principles in a skill related practice

TECHNICAL

Defending

Defending 1v1



Set up a 25x25 playing area.

Size of playing area can be adjusted if necessary.

Divide players into two even teams.

In this practice players are numbered 1-4 and are arranged evenly around the area.

Coach plays a ball into the middle of the area and calls a number. In this practice, the number 2.

The two players, one from each team, enter the area and try to maintain possession of the ball.

The winner is the player that has the ball when thirty seconds is up.

The two players return to the outside of the area and the practice is repeated ensuring all players have plenty of playing opportunity.

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 and when to win the ball.
- Individual defending skills (jockeying, tackling).
- To improve basic defending objectives based on defensive 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

- Balanced, controlled 1v1 defending skills.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Good individual defending technique (jockeying, positioning and tackling).
- Intelligent 1v1 defending skills.
- Make play predictable.
- Reading the intention of player in possession.
- To improve individual defending in 1v1 situations.

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