

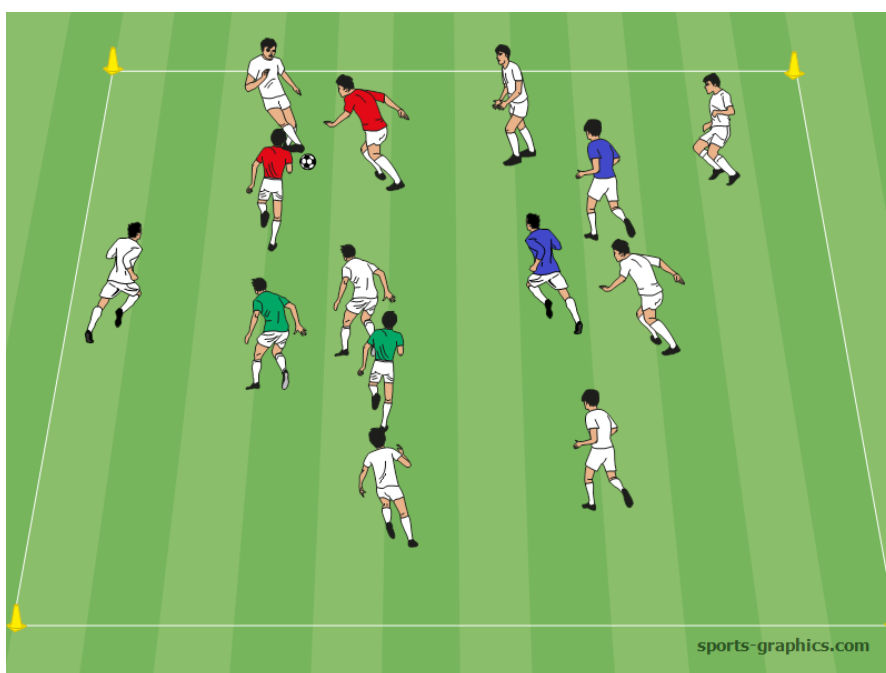
DEFENDING IN PAIRS

Develop defending principles in a skill related practice

TACTICAL

Defending

Defending as a Unit



Set up a 20x20 playing area.
Set up an 8v6 with the six defenders arranged into three pairs.
The six defenders must work as a team to win the ball from the eight attackers.
The pairs must close down as a pair not individually ensuring they stay close, compact and work off one another to try and win the ball.
Regularly swap roles.

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.
- Forcing play to make play predictable.
- How and when to win the ball.
- Individual defending skills (jockeying, tackling).
- Learning to defend as a pair - understanding positional play.
- 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

- Attack the ball carrier as soon as possible.
- Balanced, controlled 1v1 defending skills.
- Communication - coaching one another.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Early recognition of possible opportunity by individuals to force errors and unsettle opponents seeking to gain composed possession.
- Keep constant pressure on the ball carrier.
- Role of pressing player.
- Tackling off front and back foot.

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