

3v3v3

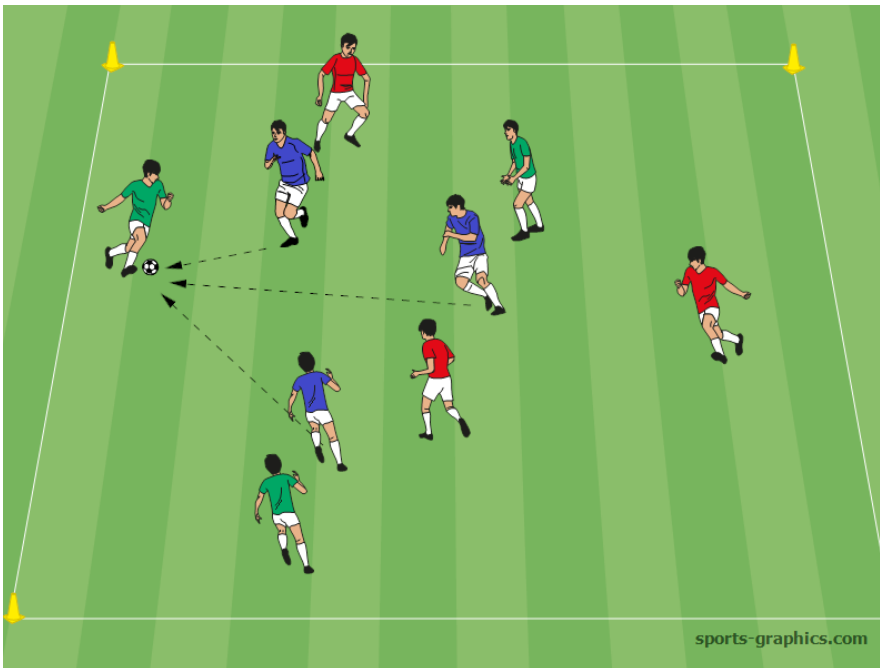
Develop defending principles in a skill related practice

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a 30x30 playing area.

Size of playing area can be adjusted if necessary.

Divide players into three even teams.

One team has possession of the ball.

The team in possession can use one of the other teams to help keep the ball while the third team (blue in this instance), tries to win the ball.

The blue team must work hard as a

defensive unit to try to win the ball back.

The team who lose possession become the defenders.

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 defend as a unit when overloaded.

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.
- Attempt to intercept passes.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Covering support, balance, recovery.
- Defending players should remain compact.
- Every movement needs a reaction to close any gaps.
- Mental concentration when possession changes.
- Role of pressing player.
- Teamwork and communication.
- Work on identifying passing lanes.

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