

DEFENDING THE END LINE 3v2

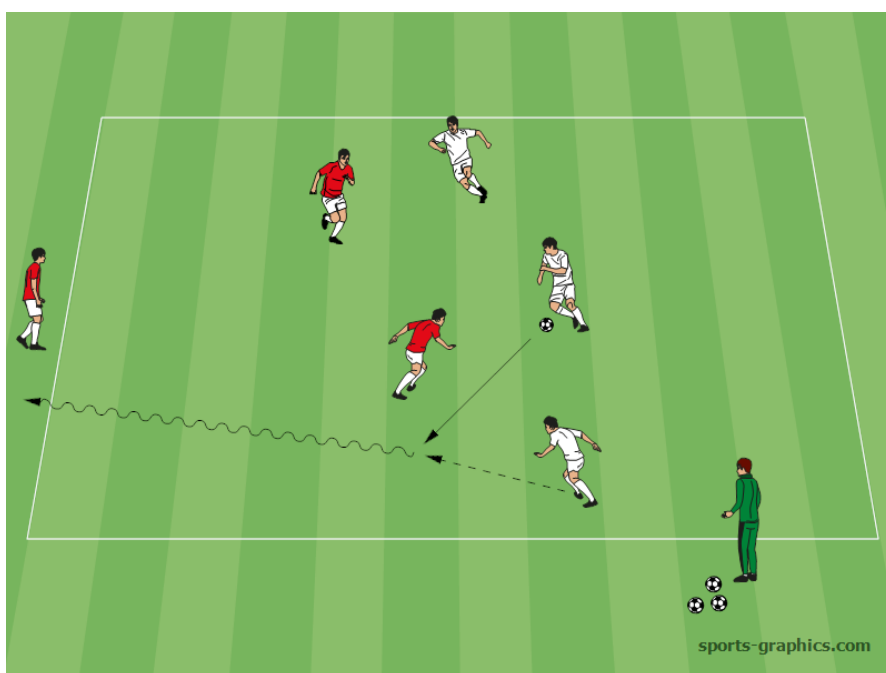
Basic defending as a unit

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a playing area 30x15.

The practice is a 3v2 in favour of the attacking team.

The third player takes a position on the outside of the area.

Rotate so that each player gets a rest.

Three white players try to beat two red defenders and score by dribbling across the end line.

If red wins the ball they attempt to pass the ball to their teammate on the outside.

If this is achieved the roles are reversed.

If the white team prevent the ball getting back to the target, play resumes until the ball has gone dead.

Restart with three red attackers against two white defenders (one white player goes out).

Offside rule applies.

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

- Ball oriented defending and support.
- Individual defending skills (jockeying, tackling).
- To defend as a unit.
- Understanding positional play when in possession and when the team is out of possession.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Good body shape (low and side on)
- Nearest man to close ball quickly
- Patience
- Stay compact
- Win the ball if possible

FOCUS AREAS

- Always cover the attacking player.
- Attack the ball carrier as soon as possible.
- Balanced, controlled 1v1 defending skills.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- For optimal coordination, players have to coach each other.
- Good individual defending technique (jockeying, positioning and tackling).
- Quickly identify and block potential passes.
- When to pressure and when to concede ground.

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