

Defending Skills

When teaching defending skills, the basic underlying skills that are involved are:

Starting Position (in front)

- Feet shoulder-width apart
- Positioned half-way across the opponent's body
- Arms down by the side
- Vision on player and ball

Vision

- Head up and slightly turned
- Should be able to see both the ball and opponent

Body control/balance

- In the air/elevation
- On landing
- On extension

Footwork

- A variety of movement patterns
- Run – sidestep – change of direction – shuffle – back move



ONE-ON-ONE (SHADOWING)

In one on one defence the aim is to dictate the opponent's play to force the attacker to a poor position to turnover the ball. If the ball is coming from in front, use in-front defence.

TEACHING POINTS

- Stand in front of opponent with back to attacker, and body halfway across opponent's body
- Arms close to sides of body
- Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright
- Vision to see attacker and the ball
- Shadow moves using fast small steps
- Aim to move feet to maintain vision of the attacker and not swing the head

COMMON ERRORS

- Standing directly in front of attacker or directly beside attacker
- Watching either the ball or the attacker exclusively
- Bottom is not tucked in and legs straight
- Feet too close together or too far apart
- Arms positioned out from the body causing obstruction
- Moving head and not feet to maintain vision on attacker

CHANGE IT

- Working between cones attacker uses a variety of moves to evade their opponent and 'shake the shadow'
- T in front of group holds ball to check defender has vision of ball and opponent



Variation:

- Move ball around high, low etc and defender calls position of ball
- Pass ball to attacker

One-on-One (Shadowing)

- Working in confined area attacker uses a variety of moves (e.g. straight lead, dodge, change of direction) to evade opponent and receive pass from T



Variation:

- Use goal circle or wing area around goal as area
- Work number of passes

CHANGE IT

- Eight players divided into two teams
- Playing area is a series of squares in a line with a player from each team placed in each square and a T at either end of line
- T starts with ball and passes to attacking team who pass it along line, trying to avoid an interception
- Players must remain in own square and should use a variety of moves to free themselves from the defender
- If a defender intercepts or tips ball they become attacking team



Variation:

- No lobs to make it easier for defenders
- Work same team as defenders for a time limit and count intercepts and tips

INTERCEPTION

To take possession of the ball during an attempted pass by the attacking team.

TEACHING POINTS

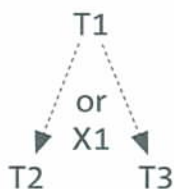
- Read cues provided by the thrower to anticipate direction of the pass
- Drive for an intercept at an angle
- Focus on ball
- Emphasis should be on strong first three to four steps
- Run through to take the ball
- Land on the outside foot and balance

COMMON ERRORS

- Misreading the cues
- Leading too soon
- Angle is too flat
- Eyes and head looking down
- Push off on the inside foot
- Lunging at the ball
- Landing on incorrect foot and overbalancing

CHANGE IT

- X1 stands between and in front of T2 and T3 and attempts to intercept pass from T1 to either T2 or T3

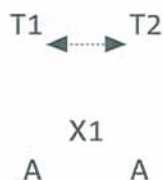


Variation:

- Piggy in the Middle – one player stands in a circle of approximately six players and attempts to intercept passes made by the circle players. Circle players cannot pass to player either side of them

Interception

- T1 and T2 pass ball between each other then pass to either attacker (A) with X1 trying to intercept
- X1 should move to cover the pass to A's
- A's are stationary

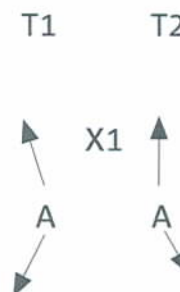


Variation:

- Restrict number of passes between T1 and T2 to assist X1

CHANGE IT

- Set up middle drill again but in a defined area; A's can now move in confined area



RECOVERY TO 0.9 METRES (DISTANCE THEN HANDS) – NETTA DISTANCE IS 1.2 METRES

Within the rules of the game, defend the passer to pressure their release.

TEACHING POINTS

- Push off strongly 0.9 metres distance (1.2 metres for Netta)
- Strong stride/jump back – can be one large stride or a few quick steps
- Use arms for power to jump back
- Head up with eyes on ball and opponent
- Weight balanced over two feet
- Bend slightly at hips, knees and ankles
- Weight forward with knees over toes
- Back straight and upright
- Arms up and in position

COMMON ERRORS

- Push off not quick enough to get back to distance
- Feet too wide or too close together – difficult to change direction
- Eyes on ground – attempting to judge distance
- Weight not balanced or too much on toes
- Legs straight
- Arms up too soon, i.e. before distance has been gained
- Bend forward too much at waist

CHANGE IT

- Players stand behind a line (body upright, feet shoulder-width apart, and knees slightly flexed and over toes)
- On command step back to 3' (younger players may need more than one step)



Variation:

- Add put hands up once 3'

Recovery to 0.9 metres

- Work to cone, deflect an imaginary ball with outside hand then recover to 3' and hands up



Variation:

- Add a random ball thrown in for players to deflect

CHANGE IT

- Ball between two
- Throw ball up between themselves, person who does not get ball takes role of defender, recovers to 3' with hands up when attacker catches ball
- Need to designate the direction of play

Variation:

- Designate who will catch ball prior to throwing it in air
- Combine two pairs. One pair work 1v1 between two Ts. Ball passed to attacker from T1, then passes to T2. Defender attempts to intercept then recovers to hands up

T1 1V1 T2

HANDS OVER BALL – NETTA DISTANCE IS 1.2 METRES

Players should attempt to defend every pass. This places pressure on the thrower and increases the chance of an error or interception occurring.

TEACHING POINTS

- Stand 0.9 metres in front of the person throwing (1.2 metres for Netta)
- Feet shoulder-width apart, knees, hips and ankles slightly bent
- Entire foot on ground
- Position arms over the ball, follow the movement of the ball
- Re-position quickly to defend attacker's next move
- Weight forward with knees over toes
- Back straight and upright
- Arms up and in position

COMMON ERRORS

- Incorrect distance
- Hands coming up before correct distance is taken
- Feet narrow, knees, hips and ankles straight – lose balance
- Hands not over the ball
- Player on toes – lose balance and shorten distance
- Arms waving and not defending ball

CHANGE IT

- Players stand to face coach (feet shoulder-width apart, body upright and knees slightly flexed and over the toes)
- On coach's command players defend an imaginary ball with their hands in position of a clock face
- e.g. 12 o'clock – hands high above head, 9 o'clock - right hand above head and left hand out to side

Hands over Ball

- In pairs, one person holds a ball, the other person stands to defend the pass
- Position hands, using the clock face concept, to cover the ball
- e.g. if ball is to one side use a 3 or 9 o'clock hand position
- Move the ball to a new position after each defence

CHANGE IT

- Repeat Recovery to 0.9 metres (drill three above) and add hands over the ball

Variation:

- Attacker passes to a third person
- Combine two pairs. One pair work 1v1 between two Ts. Ball passed to the attacker from T1, who passes to T2. Defender attempts to intercept, then recovers to hands up

T1 1V1 T2

