

Defensive Skills

One on One (Shadowing)

Teaching Points

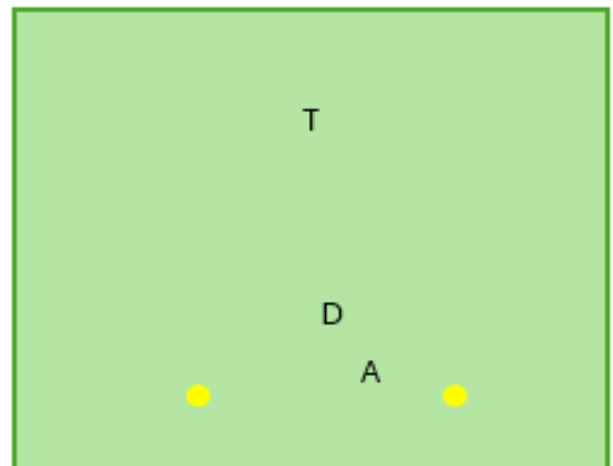
1. Stand in front of opponent with back to attacker, and body halfway across opponent's body
2. Arms close to sides of body
3. Feet shoulder width apart, knees bent, weight slightly forward over toes and back upright
4. Vision to see attacker and the ball
5. Shadow moves using fast small steps
6. Aim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

Activity 1

1. Working between cones
attacker uses a variety of moves to evade their opponent and "shake the shadow"
2. T in front of group holds ball to check defender has vision of ball and opponent

Variation:

1. Move ball around high, low etc
and defender calls position of ball
2. Pass ball to attacker



Interception

Teaching Points

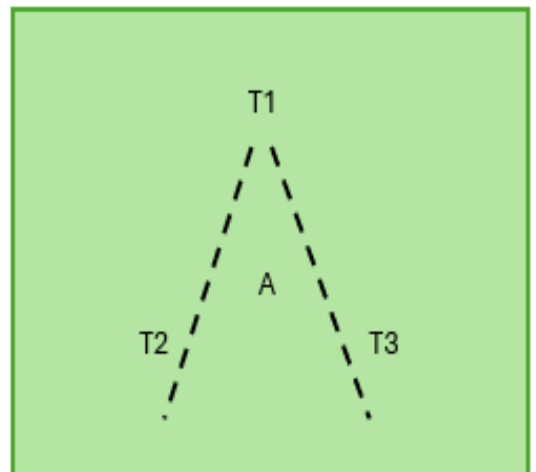
1. Read cues provided by the thrower to anticipate direction of the pass
2. Drive for an intercept at an angle
3. Focus on ball
4. Emphasis should be on strong first three to four steps
5. Run through to take the ball
6. Land on the outside foot and balance

Activity 1

1. A stands between and in front of T2 and T3 and attempts to intercept pass from T1 to either T2 or T3

Variation:

1. 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



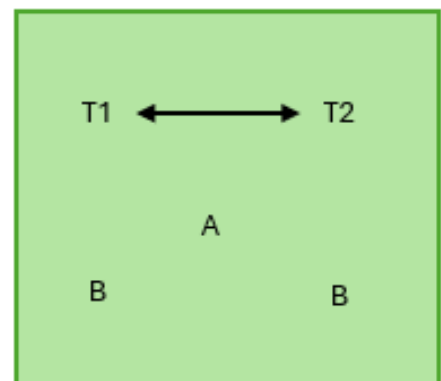
Activity 2

Interception

1. T1 and T2 pass ball between each other then pass to either attacker (B) with A trying to intercept
2. A should move to cover the pass to B's
3. B's are stationary

Variation:

1. Restrict number of passes between T1 and T2 to assist A



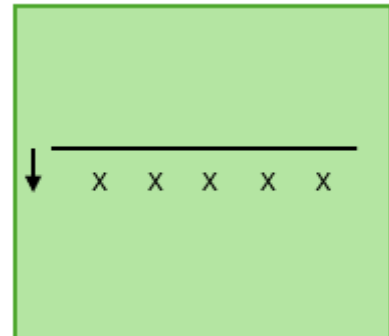
Recovery

Teaching Points

1. Push off strongly 0.9 or 1.2 metres distance
2. Strong stride/jump back – can be one large stride or a few quick steps
3. Use arms for power to jump back
4. Head up with eyes on ball and opponent
5. Weight balanced over two feet
6. Bend slightly at hips knees and ankles
7. Weight forward with knees over toes
8. Back straight and upright
9. Arms up and in position

Activity 1

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



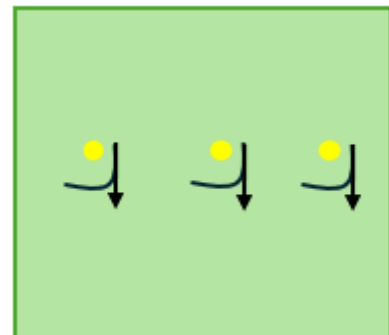
Variation:

1. Add - put hands up once 3'

Activity 2

Recovery to 0.9 metres

1. Work to cone, deflect and imaginary ball with outside hand then recover to 3' and hands up
2. Add Thrower and replace markers with attacking body



Hands Over Ball

Teaching Points

1. Stand 0.9 or 1.2 metres in front of the person throwing
2. Feet shoulder width apart, knees, hips and ankles slightly bent
3. Entire foot on ground
4. Position arms over the ball, follow the movement of the ball
5. Re-position quickly to defend attacker's next move
6. Weight forward with knees over toes
7. Back straight and upright
8. Arms up and in position

Activity 1

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

Activity 2

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

Common Errors

1. Incorrect distance
2. Hands coming up before correct distance is taken
3. Feet narrow, knees, hips and ankles straight – lose balance
4. Hands not over the ball
5. Players on toes – lose balance and shorten distance