

## **DEFENSIVE PRACTICE:**

### **Terms:**

#### ***Closing In:***

This refers to closing the space between defender and attacker very fast or as fast as possible.

#### ***Containing:***

Is the term used when a defensive player closes in but instead of jumping, stabbing at the ball, the defender stay's on a containment area just in front of the attacker. This normally will be about 2-3 feet just in front of the attacker.

#### ***Jockeying:***

Just like if you were on a horse is the defensive position of the body in relation to the ball, the defender must bend their knees and face the attacker from a side stance, as the attacker dribbles forward the defender's try to make the attacker choose one side , while moving on a jockeying position.

#### **Tackling:**

The action of winning the ball from the opponent's feet , chest , head with out committing a foul.