

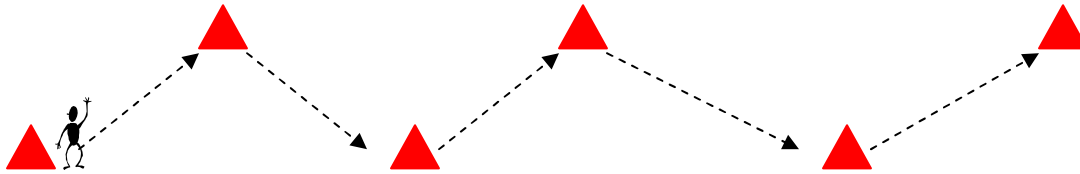
Defensive Practice I

1) Jockeying:



One player with the ball dribbling forward just at a normal speed .
The defender will stay two feet away on a jockey defensive position moving backwards every time the dribbler changes angle the defender does as well.

2) Closing In:



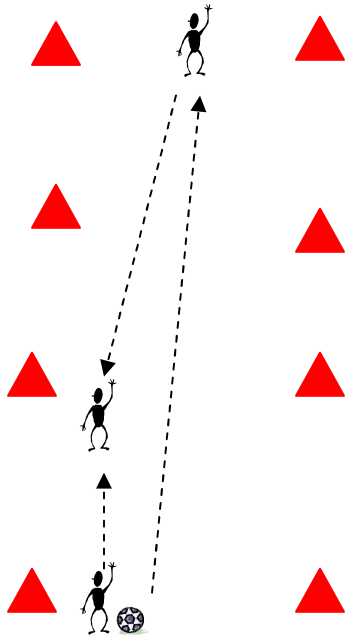
Using a grid with this shape with the cones at least 10 yards apart we will work on closing in, pretending that the cone's are offensive players.

Coaching points:

- 1) Close in fast
- 2) Not to get too close to the attacker
- 3) Concentrate on trying to make a tackle.

Action: The first player that goes needs to be on her toes , ready on your command the player takes off and, it is very important that they pretend that the cone is a player and also go through the motions just like explained before the drill.

3) Combine _ Jockeying and Closing In.



Grid 7 x 15 yds

Action: the defender passes the ball with good pass forward to the attacker who when receiving will attempt to beat the defender as soon as the defender passes the ball the game is on. The defender must close in fast not to close as to get beat but close enough to make the attacker choose. If the attacker dribbles outside of the cones she will be out of the game.

Coaching Points: Tell the defender to use the side line as their friend to push the attacker forward the side line then tackle this whole exercise leads to a tackle we are giving the defender visual help to learn how to get to that point strongly. Encourage your players that the tackle is a “must” game of defense.

5 v 1 = the one is the lone defender. Five attacking players trying to keep their ball away from the defender and the defender trying to kick the ball out of the grid. You can do 5 v 1 on a smaller grid in the interest of time.

Game: We need to concentrate on closing in jockeying tackling it needs to be an intense defensive game.

