

## DEFENSIVE PRACTICE – II

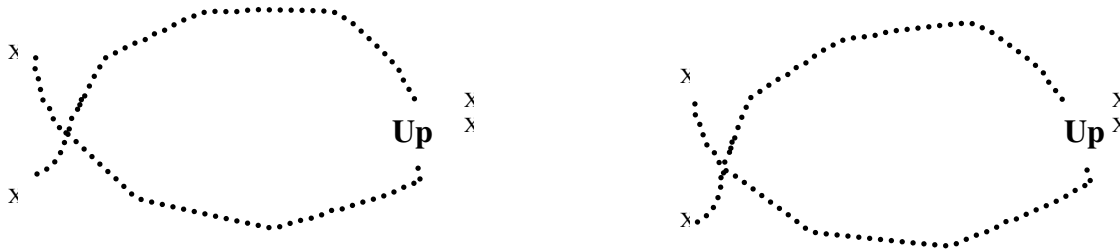
### *Warm up - 1*

Begin with two lines side to side doing a light jog they must stay to the side of their partner. On your command they have to push each other with their shoulder only for a short time and back to the jog. Use a distance of about 50 yards from which they run up to and back and have them do it several times.



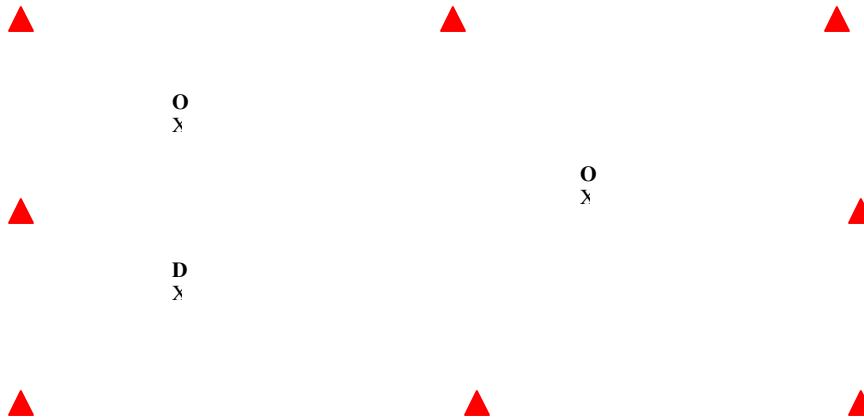
### *Warm up – 2*

With the same line have two players run criss-cross, and make a wide turn and finally meet each other as they are jumping up with the shoulders.



**Coaching points:** They have to jump at the same time so they have to communicate, asks them to pretend they are going for the ball in the air.

## SKILL COMBINATION (Defensive skills)



On a grid 15 x 15 we must practice all the skills we learn at the last Defensive practice 2 v 1. Two offensive players playing keep away from a single defender. The defender must in the following order use the next techniques.

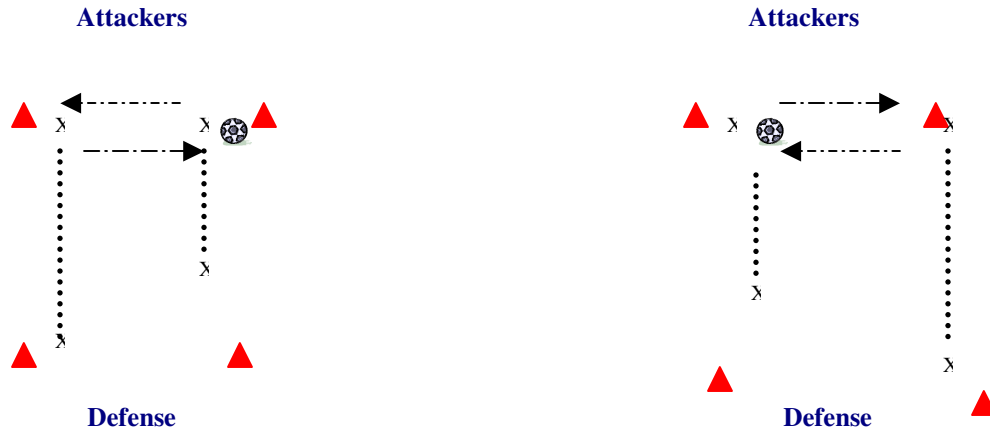
- 1) Close in (Fast) if slow demand speed.
- 2) Containment / Jockeying (make the attacker choose)
- 3) If attacker is turning away do not allow the turn
- 4) Tackle (a must)
- 5) The defensive player should stay on her/his feet but if she/he must can use slide tackle.

### ***Coaching Points:***

On this game the one defender will be tired soon so keep a look out!! (no more than 4 minutes per player. \*The defender must be relentless\*

## 2 V 2 Defense

When working with more than one defender suddenly communication becomes very important using grid 15 x 15 one ball 2 defenders 2 offensive players. First just have the two attackers pass the ball from side to side and the defender calling for the ball when it is close to them.



Before the first defender goes to the ball she/he must let the second defender that she/he is going for the ball by saying out loud “BALL” when the attacker passes the ball the defender must fade back so she/he can have a clear view of ball and player’s.  
(Defenders should not try to tackle the ball this exercise is to show how to move with two defenders)

Now we are ready for a game where the attacker is trying to get behind the defender. No goals, make sure they know which direction they are to follow, on the same grid just allow them to play, make sure the defenders communicate. If the attackers are keeping the ball away from the defense make the grid smaller, the same the other way if the defense is too strong make the grid bigger. **FINALLY SCRIMMAGE.**