



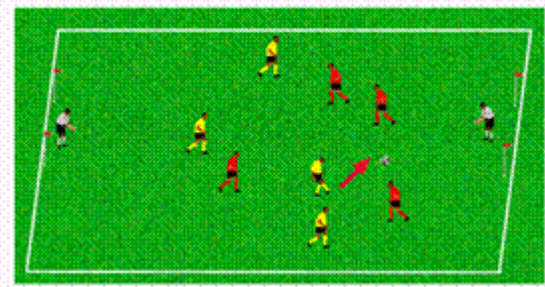


Winning the ball back

Introduction to individual defending

<p>Warm-up</p> <p>All players have a ball. Coach yells leave and they leave their ball and go get someone else's. Progress to players watching two or three players and when they leave the ball, they run and get someone else's ball.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Transition from attack to defense • Take the new ball into new space.
<p>1st Activity</p> <p>Same as warm-up except half of the players have a ball, half do not. If you don't have a ball, then you need to win one.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Where to win the ball • Keep the feet moving • Need to win the ball, just knocking it away isn't good enough. • Show how to win the ball back
<p>2nd Activity</p> <p>1v1</p> <p>Two groups of 3. Play is 1v1. Two players from each team take a spot on the end. Attacking player tries to pass to teammate on end. When they do, the receiving teammate then dribbles in against the defender that just got beat .</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Stance • Speed of approach • Angle of approach • Keep feet moving • Patience!
<p>3rd Activity</p> <p>3v3 to lines</p> <p>Two teams of 3. Each team tries to score by dribbling over a line. When they do, they turn and go the other way. "Make it-Take-it"</p>		<p>Coaching Points</p> <ul style="list-style-type: none"> • Stance • Speed of approach • Angle of approach • Patience • Winning the ball back • Defending after the pass
<p>4th Activity</p> <p>4v4 to 6v6 game</p> <ul style="list-style-type: none"> • Mandatory 3 touch • Free Play 		<p>Coaching Points:</p> <p>All points stressed, but let them play!</p>