

## Defense

1. 1v1 - Using cones create 2 or more rectangular zones 15yd x 5yd. Players line up on the short sides, one side is O and one is D. Go - O tries to dribble (don't shoot) past the D to the other end of the rectangle. D tries to contain or steal.

- first no instruction (see what they do naturally)
  - D must get in the way. D should always be between the O player and where they are trying to get.
  - watch the ball and the player's hips. Don't fall for eye/head fakes.
- var 1) allow a 2nd defender. Talk about the role of the 2nd defender and defensive support.

2. D by numbers - split the group in two, half on opposite sides of a 10 yd (or larger) square. Each side counts off, 1, 2, 3, 4, etc. One side has the ball. Go - coach calls a number from each line. The person from the ball side tries to dribble past the other player all the way to the other line.

The D player tries to steal the ball (or at least contain the attacker). Both players return to their original side.

tips: a) first no instruction.

b) offense, watch the defender's body. Dribble straight at the defender. When they stab at the ball try to dribble around their back side.

c) defense, watch the ball. Don't go for fakes. Try to stay between the O and your goal. Be a pest.

3. Slide Tackles - different than baseball/softball slides, always cleats down. Points:

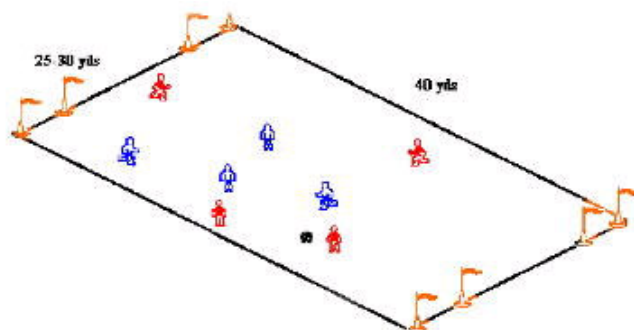
- must hit the ball, not the player
- only from the front or side
- get up as fast as possible

4. Team D - pressure, support, balance

- closest player to the ball applies pressures
- next closest player plays the escape route and passing lane
- third player slides over so we are pressuring the ball side of the field Basically, we want to push the ball near the sideline and keep it there. Forwards and up mids must make sure that the only way the other team can come down the field is on the sidelines.



J5. Clearing the Ball - Divide the team in two and place the groups on either side of a 5 to 10yd-wide (or wider) "neutral zone" which neither group may enter, with at least one ball for every 2 players. Players must clear the balls out of their side by kicking them through the neutral zone to the opposite side.



J6. 4 Goals - End Line. 4 v. 4. Each team defends two goals and attacks two goals. Having the goals on the end lines makes this game more realistic as it forces the attacking team to have more of a direction to their attack. Coaching Points: Defending become particularly challenging since the defending team has two goals to defend. It is a good idea to allow each team to decide by themselves, at first, where they are going to try to win the ball. In other words, are they going to

challenge the ball all over the field, or will they hang back and try to only defend the space close to their own goals? Can they "channel" the ball into certain areas of the field to gain possession. Can they apply enough pressure on the ball to limit the first attacker's options, and make the play predictable.



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<http://www.and-again.com/drilgame/drgapage.asp?ID=101&pg=3>

7. Tigerball - Mark off a field about 30x20 yards with two 5v5 yard squares at each end. Start with 8 players on the field, 6 players with a ball each, and 2 players as the "tigers" or defenders. On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares. The tigers must work together and can only attack and win one ball at a time. If a dribbler loses his ball to the tigers he can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field. If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out. Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the "tigers" and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players.

Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens. There are many books which go more indepth about first and second defender tactics.

var 1) you can vary the amount of initial ball-handlers depending on the size of your team.

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