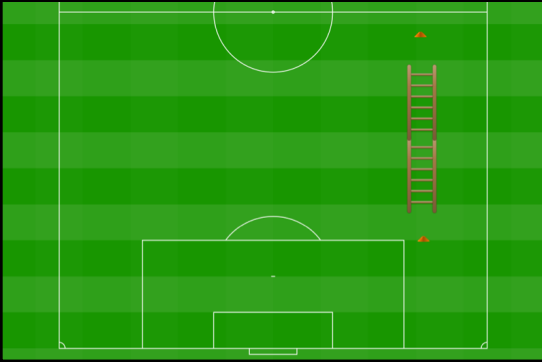


Day 19

Date: 5/16/16, 9:43 AM

Defending

Warmup



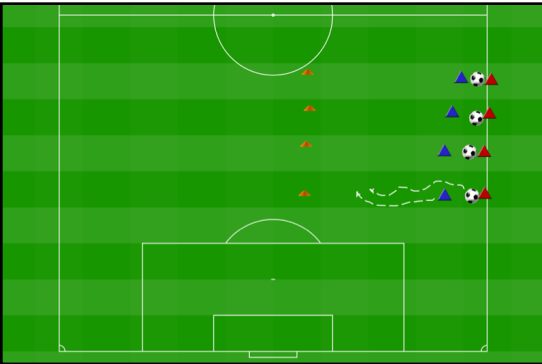
Warm-Up Speed Ladder

Speed Ladder

Speed Ladder. Each one twice. Finish at cone.

1. One Foot In.
2. Two Feet In.
3. Sideways 2 Feet High Knees/Switch Sides.
4. Zig Zags (Ickey Shuffle).
5. Zig Zags Backwards (Ickey Shuffle).
6. Sideways Two Feet In/Switch sides.
7. Boxer Shuffle Sideways.
8. One Foot Hops/Each Foot.
9. Hop Scotch.
10. Hop Scotch Two Feet In Two Out.
11. Two Up One Back.

Exercises



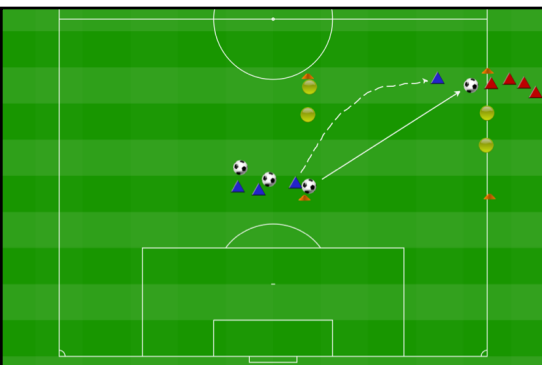
Day 19

Details of 1v1 defending

Go over the basic techniques of defending, turn side ways, force them one way, cross your feet as you run sideways, don't stab, arms length away etc.

One player will dribble slowly changing directions slightly, while the other is shadow defending, turning their hips as attacking player is changing directions. Defender is not trying to win the ball yet. Dribble down, switch when you get to the other end, 3 times each.

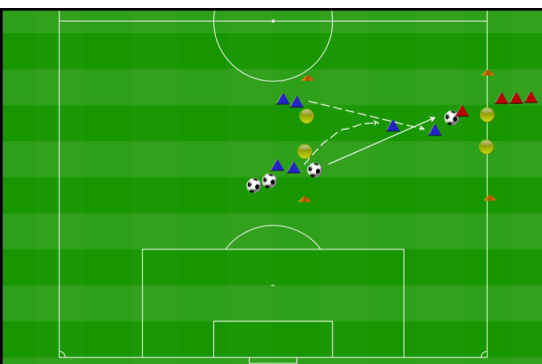
Go again 3 more times and this time, the attacking player can go a little faster, if they that a big touch, the defender can now win the ball.



Day 19

1v1 defending

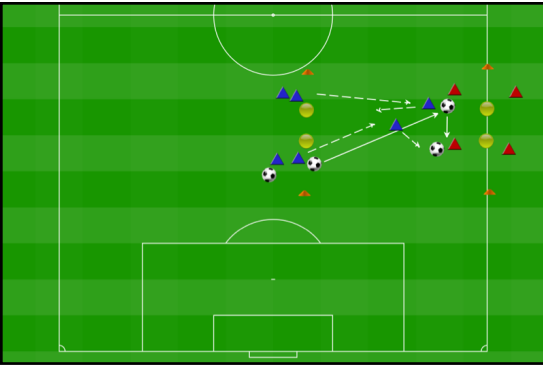
1v1 defending and bending their run. Players start on opposite corners, goal is on the other side of defensive line. Defender plays the ball out and the game is live, once defender plays the ball, they need to quickly bend there run, to take away early shot, then slow down as the approach defender and force them away from the goal and wait for there mistake (big touch). If the steal it they can score on other goal. Stay in same lines then switch after every goes 3 or 4 times.



Day 19

1v2 defending

1v2 defending and going over pressure cover. One defender plays the ball out while the other sprints out to pressure the ball and needs to say "I got ball" (slows down as he gets closer). Other defender will then give cover by taking away the angle for a shot on goal and be in a good position if the first defender gets beat. The 2nd (covering defender) needs to give direction to other defender as to what way to force the defender to go. Example "force him to the left" "put her on her right foot". If first defender gets beat, second defender will now apply pressure and other will now cover (basically switch rolls).



Day 19

2v2 defending

2v2 defending. One defender plays the ball out while the other sprints out to pressure the ball and needs to say "I got ball" (slows down as he gets closer). Other defender will still give cover by taking away the angle for a shot on goal and be in a good position if the first defender gets beat, but now the need to be aware of where the other attacking player is. If ball is played to other attacking player, defenders may now have to switch pressure cover rolls quickly. The 2nd (covering defender) needs to give direction to other defender as to what way to force the defender to go. Example "force him to the left" "put her on her right foot". If first defender gets beat, second defender will now apply pressure and other will now cover (basically switch rolls).