



CARD
NO: 8

DEFENDING SKILLS

Good positioning of defensive players can prevent their opposition from receiving the ball as well as denying them space and speed. Constant defensive pressure will destroy the quality of opposition play. When we are talking of team defence we are not referring to just 3-4 players but to the entire team. When the opposition has possession of the ball everyone on your team is a defender.

When coaching defence the important points to cover are -

- Decisions
- Body Management
- Vision
- Communication

One on One marking (defending the player without the ball)

The defender tries to prevent their opponent from receiving the ball by tight one on one marking. Their aim is to dictate the spaces the attacker can go and force a turnover. The team is trying to force the opposition into an error or into a held ball situation. Vision of your opponent, the ball and other players is a key element of successful one on one defending. This is probably the most physically difficult way to defend and players will need very good fitness levels to successfully defend in a one on one manner.



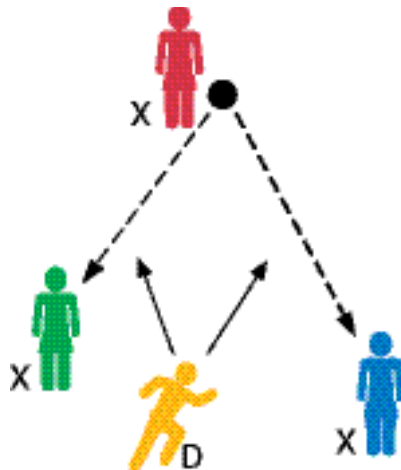
Link to video: <https://youtu.be/qcszsAXk7hg>



SPACE MARKING OR AREA DEFENCE

Peripheral vision is vital when space marking as the defenders need to see the ball, the opposition and the space. The defending team sets up intercept situations by filling the space the attackers want to pass the ball into. Players have specific areas of court to defend. They stand in relation to where the ball is at any one time. This type of defence is reliant on total team work because if any player is out of position the ball will be passed with ease leaving many of the defending players behind play. The aim is to encourage the opposition to throw a long clearing pass to one of their teammates that can then be easily intercepted.

By playing off (away from) the attackers lures them into a false sense of security by making it look like they are free to receive the pass. Once the ball is in flight the defender moves quickly to intercept the ball. With this style of defence players are able to create situations and opportunities for an interception rather than simply reacting to the movements of the opposing team. All players must be working together or the effectiveness of this form of defence will be lessened. Players close to the ball stand a little higher so that more space is left further down the court to encourage the longer pass being made.



Link to video: <https://youtu.be/qcszsAXk7hg>