



CARD
NO: 9

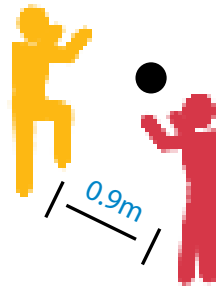
DEFENDING THE PLAYER WITH THE BALL

Rather than simply defending at 0.9m in front of the passer defend them on their favourite attacking side. Defend left/right handed players on their preferred throwing side. The position of the player marking the thrower can dictate the play to come (e.g.: mark player towards the sideline or mark player to the path of the ball) thereby making it possible for a teammate to attempt to intercept the ball at the receiver's end.

AT 0.9 METRE OR 3 FEET DISTANCE

Aims:

- To force opponents to pass in a particular direction
- To force opponents to make a particular type of pass
- To tip or intercept ball as it is being passed
- After the pass is made direct the opposition's next movement i.e.: towards or away from the pass just thrown.



Slight pause between gaining 0.9 metres, distance and hands up over the ball.

Link to video: <https://youtu.be/Pf-LKBopbUs>

DEFENCE OF THE SHOT FOR GOAL

Lean

- 0.9m from first grounded foot of the shooter
 - The defender stretches out to put pressure on the point of release of the shot
- Variations include -
- Opposite foot forward to arm outstretched over ball
 - Same arm/foot forward
 - Balance on both feet with both arms outstretched over ball
 - Balance on both feet with one arm outstretched over ball.
 - The other arm is used for balance and used to cover a possible pass to the other shooter.
 - The 0.9m stance can be taken from in front, to the side or behind the shooter. The choice of position dependent on shooting style and distance away from the goal.

Jump

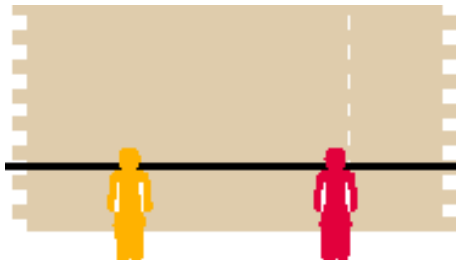
- Timing is involved and if successfully executed will result in a deflection of the shot.
- Player is at 0.9m away from first grounded foot of the shooter
- Time a powerful leap in the air towards the ball to attempt to tip the ball at its point of release or above
- Try not to jump straight up and down
- As you jump make sure you jump towards the flight of the ball after it has left the shooters fingers.

Combination

- Lean over the shot standing at 0.9m from the first grounded foot of the shooter then bring back foot forward (not closer than 0.9m) to jump on release of the shot.



PRACTICE



Use the wall

- Stand 0.9m (or slightly further) away from the wall and lean and hold position for 3 seconds (lines can be drawn on the wall as guidelines as to where to place hands)
- The same drill can be used when executing the jump. Have the marks on the wall slightly higher for the jump drill.

Rebounding

- The ideal position for the defender who is not defending the shot is to stand approximately one metre from the post in front of shooters at the post. The defender needs to establish this rebounding position before the shot is being taken. The defender who leans or jumps the shot at goal then needs to screen out that shooter so that both defenders will have the more favourable rebounding positions.

Link to video: <https://youtu.be/Pf-LKBopbUs>