

Name/Num: Defence Side Track & Catch in a Diamond 20

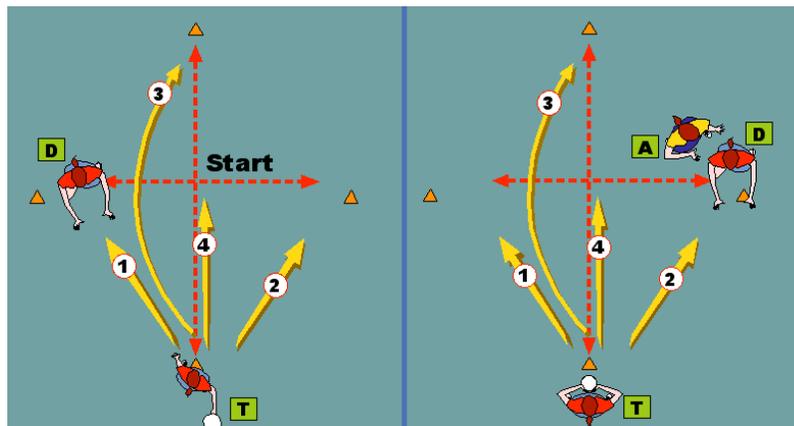
Topic / SubTopic Defence ... One On One - Advanced

Requirements

Difficulty

- * In Pairs or 3s
- * 2 groups to each third
- * 1 ball between each group
- * 1 bib to the defending player

6/10



Key Points:

- * Sit low
- * Move your feet
- * Watch the ball and time your moves so that the attempt to intercept is more likely to succeed.
- * Anticipate the release of the pass.
- * Dance on the balls of your feet
- * Extend fully on to the ball.
- * Land well balanced and pass back safely or recover to pressure in the new defence position immediately

Extensions:

- * Build attack player A from helpful intent to gradual full on contest when footwork, body control and take on the ball is skillful enough to cope safely.
- * Have player B move to the opposite point where player D pivots, passes ahead of player B, returns to centre start position and completes movement to opposite side etc.

Drill Description

In PAIRS

- * Player D side tracks right, catches, returns pass to player T, then repositions in centre at start - repeats movement to left, then back, then forward returning to the centre start each time.
- * Pass Sequence of Drill
(i) Straight pass (ii) Straight pass (iii) Lob (iv) Bounce/Dribble
- * Repeat the drill 4 times then change roles

In THREES

- * Repeat as above drill with a helpful attack player A offering a moving body for defence player D to cover and shadow while moving to catch the ball at each corner in a continuously moving pattern.
- * Repeat the drill 4 times then change roles.

Coaching Points

- * 4 cones should be spaced in a diamond shape approximately half of one third of the court.
- * Coach for short sharp footwork, quick changes of direction and balanced body stance.
- * Timing of the pass from player B is essential to complete the drive and full extension to the pass.
- * Footwork is only the preparation for the intercept or take of the ball.

Assessment:

- Well balanced stance with short sharp footwork with quick changes of direction.
- Sitting down into the side tracking movement with flexed knees and hips, a straight back with head up at the ball.
- Vigorous well controlled attempt to intercept the pass is essential in this drill.

Skill Description:

- * Dancing well controlled footwork is essential for quick changes of direction to take the defensive player to the contest at the right time and with balanced body control.
- * With feet shoulder width apart and on the balls of the feet, knees and hips slightly flexed, hands held close to the body, head up and eyes on the ball and the moving player, the defensive player is then in a position to sprint, to dodge, move quickly backwards, roll off, in preparation to lunging at full extension to the ball, or planting strongly with two feet or one foot to elevate strongly and catch or bat in the air.
- * All out effort to intercept the pass is the major part of successful defence and must be managed by tight body control.
- * The work on the ball may be with one hand bat or tip, or a clean two handed take, and the success rate will depend on the work rate done by the feet and body positioning to deny space or pressure the attack choices.
- * Controlled soft landing in a wide stance protects the space for the defender to establish control and balance from which to throw or recover quickly to the best defence stance and positioning for the next move.

My Notes