

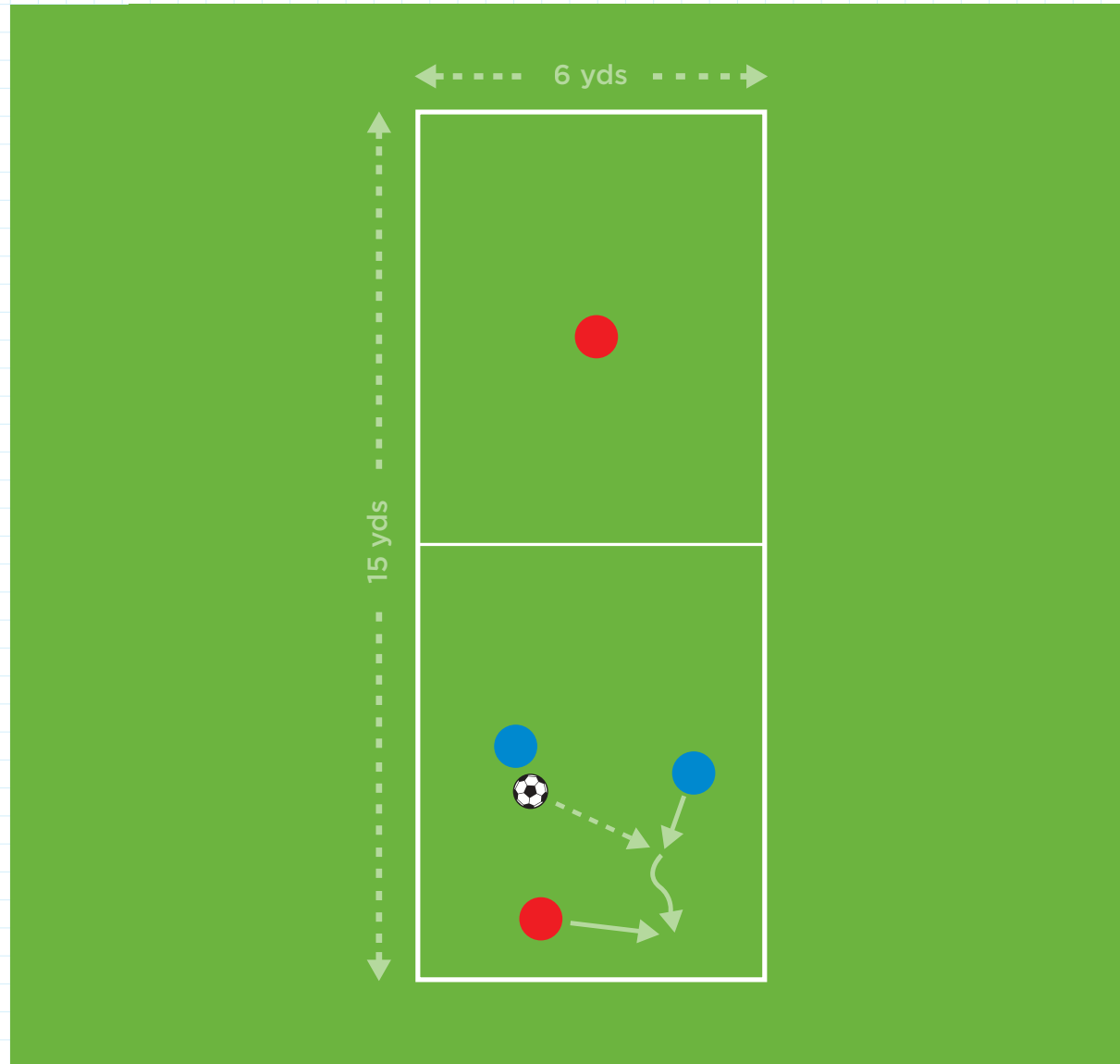
Individual defending

Practice organisation

- Area 15x6yds, divided into two equal size grids, as illustrated.
- 4 players, 1 ball.
- Practice starts with 2 Attackers & 1 Defender in one half, with 4th player in opposite half.
- A's play 2v1 with the objective of stopping ball dead on end line.
- If D wins ball it is passed to team mate in opposite half, who looks to turn, run with the ball & stop it on opposite end line.
- A's attempt to recover on losing possession.
- If D's are successful in achieving their objective, they become attackers in initial 2v1.

Detail

- Explain a situation where player may not need to pass.
- Quality of pass delivered from D gaining possession to partner (not a clearance).
- Simple progressions for this practice are:
 - Increase number of players in each half to 3v2 in one direction (initial attack), with 2A's able to attempt to recover to stop turnover.
 - Build numbers to make 4v2 in each half. (Don't forget to try 2v3, 1v2).



Key coaching points

- Players looking for best moment to pass.
- Selection of when to pass to feet & when to pass to space (timing & accuracy).
- Weight & type of pass, when to pass off front or back foot.
- When to use individual moves to beat D to take ball-on to score.
- Disguise passes & feints to pass to unbalance D.