

Denying Space

Purpose

Deny the opposition space, force them wide and protect your net with the defending skills session which works on shadowing and channeling the attackers wide into positions which are less threatening.

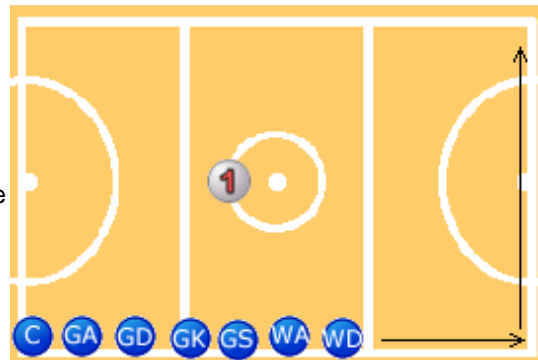
Warm-up

DESCRIPTION

Jogging around the court for 10 minutes.

After 5 minutes of gentle jogging introduce some rules:

1. On the coach's call of "1" players should change direction.
2. On the call of "2" players should perform three power jumps.
3. On the call of "3" players should perform 6 alternating side steps.
4. On the call of "4" players should run with high knees for the next six steps.
5. On the call of "5" players should do heel flicks for the next six steps.



Shadowing

DESCRIPTION

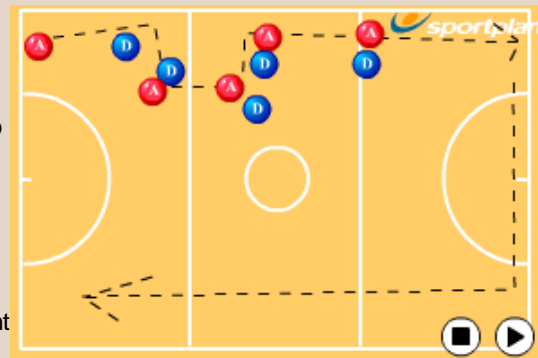
Players run in pairs along the length of the court.

The defender runs alongside the attacker, trying to keep the attacker on the outside edges of the channel by turning their body as the attacker jogs/changes direction.

Do this four times and then swap roles.

COACHING POINTS

Forcing the attacker onto the outside helps prevent them from cutting in and creating a dangerous attacking opportunity.



Power jumps

DESCRIPTION

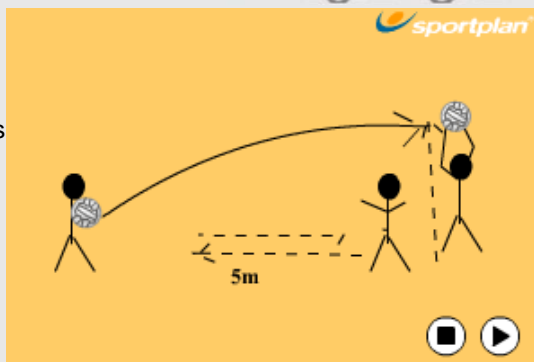
Players work in pairs, with one ball between them.

Facing each other the player without the ball drives forward, taking 5 steps forwards and then 5 steps back before then receiving a high pass from their partner.

Repeat 10 times before swapping roles.

COACHING POINTS

The ball must be met in the air, don't wait until it falls otherwise a more eager player might be able to intercept the ball!



In-out high ball catch!

DESCRIPTION

Working in pairs, with one ball between two.

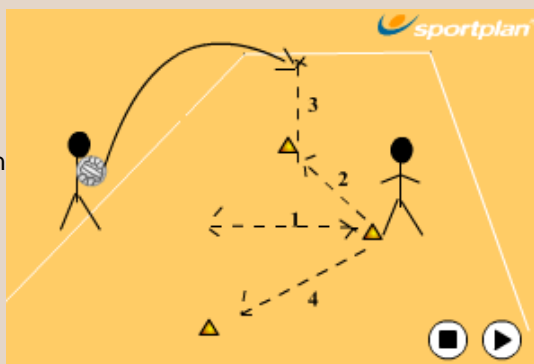
The player without the ball is the worker. They must drive forwards to the first cone immediately in front of them before running back to their starting point. From this position they should then drive out at a 45 degree angle to the cone either to the left or their right.

At this point the other player feeds a high pass for the player to jump and catch.

Repeat 5 times before changing over.

COACHING POINTS

Meet the ball in the air every time, never with your feet on the floor!



Backwards high catch

DESCRIPTION

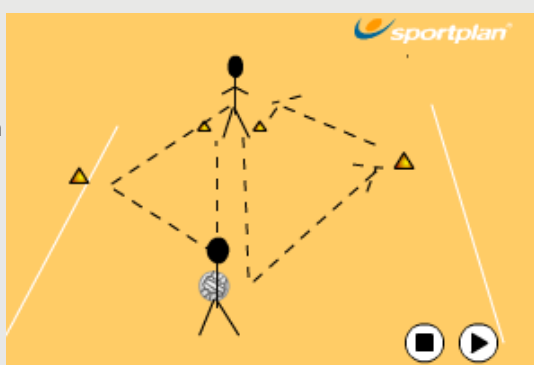
The player without the ball (the worker) drives forwards, taking approximately 5 steps before then rapidly running backwards towards one of the cones.

As they reach the cone the other player should feed a high pass for them to jump up and catch as they are moving backwards.

Repeat 5 times and then swap player's roles.

COACHING POINTS

Ensure your players are under control as they are running backwards - less speed more haste - as in a game situation both speed and control are important.



Virtual Defending

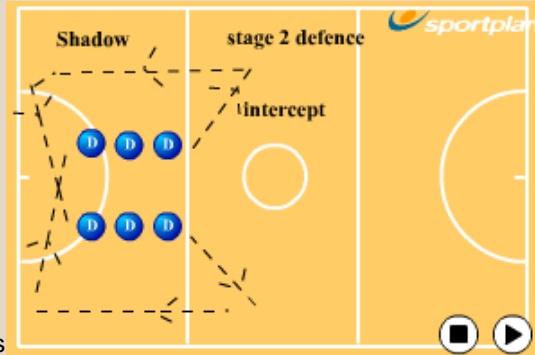
DESCRIPTION

Two lines (Indian file) behind the centre transverse line facing the centre of the court.

On the coach's whistle players drive out at a 45 degree angle, one player to right/one to left, pretending to intercept the centre pass which they were not able to intercept.

Your players now pretend that the (imaginary) attacker now has ball. Defender turns to face attacker and implements 2nd stage defence (hands over ball to pressure pass).

Your player then shadows the attacker along the sideline of the court before then rejoining the back of the line.

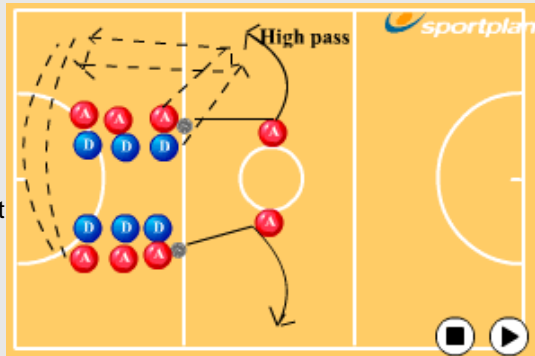


Actual Defending

DESCRIPTION

In pairs – Indian file behind centre transverse line facing centre 1/3rd. One player attacker/1 defender, 1 ball. 2 Feeders in centre circle.

Attacker receives ball passes to front of line who pass back to feeder. Defender pushes attacker out to side line and shadows her to back of line.



Game on! - Push out

DESCRIPTION

Normal game except there is added emphasis on all players trying to **push out** their opposition player and denying them space.

Finish with a cool down jog, up and down the court four times. and some static stretching.

