

# 3D Interception session: Driving, Dynamic Defences



## Purpose

The session teaches players to intercept the ball by driving at the space between the passer and the receiver.

The non-intercepting players will also need to decide very quickly if they are in a position to cover the space left open by the player running to make the interception or if they should stay on the player they are marking.

## Two Part Warm-up

### DESCRIPTION

#### Part 1.

Players jog two thirds of the court and back, performing each of the running variations two time.

Running variations:

- Side step (both sides)
- Running back wards
- High knees
- Heel flicks
- Twisties
- Lunges

#### Part 2:

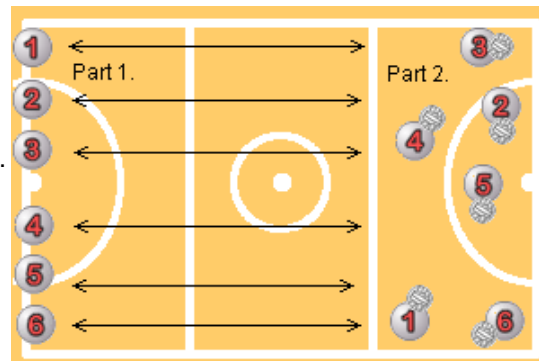
All your players have a ball, they must stay inside the attacking third of the pitch.

In order to move around the court without passing your players can bounce the balls whilst trying at the same time to knock other player's balls out of the court.

### COACHING POINTS

If possible play some music during the warm up to make the jogging activities more fun.

- Side steps: Small fast steps
- Running backwards: Arms at angle and pumping
- Lunges: Focus on height of knee and not distance of step
- Twisties: Keep shoulders straight and twist waist and cross over feet.



### Try to intercept

**DESCRIPTION**

Players work in groups of 4.

The feeder stands with the ball in front of the 3 other players. The two receiving players stand 5 meters away from the feeder and 2 meters apart. The defending player is only a few steps behind the receivers.

As soon as the pass is made by the feeder the defender can make their move and try to intercept the ball before it reaches its intended target.

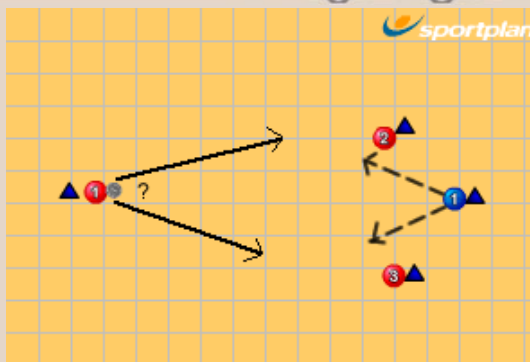
The receivers are not allowed to move towards the pass.

When the defender successfully intercepts the ball they can swap with the receiver who now becomes the defender.

**COACHING POINTS**

Space between the 2 receivers can be varied according to the ability of the players.

- FAsT feet - drive do not dawdle to intercept ball
- Eyes on ball and head up



### Fetch and intercept

**DESCRIPTION**

The red player (1) drops or throws the ball 5 times around the court for the blue player (1) to retrieve and feed back to them as quickly as possible.

When the ball has been retrieved 5 times the red player throws the ball to across to the other red player (2) in the centre third. Blue player 2 meanwhile has to try and intercept this pass from red player 1.

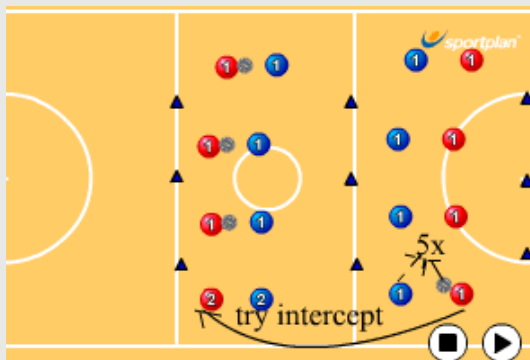
Before the pass is made from one third to the other blue 2 has to give the red player (2) two meters space - only once the pass has been made can they move to try and intercept it.

Once the red player 2 has the ball the drill starts again.

**COACHING POINTS**

When working to retrieve the ball the blue players have to keep their eyes on the ball and stand on the balls of their feet, ready to collect the ball.

Movement should be sharp.



### Intercept and covering defence

**DESCRIPTION**

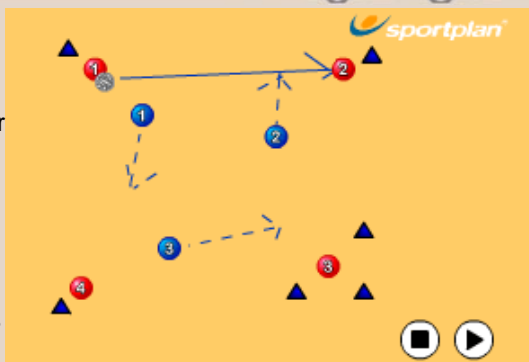
4 Attackers with one ball stand on four corners of the square, they are not allowed to move from their cones.

To start with include 3 defenders. These players must move around the area trying to intercept passes from the attackers by driving into the space between the passer and the receiver.

If a defender attempts to intercept the ball and fails and is out of position as a result one of the other defenders should spot the gap and endeavour to cover the space.

**COACHING POINTS**

Once the exercise is working and understood by all players you can introduce another 1 or 2 defenders to make moving the ball around the area a lot harder for the attackers.



### Modified game for interception and cover defence

**DESCRIPTION**

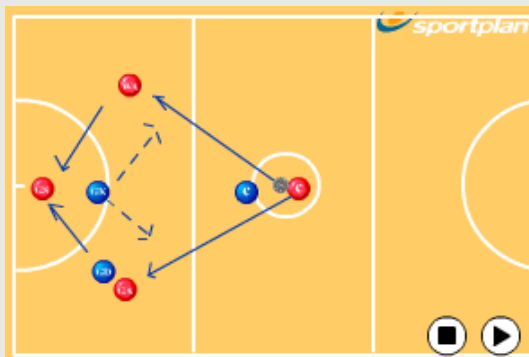
Goal Keeper floats to the top of the circle and drives to either side of the area to intercept balls that are fed up to the opposition's Goal Attack/Wing Attack.

By moving to try and intercept the ball your player will inevitably leave a hole. To ensure this hole isn't exploited by the other team it is important that the Goal Defence drops back to cover the direct throw to the red team's Goal Shooter.

**COACHING POINTS**

The aim of this drill is to make sure your players move as a unit, shifting from side to side to cover space made by a player who moves out of position.

Look for good movement, communication and awareness - making sure if a gap appears your players are ready to fill in.



### Full court game

#### DESCRIPTION

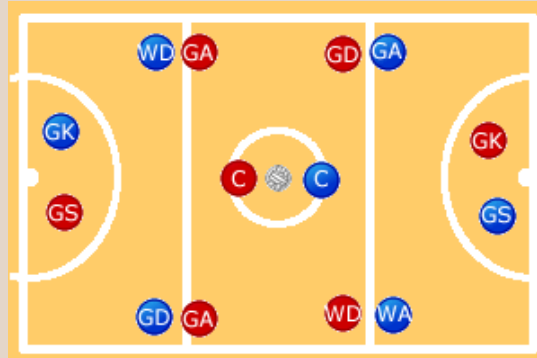
Play a full size game with normal rules.

#### COACHING POINTS

Brief your players before this game that you are looking to see that they put what they have just learned into practice.

If a player drives into space to try and intercept the ball they would now expect to see the player behind them shifting into space to cover.

Of course if a player tries to intercept and fails they should immediately drop back and recover.



Warm down with a gentle jog up and down the court followed by a static stretching session.