

Defend The D

Objective – Clear from the circle efficiently

GameFocusResetProgression

1. 4v2 = GK in the D – ball is fed from coach to attacking player
2. If defenders win they get 2 goals for scoring in goal
3. If clear the pitch to the left or right they get 1 goal
4. Attackers look to score (1 goal) or get PCA (1/2 goal)

Attackers

1. Quality clearance
2. Press on players
3. Time and space – attackers
4. Hitting as quick as poss (have a go!)
5. Posts & Pads
6. Top D position
7. Deflections
8. Drawing defenders
9. Height & Width

Defenders

1. Clearing ASAP to corners
2. Stick on ground
3. PALM2
4. Slap hitting to clear
5. Working with keeper

Coach sends new ball in

1. Sub when defenders win

2. Back line ball then defenders get to start
3. Higher overloads (5v2)
4. Widen pitch
5. Types of scoring (deflections/off pads)

