

Defensive Strips & Principles

– 5 D's

Objective – Do not dive and channel

3

Games
Focus
Reset
Progression

1. Std 1v1 – attempt to score in a offset goal
 1. Teaching the “do not dive” (DND) principle
 2. Use jab tackles until an opportunity for dispossessing takes place then block
2. As 1 but now includes a second **attacker**
 1. Defender to delay as well as marking channel to goal
 2. DND
3. As 1 but now includes a second **defender**
 1. Pressure on the attacker to move fast and defender to delay while reinforcements coming in
 2. Defenders to double team & communicate

Defenders objective is NOT to win the ball unless it is “easy and no risk”, instead we are looking for them to:

1. Drive the attacker off the pitch
2. Force an error by the attacker
3. Protect their feet (Especially if in the D)

Learn when to do what – jab, delay, block, use their body to assist

Defensive *principles*

1. Delay

1. Stop their go forward – be aggressive
2. Be in the way – Be big
3. Force a decision benefiting you
4. Attack fast and step back – force them to stop and worry

2. Deny

1. Close down their passing channels
2. Slow them down
3. Shepherd them

3. Dictate/Direct

1. Run at angles to direct them
2. Use your body and stick to dictate

4. Disrupt

1. Jab, worry, prevent – be in the way BUT DO NOT GET ELIMINATED
2. Get their head down

5. Dispossess

1. Get down and do a block tackle

1. If ball is lost then reset with new players
2. Attackers have limited balls to prove their worth

1. 5 balls each time – per attacker so defenders motivated to win
2. 10 sec rotations so attackers under pressure
3. Goal if the defender forces an attacking mistake without touching the ball
4. Score a bonus point for winning the ball two handed.

