

Hi All,

Hope your season is going well and your players are enjoying their games.

I promised a "Defence Drill", so try this one

This drill would be used after the players have been taught the basic "man-on-man" defence.

This drill will get the defence's feet moving and repositioning to intercept the ball.

- Throwers pass the ball between themselves quickly
- Attacker is stationary
- Defender keeps her feet moving and keeps repositioning so she is in front of the attacker, facing the ball at all times

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Progression 1

- This time the throwers can throw to each other as well as balls into attacker
- The defender must keep repositioning in front of attacker and try to intercept any balls she can.

Progression 2

- The attacker can now move a little bit - only about 1 m x 1 m.

Good Luck with the drill.

Jacqui