

Defending to Force Errors



Aims

The key aim is to:
Communicate in a unit to force opponent error



Key principles

The key principles to teach are to:

- ★ Obtain the advantage and dictate as a defender
- ★ Defend using a 1 on 1

Warm up



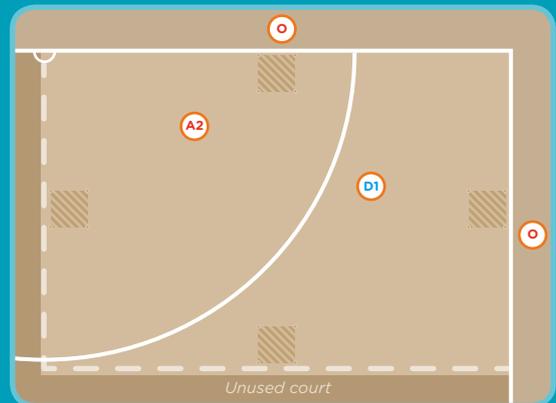
Don't forget to warm up before you get started

MAIN ACTIVITY

Main activity

Purpose - To restrict attacks' movement.

- ★ In a quarter of a third, set up 1v1 plus 2 outlet players.
- ★ Use spots to mark out 4 areas.
- ★ Outlet player starts with the ball.
- ★ Attacker is aiming to receive the ball from the outlet players on each marked area 5 times.
- ★ Defender is man to man marking and trying to delay the pass to the attacker.
- ★ Outlet players provide moving support around the outside of the working area.
- ★ The ball shouldn't be received in the same area consecutively.
- ★ Outlet players can pass the ball to one another if they are not able to pass to the attacker within 3 seconds.
- ★ Rotate after 5 successful passes to each area.



Progressions

Easier: Increase the number of passes to be received in the boxes

Harder: Increase or reduce the space and number of boxes

Harder: Decrease number of passes to be received in the boxes



Getting your pupils thinking...

Q What positions did you find yourself in as a defender?

A Between the ball and the defender or behind the attacker
.....

Q If you find yourself away from the ball what can you do?

A Push player closer to the ball carrier to restrict the next move
.....

To see these practices in action and for more information, head to www.Englandnetball.co.uk/teachers



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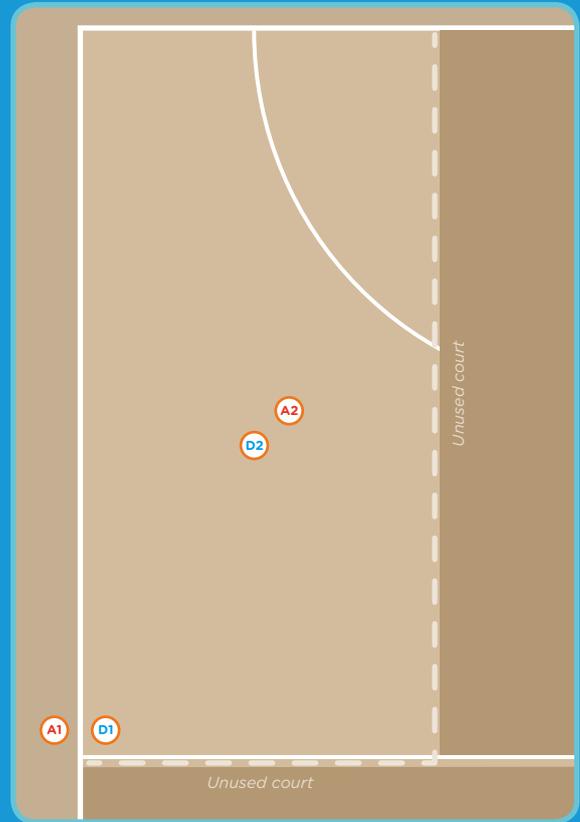
TECHNICAL PRACTICE



Technical practice

Purpose - To score points by dictating attacks' space and forcing errors.

- ★ Working in a third of a third, set up 2v2
- ★ Attack start with the ball from a side line pass
- ★ Defence are man to man marking and using body angle to keep attack away from sideline encouraging a long loopy pass for the other defender to intercept
- ★ Attack take 5 side line passes whilst defence count the number of intercepts and errors they force
- ★ Rotate



Progressions

Easier: Add in an extra defender

Harder: Add attacker

Harder: increase space



Getting your pupils thinking...

Q How can you position your body to be successful as a defender?

A Between the ball and the attacker. Side on so you can see your attacker and the ball

Q What can defender 1 do to help defender 2?

A Hold arms up high covering the ball and restricting vision for passer. Force a pass one way by positioning the body in different positions

