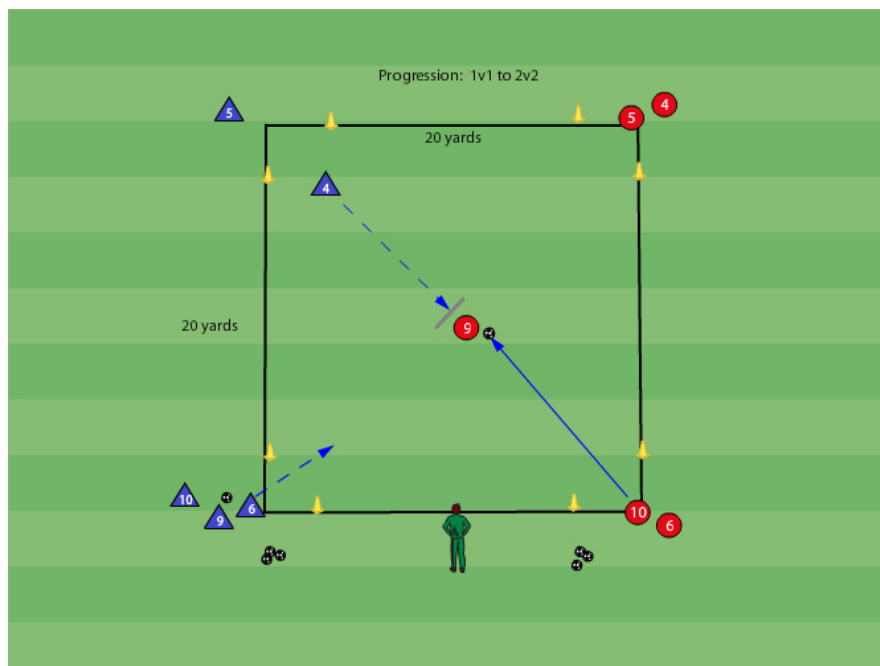




TRAINING EXERCISE

Individual Defending- Preparation Stage



	Defending Principles Perception & Awareness
	U9 to U12
	10 Players
	2 sets @ colored vests, 12-15 Field Markers, 10 balls
	Intensity: 3
	20:00 min (4 x 04:00 min, 01:00 min rest)

Objective

(1) Improve the performance of individual defenders in preventing the opponent from turning with the ball.(2) Improve the performance of individual defenders to prevent a penetrating pass of dribble when confronting an opponent who has turned with the ball.

Description

Preparation Stage: Physical warming and tech-tact build-up of concepts and techniques related to individual defending.

Coaching Points

(1) Perception of speed- timing to arrive at or before the ball arrives.(2) Deceleration to prepare for controlled pressure. (Agility and balance integrated)(3) Environment cues to determine angle and distance of defensive starting position.