

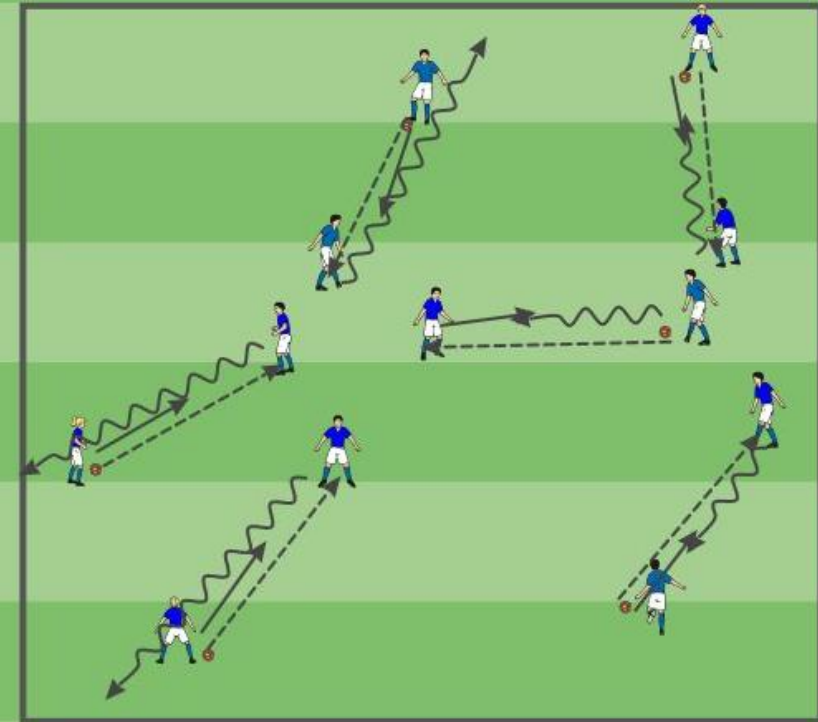
Individual Defending Session: Introduction

- Explanation: Individual Defending happens all the time in any game that has opponents. Every time one defender is near the opponent with the ball, the need to defend as an individual is present. A 1 v 1 situation is the most basic confrontation in the game but comes in many different variations. It is the responsibility of the coach to help the players recognize these situations, the different small cues that the game presents, and to help the players make good decisions based on the cues present in the different situations.
- Training Session Primary Goal: Technical - Improve individual players' ability to prevent forward penetration from the attacking player on the ball using proper footwork, body angle, speed of approach to close the space, and angle of approach to make play predictable/Tactical – Improve individual decision making based on the cues of the game (one's own on speed, the speed of the pass, one's distance from the receiving player, the location of one's covering defender, the receiver's body position, the quality of the receiver's 1st touch, and the direction of the receiver's 1st touch)
- Training Session Secondary Goal: Individual Tactical – Make quality decisions on where, when, why to provide cover (act as 2nd defender) and where, when, why to transition from 1st defender to 2nd and vice versa
- Coaches Focus – Primary: 1.) Teach the cues of the game on how to pressure the attacker based on those cues 2.) Teach the technical details on how to contain the attacker, how to separate the player from the ball, and how to tackle
- Coaches Focus – Secondary: Teach the tactical details/cues of where, when, why, and how teammates need to provide cover for the 1st defender in case the defender gets beat

Individual Defending: Warm up – Partner Passing to 1 v 1

Set Up

- Grid Size: Indoor: Size of available basketball court/Outdoor: 20 x 20 – 20 x 44 yards or about half of the penalty area to full penalty area. Divide area in to quarters
- Time: Each rep: 45 seconds -1.5 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes
- **Rules:**
 1. Groups of 2/Each group has 1 ball
 2. Players pass back and forth on the move/Coach says “GO” player with the ball attempts to dribble past their partner/Return to passing and moving after reps ends
 3. On next command of “Go” partners switch roles, i.e dribbler becomes defender and vice versa
- **Progressions/Variations:**
 1. Change Partners: Force teammates to play with different players
 2. Contain: Defenders do not look to tackle, simply keep their feet moving, maintain proper distance from attacker, and do not let attacker run past them
 3. Can you step in between?: Defenders contain and try to step in between attacker and the ball at the right time
 4. Can you tackle?: When the cues are showing tackle, can the defender choose the right technique and execute properly between a block and poke tackle



Individual Defending: Activity 1 – 2 v 2 Ladder Tournament

Set Up

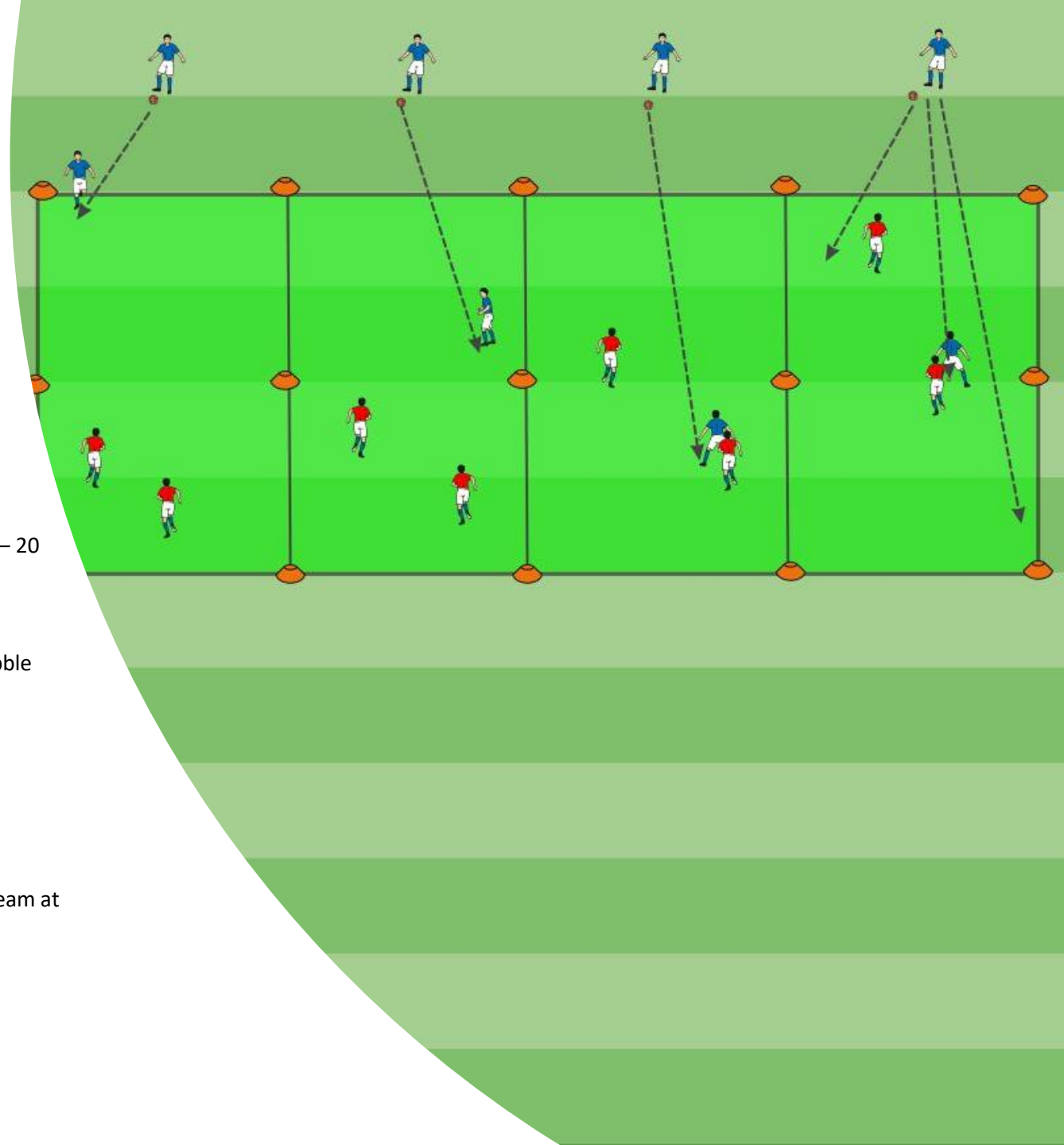
- Grid Size: Series of connected field 8-10 yards wide x 10-15 yards long
- Field: Each field is one game of 2 v 2
- Time: Each rep: 1 - 2 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes

Rules:

1. Attacking team attempts to dribble past defender's end line/Defender attempts to prevent dribble penetration and win the ball back
2. Score by dribbling the ball under control across the end line: Optional

Progressions/Variations:

1. Different starting positions: Diagram shows 4 different starting positions. This changes the 1 v 1 scenario at the start with different ways to receive, turn, and dribble
2. Tournament: winning team moves up one field and losing team moves down one field (losing team at bottom field stays/winning team at top field stays)



Individual Defending: Activity 2 – 4 v 4 to End Zone

Set Up

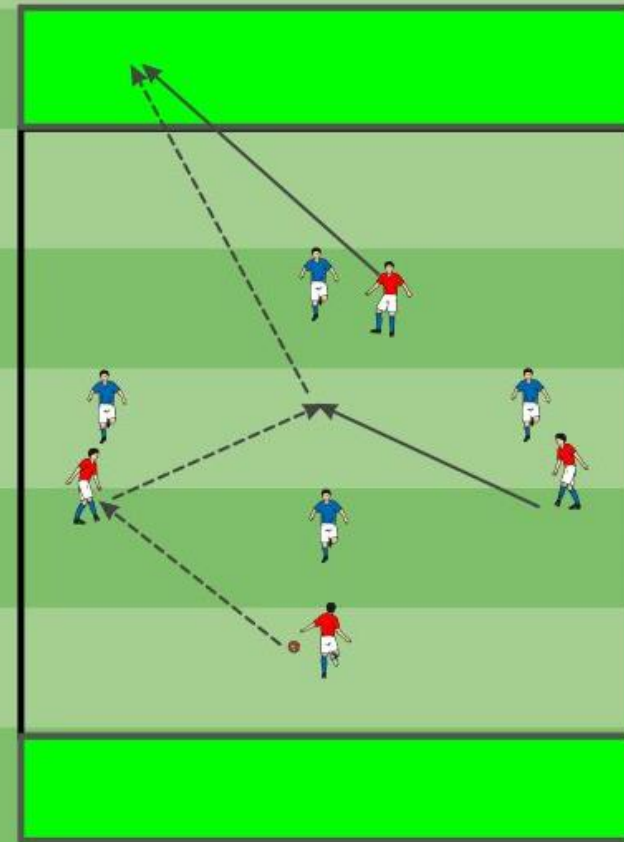
- Grid Size: 15 – 20 yards wide x 20-40 yards long with 5 – 10 yard end zone
- Time: 3-5 minute games/1 minute rest/Play 3-5 games

Rules:

1. Two teams of 4 or 5 (Game can be played with any number)
2. Team defends one end zone and attacks the other
3. Score by dribbling into end zone or passing to teammate who receives in end zone (Note: Teammate may not be in end zone before pass is made, that is like being off side)

Progressions/Variations:

1. Field size: Too easy – Make field bigger/Too hard – Make field smaller/Endurance Fitness – Make field bigger/Quickness and footwork – Make field smaller



Individual Defending: Match/Game – 4 v 4/6 v 6

Set Up

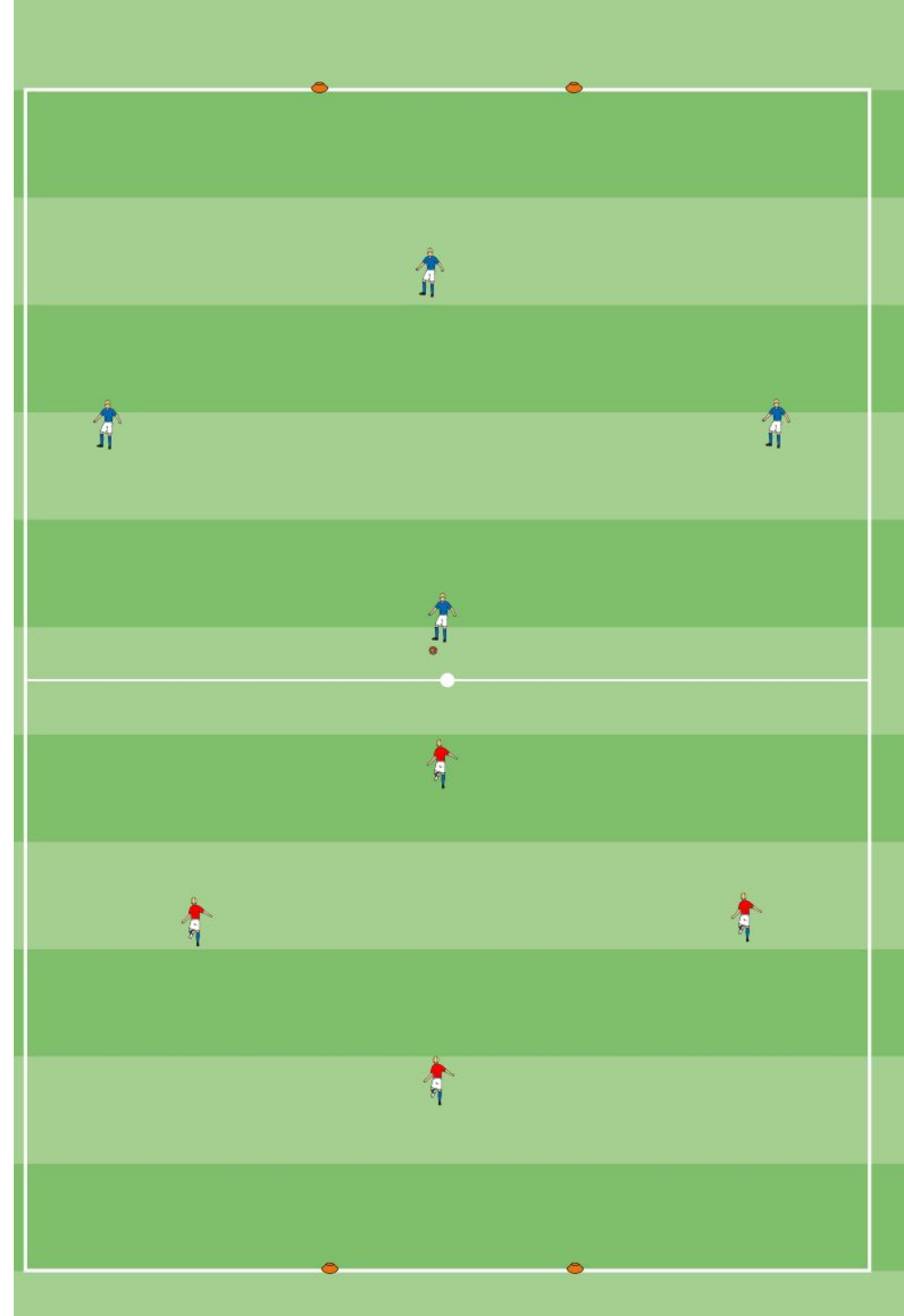
- Grid Size: 15 – 20 yards wide x 20-40 yards long/Goals 2 – 4 yards wide
- Time: 15 – 20 minutes

Rules:

1. Two teams of 4 (Note can play this with any number 3 v 3/5v5/9v9)
2. Team attacks one side and defends the other
3. Score: Pass ball through cone goal

Progressions/Variations:

1. Field size: Too easy – Make field smaller/Too hard – Make field bigger/Endurance Fitness – Make field bigger/Quickness and footwork – Make field smaller
2. Everyone must be on attacking half before team can score
3. Everyone on team must touch the ball before team can score



Individual Defending Session Final Thoughts

- Defending is a skill that is often neglected, which allows for poor habits to last for too long. This is a topic and session that requires good attacking skills for good defending to be necessary.
- Because of that, coaches need to demand players attack with speed and intensity in order to force the defending skills to develop. If a team can't dribble or pass the ball, then one doesn't have to be good to defend. This leads to good habits not being developed and/or poor habits being rewarded. Obviously neither of these situations is good.
- Like with most sessions, introduce and teach the technical details more in the beginning and then ease off, observing to see if they can bring the skills from the simple games to the more complex games
- Because of the many different individual defending situations, make sure you aren't teaching one way that every first defender must defend. Every situation is not the same and neither is every player. Quicker, faster, smarter, experience defenders can defend differently than others
- As always, be patient with their development. Rome wasn't built in a day and player's are developed in a practice session