



U13/14 Week 5 Defending as a group

Category: Tactical: Defensive principles
Difficulty: Moderate

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Individual-Adult Member

Handball

4v4 Handball

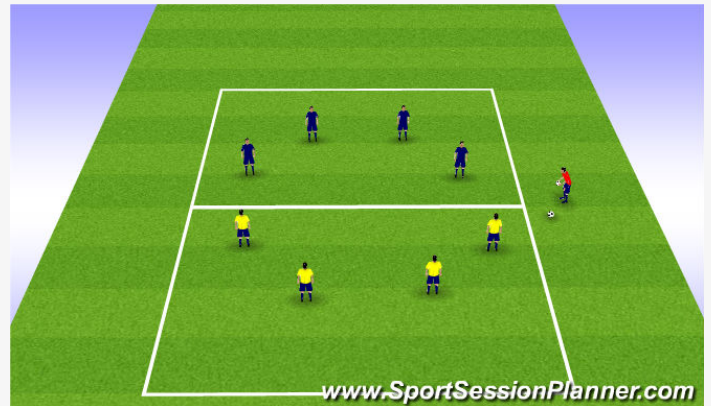
The game begins with both teams of 4 in their own halves until the coach plays into one team. Players throw the ball to one another to progress up the field and score by running the ball over the endline. Players can throw and run with the ball but must stop if they are tagged while running. Offsides are in play.

Coaching points

Defensive 4 working together to stop the attack; can they press together, drop together, who is marking who?
Encourage players to hold the line.

Progression:

Add a neutral to create a 5v4



Denying Goal Scoring chances 1

Activity 1

Players are going 1v1 centrally as the attacker dribbles around the pole and attacks the goal. Defender makes a run around a pole on the by line and sprints to close down the attacker.

Coaching Points:

Close the attacker down quickly, to delay forward progress.
Force away from the goal
Force a mistake

Progression:

Switch which side the attacker starts from



Denying Goal Scoring chance 2

Activity 2

Defender starts by dribbling towards the goal then passing to the keeper. Keeper plays either left or right. Once the player receives the ball it is a 2v1 to goal.

Coaching Points:

Pressure the ball and cut off the angle for the pass.
Force the player with the ball away from goal.

Progression:

Add a 2nd defender.



5v5+GK LOC

5v5+2 GKS

Defenders can only press to the line of confrontation. Attacking players can go anywhere.

Coaching Points:

3 defenders must press as a unit.

If they drop off they need to stay aware of runners.

Progression:

Remove the restraining line, can the defence set their own line of confrontation.



Scrimmage

Scrimmage

Two equal teams play a scrimmage.

Coaching points:

Team sets their line of confrontation, how high do they want to press?

Work as a group to deny goal scoring opportunities.

