

Defenders Dual

Emphasis: Individual defending.



Set-up:

20 x 20 yard grid. 12-18 players. Two sets of colored bibs. One ball for each player.

Objective:

2 players are identified as “defenders” by wearing a different colored bib. All players including the “defenders” must keep control of their ball at all times. If, while dribbling, a player is tagged by a “defender” then that person must stay in one place and practice juggling the ball. Time is kept to see how long it takes for the two defenders to “stick” all the other players. Alternate defenders after each game.

Progressions:

Increase the number of defenders.
Introduce a new feint or move to avoid opponents.

Coaching Points:

- Quick changes of direction and speed are essential to avoid “defenders”
- Keep head up to detect oncoming opponents.
- Encourage the use of feints to escape from opponents.