



Hooked on Games
15 Play-Practice-Play Session Plans



Session 8 1 v 2 Defence

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with the ball completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section. These drills should include changing direction and moving backwards with drop steps. Get players moving on the balls of their feet (not their toes or entire foot).

10 mins

1. Play

15 mins

OBJECTIVE

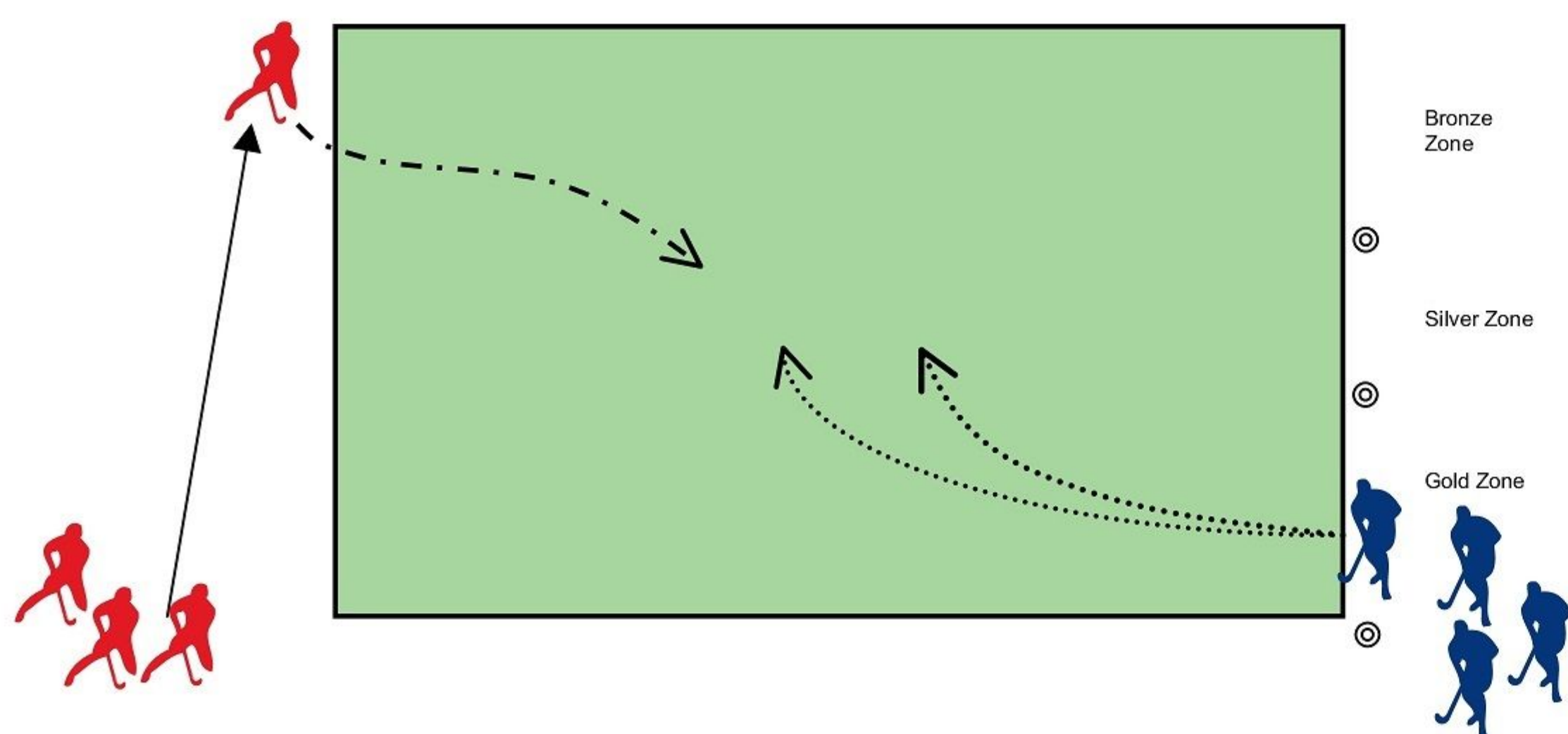
The objective of this session is to develop an understanding of double team defence where there are more defenders than attackers. An example of this would be the Sweeper and Centre Back working against the Centre Forward. The 'Podium Game' from Session 7 is used.

SET UP

- Set up small grids (you will need several pitches) of 12m x 6m (vary for better players). Try to have one of these at the top of the circle so it is placed in a position on the pitch where the situation may be relevant.
- Three gates need to be made at one end (the defender's end). These are the Gold, Silver and Bronze Scoring Zones for the attack (as per Session 7).
- The objective of the game for the attacker is to run with the ball through the Gold Zone. The objective of the two defenders is to channel the attacker away from the Gold Zone and to dispossess them.

RULES

1. Two teams of 4 to 5 play against each other. Each player has 3-4 turns each to defend and the same to attack (they add up their total number of points from each).
2. The attacking team starts the game off with a pass to their left side. The player receiving this ball then moves into the area with a view to running through one of the gates.
3. The defenders stay behind the Gold Zone until the pass is made. They can move out to start defending as this pass is made.
4. These two players play until a goal is scored or a defender travels with the ball across the attackers back-line. If a free is won they take a self-pass.



SAFETY POINTS

- Be sure the defenders are ready when the game starts
- Ensure the defenders that are not involved stand well back from the Gold Zone in case an attacker runs through
- No balls should be left in the medal zone



1. Play (continued)

Scoring:

- The attackers score points based on the zone they carry the ball through. Gold Zone = 5 points, Silver Zone = 3 points and Bronze Zone = 1 point.
- If the defender's foot touches the ball, the attacker wins a point (and gets a self-pass)
- If the defender wins the ball and passes or runs over the attacker's back-line, they score 2 points

2. Practice

35 mins

This section further develops the key defensive aspects (highlighted in Session 7 of closing down and channeling whilst introducing the positional and unit understanding of a double team defence).

This can be covered in the same areas where the Podium Game was played.

TECHNICAL FOCUS

The player who closes down the attacker is known as the 'engaged defender' and the spare defender is known as the 'cover defender'.

Engaged Defender:

Should embrace the key technical points highlighted in Session 7 of:



- ⇒ **Closing down** – focus on going early with quick footwork to start and then slowing down and getting a side on position at a distance where they can apply pressure on the ball
- ⇒ **Channelling** – using stick, body angle and jab tackles the defender's job is to move the attacker away from the danger area

It should be highlighted to the players that if there is a second defender (a double team situation) the engaged defender can be more 'aggressive' in their approach.

Cover Defender:

The cover defender's job is to work with and off the engaged defender and should control their actions through effective communication.

KEY

.....>	Moving without ball		Defender
- - ->	Running with ball	⊙	Cones
→	Pass	●	Ball
	Player in possession	GK	Goalkeeper