



Hooked on Games

15 Play-Practice-Play Session Plans



Session 7 1 v 1 Defence

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

Warm up and Stretch

Given the amount of defending completed in this session there should be an emphasis on the following:
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some short running and footwork drills before commencing the stick and ball section. These drills should include changing direction and moving backwards with drop steps.

10 mins

1. Play

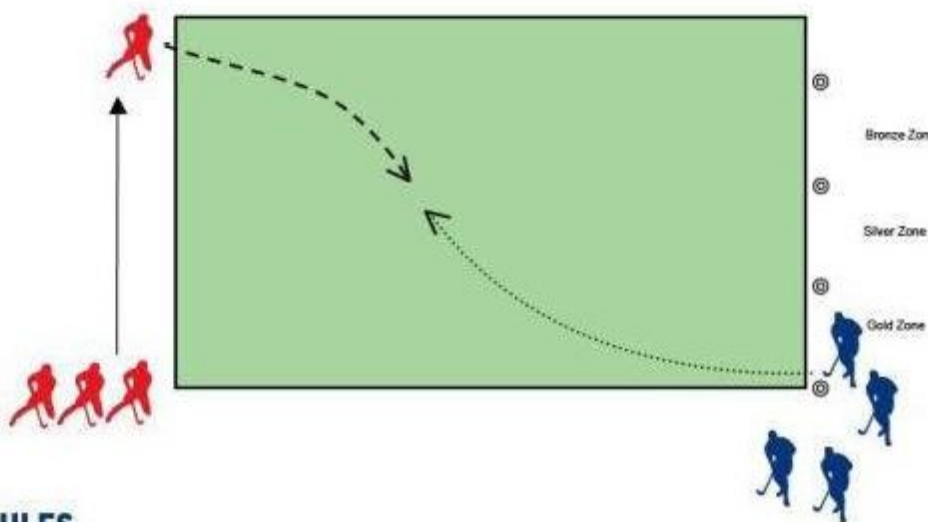
15 mins

OBJECTIVE

This is called the 'Podium Game'. The objective of the game for the attacker is to run through the Gold Zone. The defender's objective is to channel the attacker away from the Gold Zone and dispossess them, demonstrating the role of defending in a 1 v 1 situation.

SET UP

- Set up several small grids of 12m x 6m (increase/decrease for better players)
- Three goals need to be made at one end (the defender's end). These are the Gold, Silver and Bronze Zones.



RULES

1. Two teams of 4 to 5 play against each other. Each player has 3-5 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 zones.
3. The defender stays 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 the defender pushes the ball out of play. If a free is won by the attacker they take a self-pass.

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 the ball over the opposition back-line they score 2 points. They also score 1 point if the attacker fails to score e.g. the ball goes over the side-line.

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 zones



2. Practice

35 mins

OBJECTIVE

This section aims to get the players working on the individual aspects of defending. These need to be broken down and isolated before going back to play the initial game again. This will be completed without a ball, breaking each aspect of defending into the different phases.

ORGANISATION

This can be covered in the same areas where the Podium Game was played. The coach should work with the whole group in one area to demonstrate each aspect highlighting the technical focus. Defending has been broken down into three aspects which are very closely linked and interdependent. These are:

1. Closing Down and Engaging
2. Channelling
3. Tackling

TECHNICAL FOCUS

(Refer to IHA Core Skills DVD, Defensive Skills)

1. Closing down – get the distances and position right:

This can be done without the ball to start

- ⬆ Close early – deny the attacker space keeping within a zone which the defender could jab the ball. This distance is often said to be a stick and a foot.
- ⬆ Slow the feet down as the attacker is approaching so that the defender does not get eliminated by being too close (or by diving in)

KEY

