

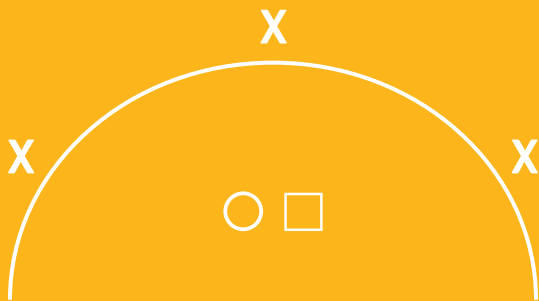


STAYING IN FRONT (PART 4)

Intermediate

ACTIVITY:

- ▶ Start with three players spread out around the circle edge and two players inside the circle (one is the shooter, one is the defender)
- ▶ The three players pass the ball between themselves while the defender moves around the shooter's body, defending the pass
- ▶ The defender can then make the decision to go for the intercept



COACHING POINTS

- Defender's footwork must be quick with small steps to get around the shooter's body
- Ensure the defender maintains an angle with their body, so they have vision of the shooter they are defending as well as vision of where the ball is
- Defender to keep their body upright with eyes up

Legend

X PLAYER ○ ATTACKER □ DEFENDER