



# Stage 2 Defence





### AIMS & OBJECTIVES:

- 3' Mark with a Jump
- Overload on 3' mark to dictate
- 3' Mark lean
- 3' Mark in circle to create interception opportunities

### ACTIVITY CONTENT (Including Progression)

### COACHING POINTS

#### PRACTICE AND PROGRESSION

#### BASIC 3' MARK – END ZONE GAME

5v5 in 1/3 area.

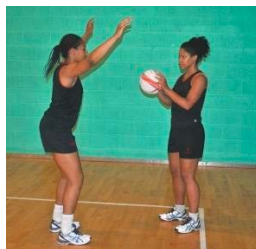
Attacking team pass the ball between them. They cannot pass until there is a 3' mark in front of the player with the ball.

Aim to get the ball in the opposition end zone to score



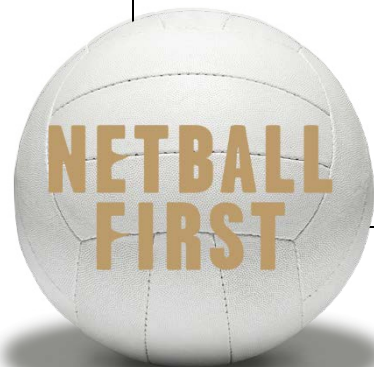
Discuss each area and then look at how/where to apply:

- 3' Mark Lean: Force ball up, putting pressure on ball carrier. Ready to react and move to defend after ball is released.
- 3' Mark with jump: Try to (tip) intercept pass – Only ONE jump at the right time (as ball is released)
- 3' Mark, vary hand position: what hand positions encourage what?  
Wide/up & out/up & lean/overload



- Weight on balls of feet
- Knees flexed, body upright
- Arms extended to overload side of attacker with ball
- Watch ball

- Weight on balls of feet
- Feet & hips back first then hands
- Knees flexed body upright
- Arms extended to overload side of attacker with ball
- See the release of the ball





Give 2/3 minutes to practise/explore before returning to group.

### END ZONE GAME

Get ball lifted & fly. Using 3' mark to create interceptions

1. Set up in a triangle with a line of attackers at each point of the triangle
2. Two defenders set up in the middle of the triangle
3. Three defenders on the outside of the triangle, set up midway between the triangle points

Attackers: three enter the triangle and receive the ball twice each, then exit and go to the back of a line.

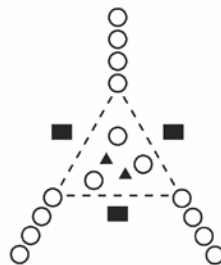
Defenders in triangle: working inside the triangle – 3' marking

Defenders outside triangle: allowed one drive to intercept.

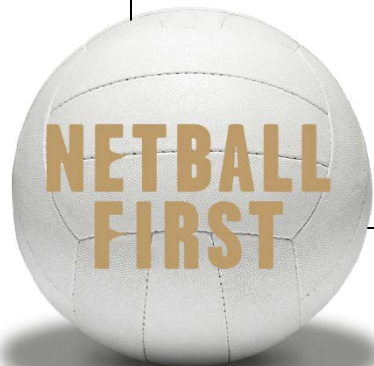
Players attacking at full pace, unless this is too hard for defence – in this case reduce their work rate.

Defenders aim to use a variety of 3' marking to get the ball lifted and create interception opportunities

Discuss how it is possible to achieve this with different methods of marking

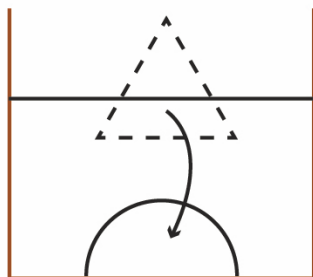


- Weight on balls of feet
- Feet & hips back first then hands
- Knees flexed body upright
- Arms extended to overload side of attacker with ball
- Catch with two hands
- Attack path of the ball
- Run feet to the ball (avoid a huge leap)
- Timing



## PROGRESSION

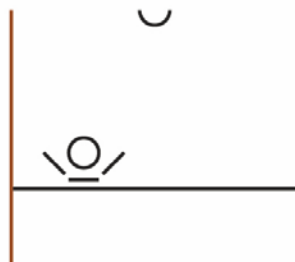
Transfer this to court specific areas and then into free play.



## GAME CONTEXT

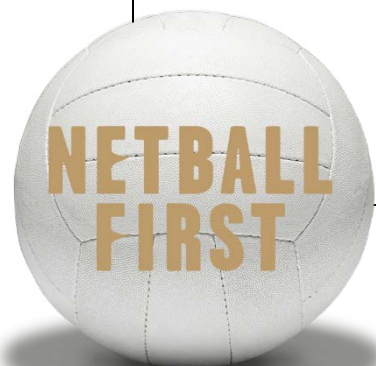
Split into groups and look at where the different 3' marks might work best:  
Also any variation in position.

- Centre pass defence
- Outside the circle
- Through court



## STRENGTH SESSION

Players to complete a strength session – body-weight exercises Coach to observe and see who knows what they are doing: check technique & help with any ideas for rest times. (Mats would be good for floor work)



### SHOOTING GAME

One shooter, one defender, the rest of the group watching around the edge of the circle.

Designated shooters to complete 10 shots – every miss = the rest of the group complete 10 exercises (e.g. press- ups)

