



CHANNEL DEFENDING

Four teams of 4 in channels as shown. Each channel is approx. 20 yards wide and 10 yards deep. Yellows must get ball to the other Yellow team without playing over the top and Reds try to intercept. If Reds win ball then they play to the other Reds and Yellows defend. After a few possessions, switch inside players with outside players so all get the chance to defend (and rest).

Variations:

The ball may never stop moving. If team in possession lets ball stand still they lose possession.

Team is limited in number of passes before they must pass through middle.

One player from the defense is permitted to pressure team in possession.

Two players are permitted to press.

Coaching Points:

Coach central players to keep a good zonal defending shape so one player is pressing close to the ball (she yells "I'm In") and other players assume positions of cover and balance. In example above, Red 1 provides pressure and 2s provide cover to prevent the through pass. Red 3 balances defense by preventing a ball to Yellow 1 and is ready to step and press if ball is played square.

Players in middle must constantly shift positions to maintain proper shape. Pressing player must drop immediately when first attacker makes pass so she can quickly find a covering position.

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