

## DEFENDING SKILL - HANDS OVER BALL (recovery to dictate pass type or direction)

Positioning of the body and hands when defending can restrict an opponent's space for their next drive, or close off a lane option for a pass, which often forces a high ball that is more easily intercepted.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Push off strongly to 0.9m distance</li> <li>• Strong stride/jump back - can be one large stride or few quick steps</li> <li>• Use arms for power to jump back</li> <li>• Head up with eyes on ball and opponent</li> <li>• Feet shoulder-width apart, knees, hips and ankles slightly bent</li> <li>• Weight forward with knees over toes</li> <li>• Back straight and upright</li> <li>• Arms up and in position</li> <li>• Entire foot on ground</li> <li>• Position arms restricting passing options</li> <li>• Re-position quickly to defend attackers next move</li> <li>• Hand Positions</li> </ul> <p><b>Track the ball</b></p> <ul style="list-style-type: none"> <li>• The defender should follow the path of the ball as it is moved around above the shoulders of the attacker</li> </ul> <p><b>Wide</b></p> <ul style="list-style-type: none"> <li>• Hands start wide to encourage the thrower to pass the ball over the throwers head</li> <li>• On release the defender brings their arms together in an attempt to intercept the pass</li> </ul> <p><b>One arm up and one to the side</b></p> <ul style="list-style-type: none"> <li>• One arm up covers the high pass possibility and one arm to the side covers the other passing option</li> </ul> <p><b>Hidden arm</b></p> <ul style="list-style-type: none"> <li>• One arm is kept close to the side of the defender's body which encourages the thrower to pass the ball closer to the defender's body</li> <li>• On release the defender moves their arm up in an attempt to intercept the pass</li> </ul>	<ul style="list-style-type: none"> <li>• Push off not quickly enough to get back to distance</li> <li>• Feet too wide or too close together - difficult to change direction</li> <li>• Eyes on ground - attempting to judge distance</li> <li>• Incorrect distance</li> <li>• Hands coming up before correct distance is taken</li> <li>• Weight not balanced or too much on toes</li> <li>• Feet narrow, knees, hips and ankles straight - lose balance</li> <li>• Bending forward too much at waist with hands over a low ball</li> <li>• Arms waving aimlessly and not defending the pass</li> </ul>

## 1. Explanation and Demonstration

### 2. Basic Movement/No Equipment

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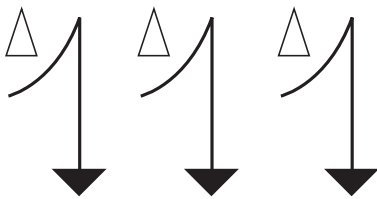
- Players to stand behind a line (feet shoulder-width apart, body upright and knees slightly flexed and out over the toes). On command step back to 0.9m.
- Once player is back at 0.9m put up hands to defend pass.

Allow the players to repeat several times whilst giving feedback of correct technique.

### 3. Basic movement with equipment

Work up to cone, deflect an imaginary ball with the outside hand then recover to 0.9m with hands down (no obstruction) then put hands up.

Move along a line of cones to continue practice.



Repeat in the other direction using the other arm to deflect an imaginary ball.

### 4. Add a ball

- Side by side in pairs with a ball facing the same direction. Player with the ball throws ball into the air to self and passes to a wall (could use a third player) other player takes the role of the defender and recovers to hands over. Defender to practise varying types of hands over defence. e.g.
  - One hand high and one to side (cover high ball and side attacker is leading to and encourage ball to be passed to other side).
  - Both hands wide (encourage high ball, hands close as ball passed)
  - Tracking (hands to cover balls path when it is above the shoulders)
  - Hidden arm. Move arm up from side of body in an attempt to intercept the pass
- In pairs with a ball. Throw ball up between themselves and contest for a catch, the person who does not get the ball takes the role of defender and recovers to 0.9m with hands up. Need to designate the direction of play.

### 5. Add an opponent

T passes to 1 v 1 contest, attacker to pivot and pass to a leading attacker. Defender attempts to intercept first ball, if unsuccessful, recovers to hands over and practices strategies listed in 4 to influence the type of pass used by the attacker.

