

DEFENDING SKILL - RE-POSITIONING

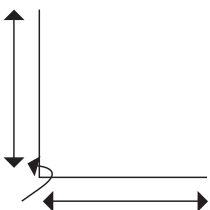
Defending players will need to reposition based on changes in the game. Repositioning may include adjusting and changing position around an opponent if ball is swung across to opposite side of court, or integrating a number of defending approaches, such as applying one-on-one pressure, then recovering to double defence on the next attacking opponent.

TEACHING POINTS	COMMON ERRORS
<p>When re-positioning between the side and in front positions the defender must keep vision of both the ball and opponent</p> <p>Quick footwork keeping the feet shoulder width apart is used to re-position between in front and side defending or from one side to another</p> <p>The defender should not contact on transition between movements.</p> <ul style="list-style-type: none"> Whenever possible the defender should move to the front to attempt an interception with two hands rather than remaining side-on to an opponent. If in a side-on position, the defender should attempt to intercept the ball leading with the hand closest to the ball (front arm) 	<ul style="list-style-type: none"> Arms positioned out from the body causing obstruction Watching the ball or attacker exclusively Stance too wide to allow a quick take-off and to reposition as needed Watching flight of ball rather than using quick footwork to reposition and attempt an interception Contacting opponent while repositioning In a side on position, attempting to intercept leading with the back arm (contacting) Not re-positioning from side to front for an intercept When in a front-on position and not attempting to intercept the ball with two hands

1. Explanation and Demonstration

2. Basic Movement/No Equipment

Use the corner of a court. Side step a couple of steps along the line (1), side step back to the corner, keep the front foot on the corner and forwards pivot and side step a couple of steps along the line (2). Face into corner on first move, and out of corner for next move. Repeat varying facing into the lines and away from the lines and combinations of both.



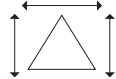
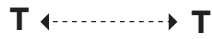
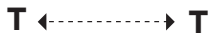
3. Basic movement with equipment

- Maintain in front position as ball is swung across the court. Slide around player.
- Reposition around a chair – side to front to side defence (if you do not have a chair use a cone or stationary player).



4. Add a ball

Add two T's who pass the ball between them. Defender to adjust ball side as the ball is swung. Attempt to intercept the ball leading with the hand closest to the ball (front arm) when it is passed towards the chair. As the ball is passed practise maintaining front position or switching from side to front to side.



5. Add an opponent

Attacker replaces the chair. Attacker to be passive initially and then become more active.