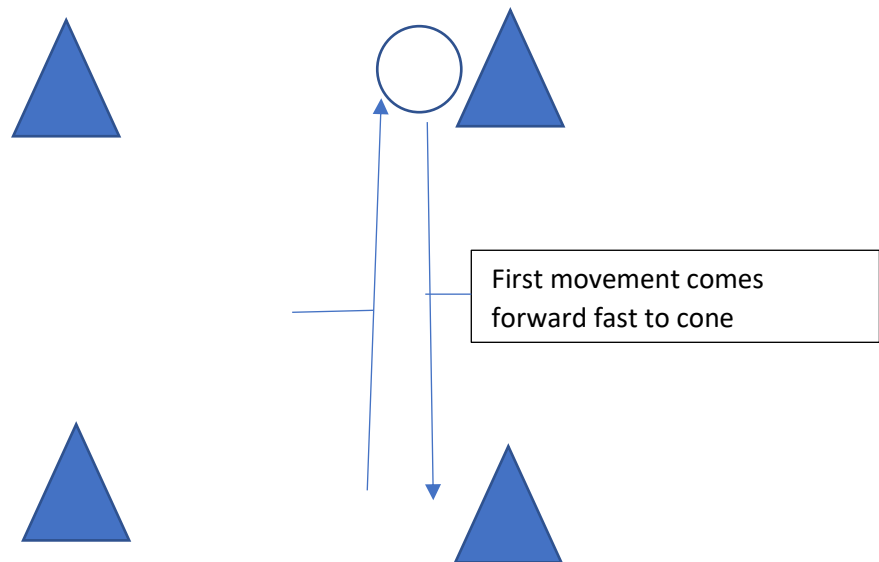
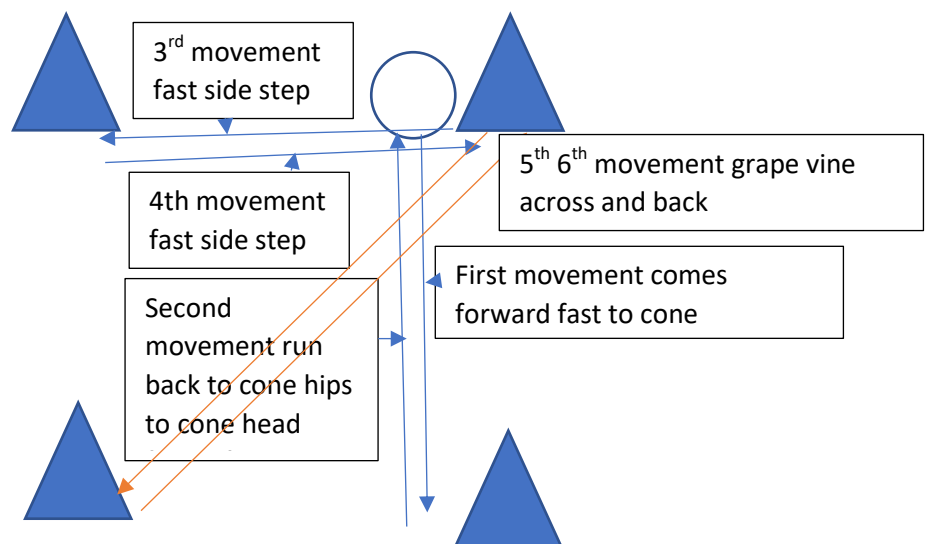


TRACKING DEFENCE (MAN ON MAN)

1. Three key terms – man up; feet; hands over – when correcting use these words
2. Repeat forward and back x 5

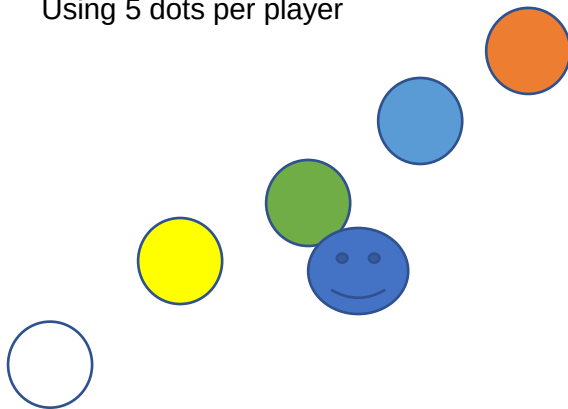


3. Add across movement (3 & 4) repeat 5 times



4. Add movement 5 & 6 repeat 5 times
5. Move to the other side and mimic again
6. Add a ball and can be passed at any time through the movements

7. Using 5 dots per player

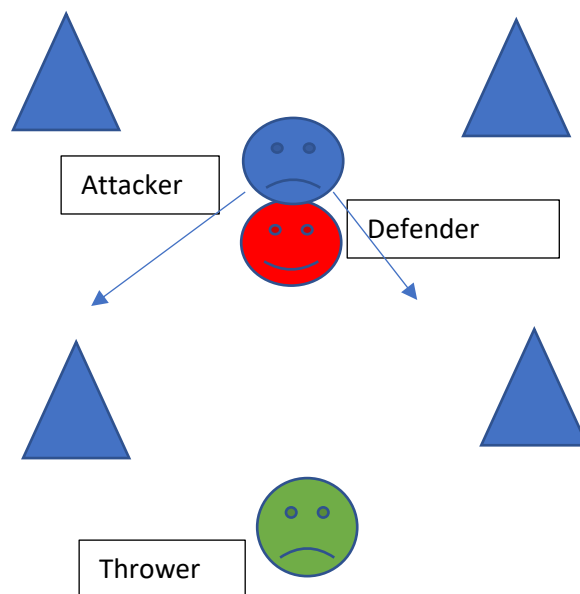


Starting in the middle coach calls colour – starts with one colour player moves in front of the called colour and then back to the starting colour

Then add two colours e.g. orange yellow – player moves to orange then yellow ensuring hips are turned in the direction of the dot and face is still facing front

Add another player – this player stands between the dot and the player – the back player moves randomly to 2 dots quickly and the worker must follow player using change of hip movement and fast feet – the defender should be covering half the body of the attacker

8. Using four cones per 3 players



Attacker moves around the square with the defender tracking and using 3 stages of defence man up; feet; hands over ball when attacker receives the ball as soon as attacker releases ball 3 stage commence again – man up, feet hands over.

Increase the work load by adding players extending area (go across court) must be completed at game pace