

## 7 STEP PROGRESSION

### DEFENSIVE BLOCKING – DENYING SPACE – DELAYING THE MOVE

#### PURPOSE

To delay the attacking player's movement down court, by dictating, delay and denying the space available to the attacker. Slow down the fast rush of attacking play.

#### EXPLANATION / DEMONSTRATION – Skill Progression I

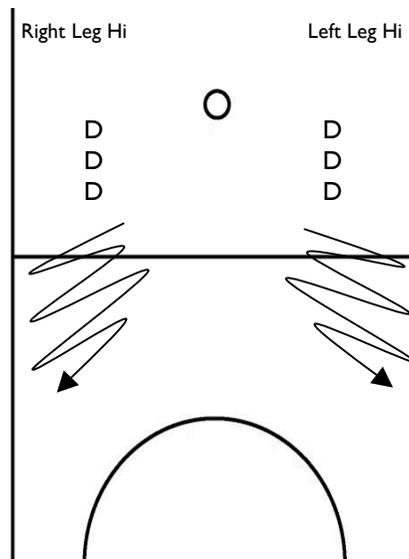
1. **Demonstrate and Explain at the same time**
2. Defender faces the attacker
3. The positioning taken by the defender v attacker will be different subject to the speed of both players
4. Dictate attacker into the smallest space
5. Delay your opponent down court or the opportunity to front cut into space
6. Deny the middle corridor

#### Teaching Points:

1. Rather than the defender stepping up to meet the attacker; (defender can get burnt on the 1<sup>st</sup> move of attacker doing this) the first move should be to step across to the space attacker would like to use first – this will force the attacker to the smallest space immediately
2. Hip angle is very important; defender needs to keep the leg closest to the middle corridor high and maintain that stance to stop the 'front cut'. i.e. if defending on the right side of the court (traditionally GD) then left leg is high and vice versa on the left of the court then right leg is high.
3. Body weight needs to stay on the front foot to all quick footwork slide, keeping body upright

#### BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

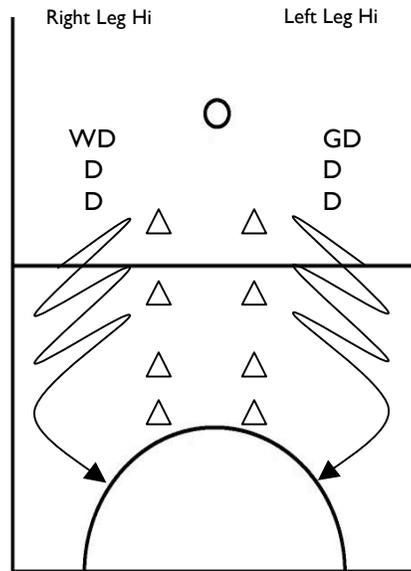
1. Defender with back to goal circle
2. Defensive slide as indicated in diagram
3. Vital that the defenders leg closest to the middle corridor does not drop and create a square angle with the hips; this will open up the middle corridor for the 'front cut'
4. Defenders need to maintain the 45° angle



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### BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

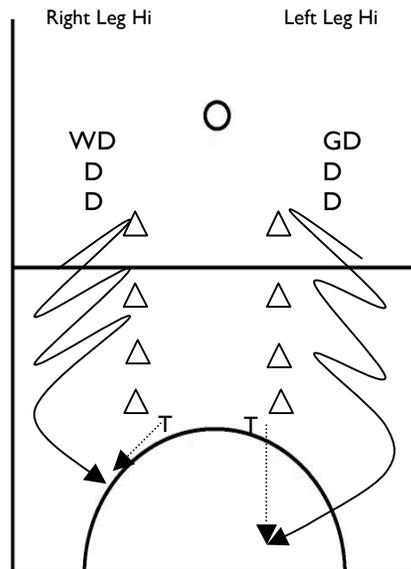
1. Defender with back to goal circle
2. WD – right leg high
3. GD – left leg high
4. Defensive slide as indicated in diagram
5. Vital that the defenders leg closest to the middle corridor does not drop and create a square angle with the hips; this will open up the middle corridor for the ‘front cut’
6. Defenders need to maintain the 45° angle
7. As the defender gets to the last cone and they are on the side line, practice ‘opening out’ i.e. WD would drop the right leg (or leg closest to the middle corridor) down towards the goal circle
8. This would mean WD back is to the side line
9. A defender ‘opens out’ when the attacker gets past their back shoulder and loses sight of the attacker



### ADD BALL & THROWER – (stationary defender) - Skill Progression No. 4

As above

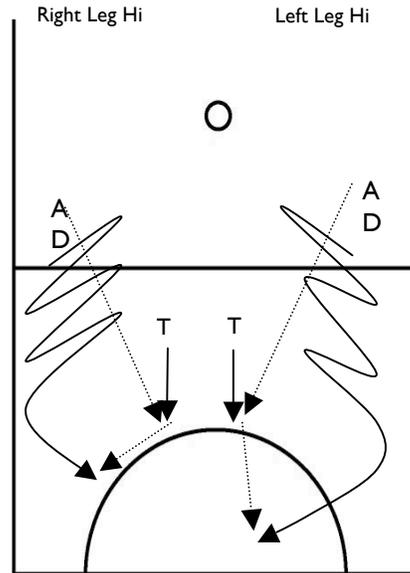
1. When Defender gets to last cone and opens out and drives to the circle edge (WD) or into the circle (GD) Thrower puts in a variety of passes to be intercepted
2. WD = C as well



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### ADD OPPONENT – Skill Progression No. 5

1. Remove the cones – when adding Defender v Attacker
2. Attacker start with the ball
3. Deliver to Thrower driving to top of circle
4. Attacker make the move to get to the circle for the pass from thrower
5. Defender ensure a step across in the first instant to deny the space to lead
6. In the initial phases – Attacker is passive to allow success for the Defender
7. As Defender becomes more skilled at the movement and gains timing on the step across and the 'opening out' Attacker can then increase pace and angles on the lead

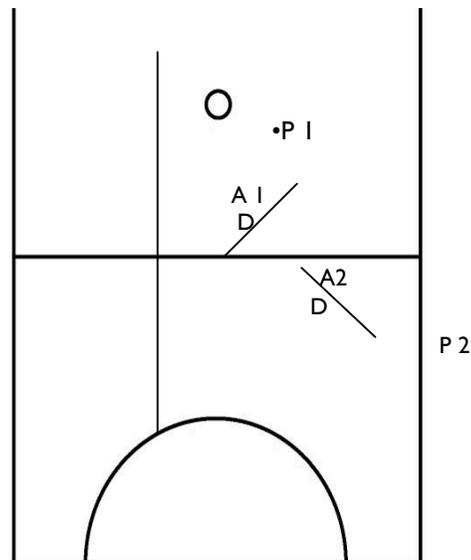


### DYNAMIC DRILL – Skill Progression No. 6

1. Close off 1/3 of the court to help defenders initially have success
2. Two attackers work the ball down to the goal circle
3. One attacker can enter the circle as though the GA
4. Defenders working together trying to dictate, delay and deny the space for attackers to lead into

Add

1. One Post in the C 1/3 and one Post on the side line
2. Attacker 1 lead and gain ball from P1
3. A1 & A2 work ball to Goal Circle using P2 in needed
4. A3 and D3 in the goal circle



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### COURT APPLICATION – Skill Progression No. 7

Options:

Off the Centre Pass

- WD v WA
- GD v GA

Back Line Throw In

- GA v GD
- WA v WD
- C v C
- Etc

Off a Loose Ball anywhere on court

Any Game Sense drills require defense of this nature; therefore implement it in every defending activity that has a 'One on One' component.

