

Clinic: The art of Defense – Central clinic

Version: World Camp USA 2006



TOPICS

1. Frontal 1v1 body positioning
2. Channeling: footwork and staying out of the physical space
3. The left foot – covering the backhand zone
4. Pressure the ball
5. Trapping the ball
6. Shaving (Demonstrate also the lady shave- we do not practice)
7. Competition best defender

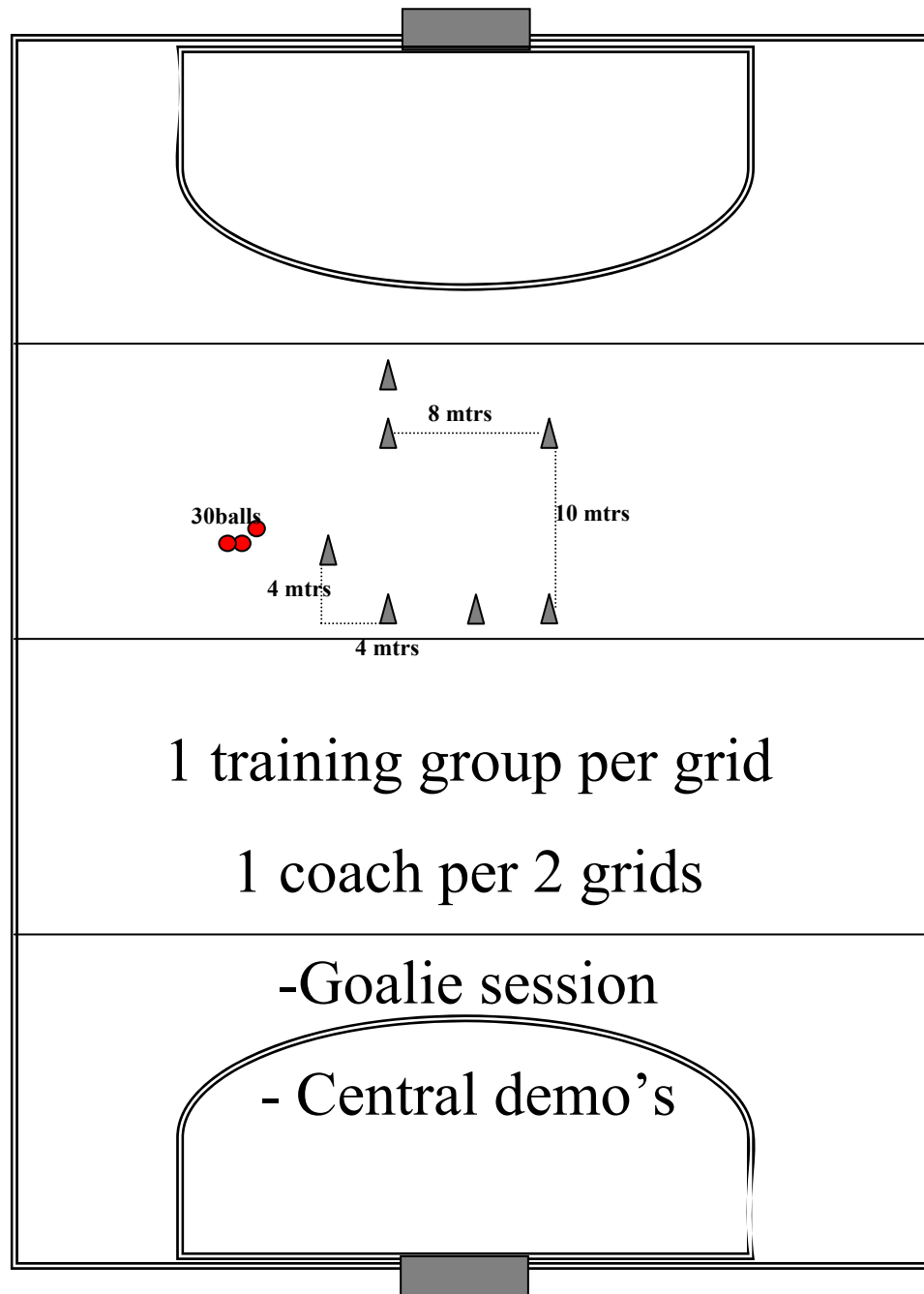
MATERIAL

CONES: 110
BALLS: 360
BEAMS: none
GOALIE PUPPET: none

SYMBOLS

- CONE ▲
- BAL POSSESSOR OR POTENTIAL BALL POSSESSOR ○
- BALL ●
- DEFENDER ●
- DRIBBLE→
- PASS OR SHOT ON GOAL →
- RUNNING WITHOUT BALL - - - - ->

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Clinic: The Art of Defense

Exercise: Body positioning

Version: World Camp USA 2006

1



ORGANISATION

Description: A passes ball to B. B dribbles to goal 2. C plays defense on b as pass is played to b.

ROTATION: C becomes B, A becomes C, B becomes A.

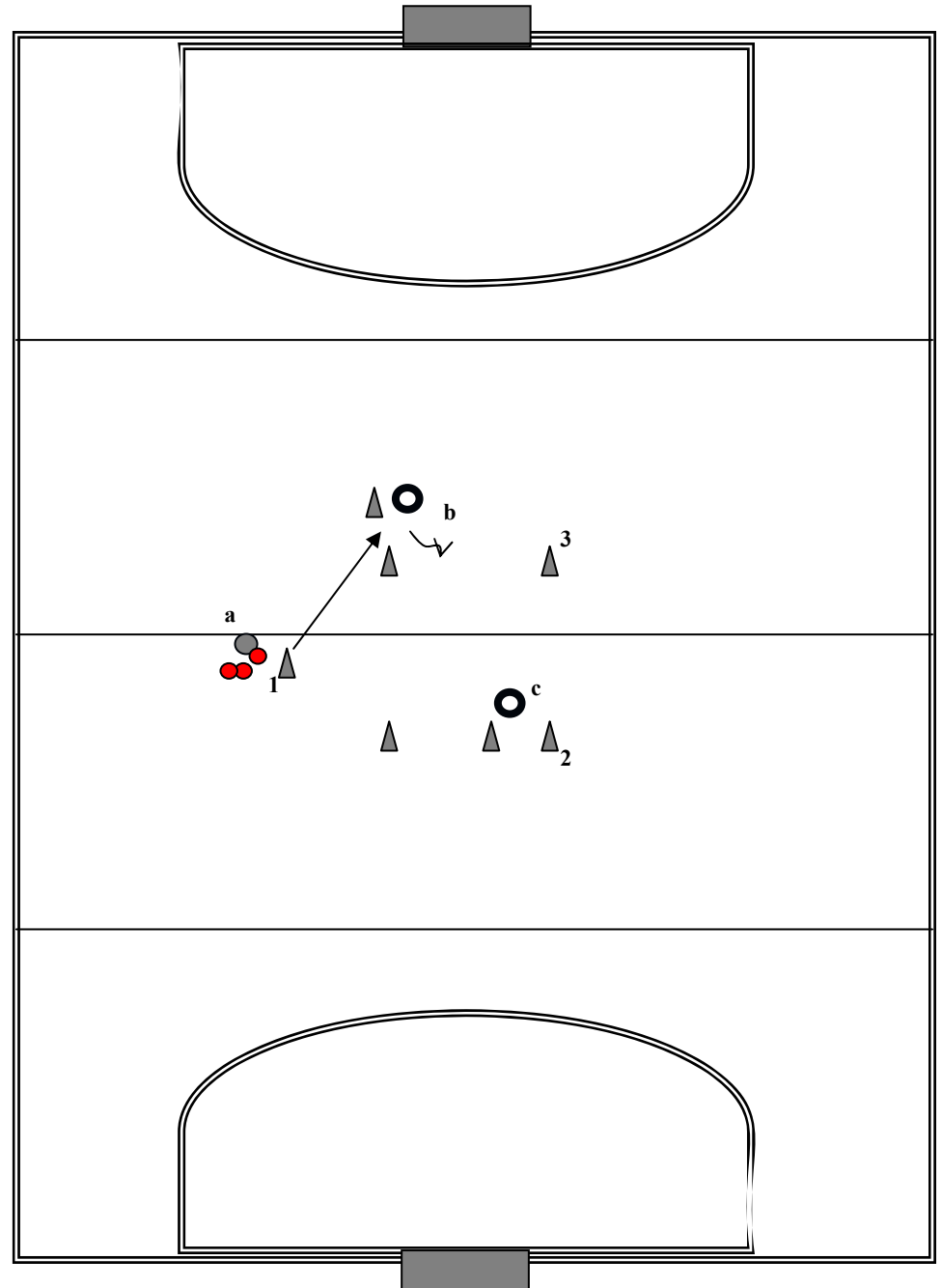
POINTERS

1. Look at the ball possessor (B), get body positioned so B is forced to go over strong side
2. Open stance of the feet; left foot pointing to ball possessor (B) and right foot pointing to direction of dribble
3. Keep distance and patient, adjust footwork to ball carrier

DIFFERENTIATION

* Starting position of defender C

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Clinic: The Art of Defense

Exercise: Physical space defense

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2

ORGANISATION

Description: A passes ball to B. B dribbles to goal 2. C plays defense on b as pass is played to b.

ROTATION: C becomes B, A becomes C, B becomes A.

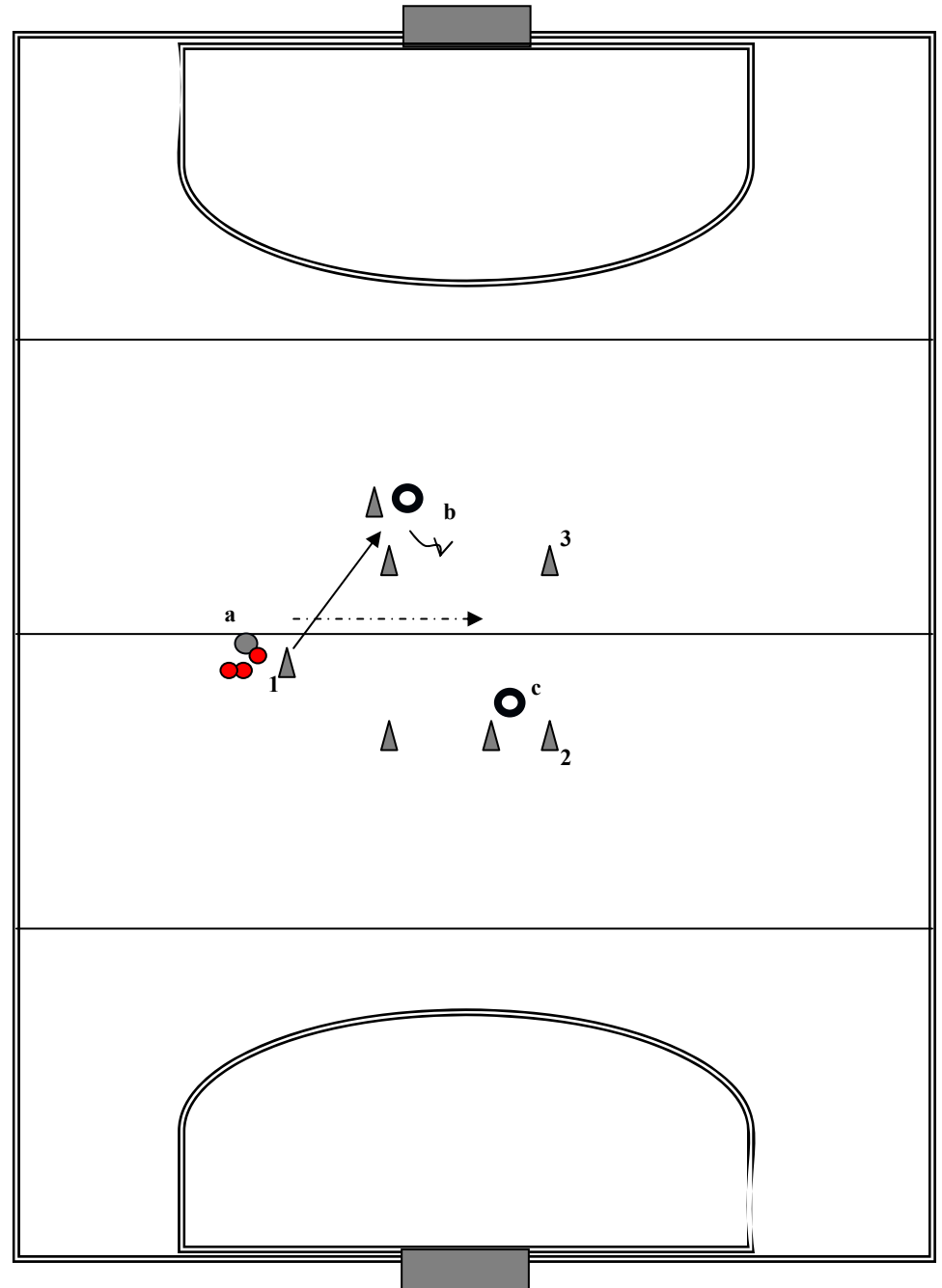
POINTERS

1. Look at the ball possessor (B), get body positioned so B is forced to go over strong side
2. Open stance of the feet; left foot pointing to ball possessor (B) and right foot pointing to direction of dribble
3. Keep distance and patient, adjust footwork to ball carrier
4. Use physical space to determine distance, adjust footwork, stay on forefeet
5. Trap ball if possible

DIFFERENTIATION

- Starting position of defender C
- * Add second goal for turnover situation

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Clinic: The Art of Defense

Exercise: Channeling Pick up – Left foot

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3

ORGANISATION

Description: A(def) passes ball to B(off). B passes ball to C (off) positioned at cone 3. A plays a forehand Channeling. C is only allowed to dribble the ball to cone 2.. C dribbles in the direction of cone 2 in a light dribble –NOT quick.
ROTATION: C becomes B, A becomes C, B becomes A

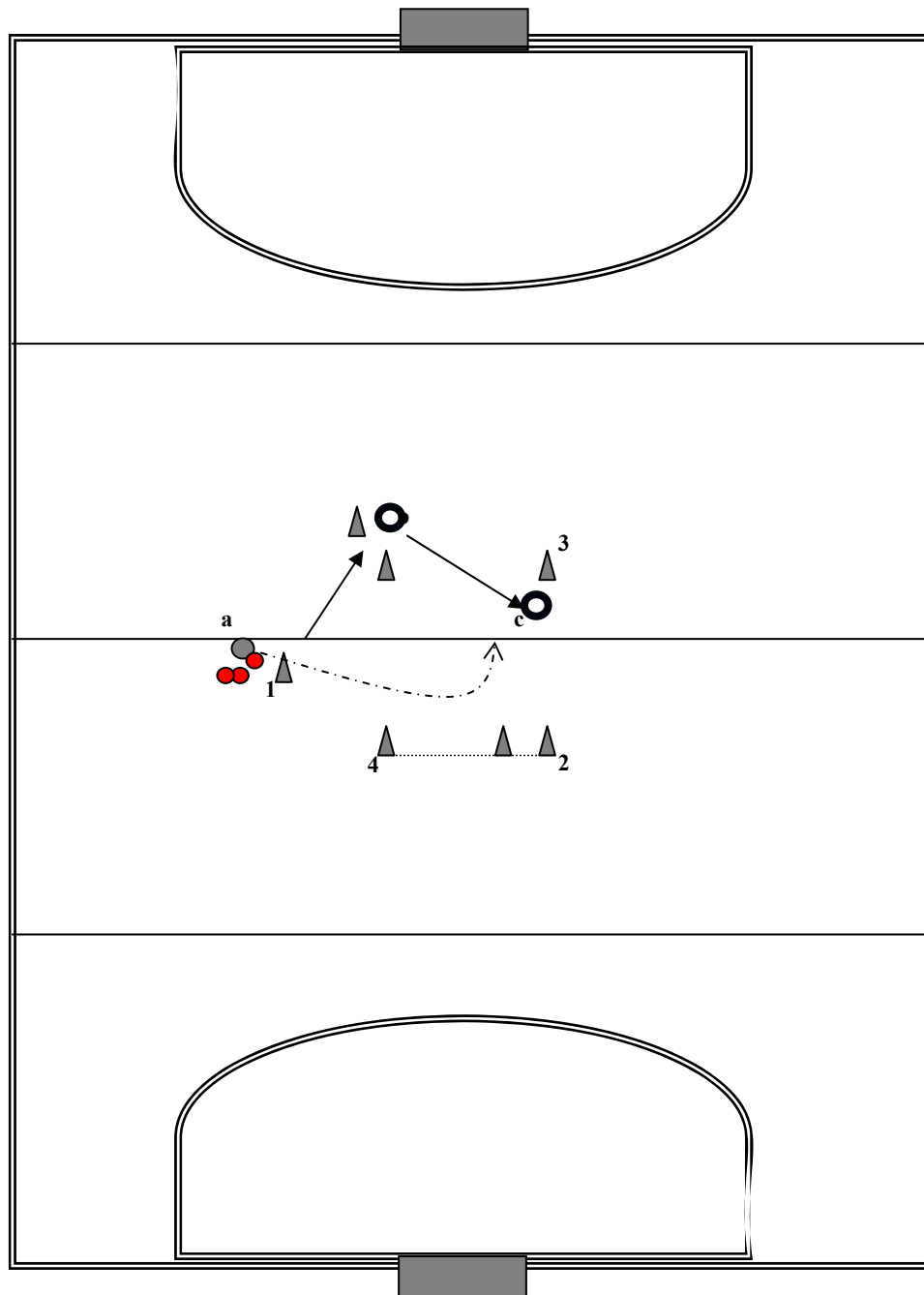
POINTERS

1. A covers the left foot backhand area with the backhand in a half upright position.
2. A stays out of the physical space of C
3. A uses the open stance footwork like – fencing style
4. When C crosses the line of the left foot of A on the forehand side of A – A starts to use light jabbing
5. The jabbing should be close to the ball

DIFFERENTIATION

1. C moves the ball in the direction of cone 4 in a light dribble; instead of cone 2.
2. C dribbles in a quicker pace both to cone 2 or 4

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Clinic: The Art of Defense

Exercise: Pressure and Delay

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4

ORGANISATION

Description: D (def) passes ball to B (off). B passes ball to C (off) positioned at cone 3.. A plays a forehand Channeling. C is only allowed to dribble the ball to cone 2.. C dribbles in the direction of cone 2 in a light dribble – NOT quick. ROTATATION: A becomes D, D becomes B, B becomes C, C becomes A.

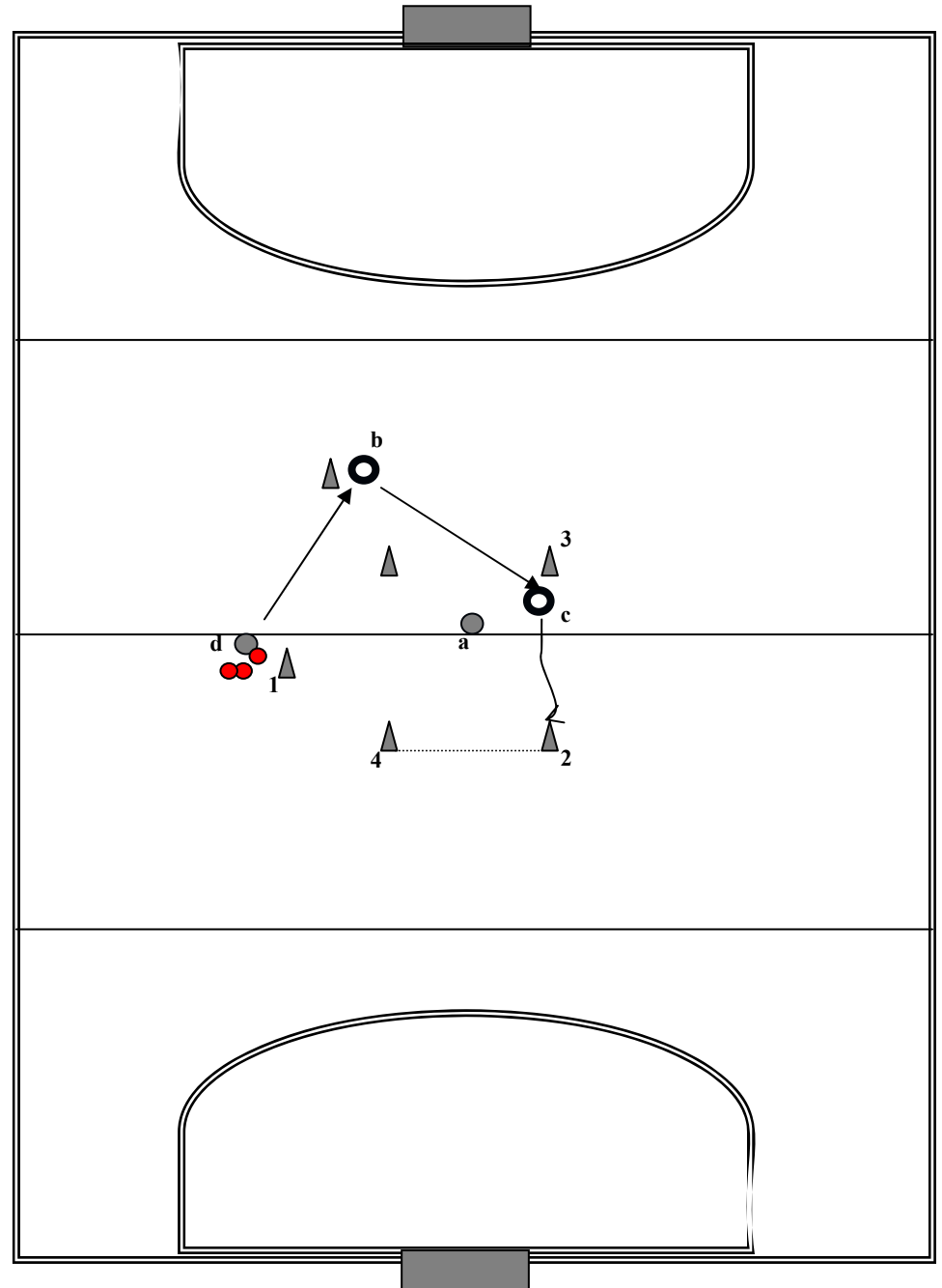
POINTERS

- 1.A practices a full pressure jabbing technique
- 2.Keep the stick ALL THE TIME close to the ball
3. Move stick ALL the time to the ball
4. If you stop pressuring the ball the ball possessor has time and space to take initiative
5. THE RESULT should be that you delay the ball possessor AND push him to his/her backhand side

DIFFERENTIATION

1. C moves the ball in the direction of cone 4 in a light dribble; instead of cone 2.
2. C dribbles in a quicker pace both to cone 2 or 4

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Clinic: The Art of Defense

Exercise: Trapping and Shaving

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5



ORGANISATION

Description: A (def) passes ball to C (off) positioned at cone 6. A plays a forehand Channeling. C is only allowed to dribble the ball to cone 5. C dribbles in the direction of cone 5 in a light dribble –NOT quick. ROTATION: C becomes A, A becomes C

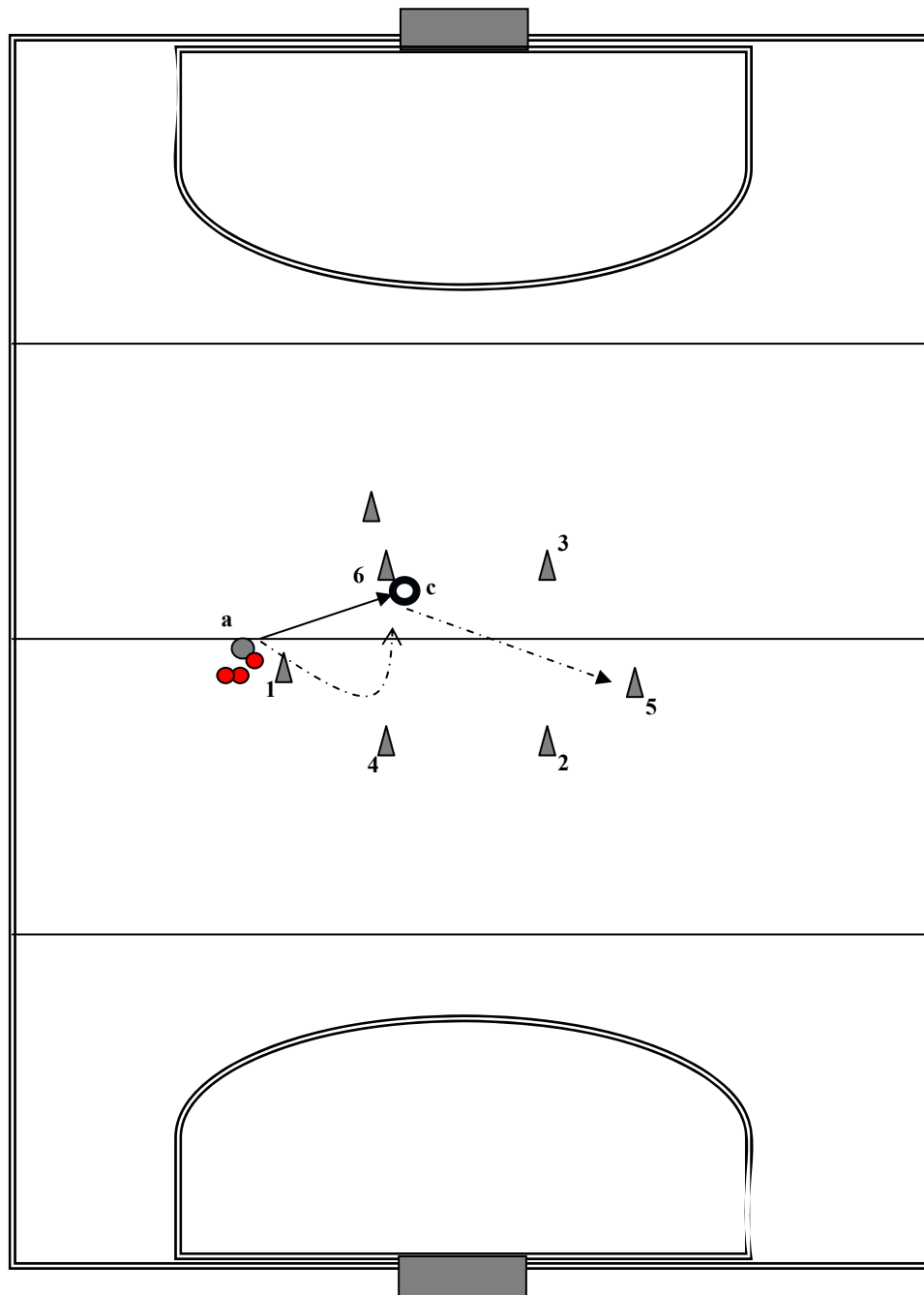
POINTERS

1. C is already dribbling sideward instead of towards the goal. At the moment A picks up C the ball is already at the right foot of A – this is THE MOMENT you could trap the ball!!
2. A picks C up on this ideal line puts pressure on the ball – at the moment C has no speed anymore OR loses control -block the ball and trap it. Play ball to cone 1.
3. The trapping should be played two-handed if possible with the right foot really behind the body and the ball
4. The shaving is executed with a one-handed backhand under the stick of C.

DIFFERENTIATION

1. A plays defense with use of reverse shave technique
2. Have fun with steal technique
3. Demo RAZOR and or The Dentist (Central before short water break (TD))

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Clinic: The Art of Defense

Exercise: Best Defender competition

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6

ORGANISATION

Description: A passes ball to B. B dribbles to goal 2. C plays defense on b as pass is played to b.

ROTATION: C becomes B, A becomes C, B becomes A.

- Count point for every tackle made, get a best defender of each coaching group

POINTERS

1. Use all coaching points for all defensive drills

DIFFERENTIATION

* Add goal for turnover to score extra points.

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