



COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

Drill Name: Settled Defense – Ball and Back

Skills Practiced and introduction:

- Settled defense - sliding
- Seeing the ball, the opponent and who slides.

Suggested Equipment: balls

Space needed: 1/2 field

Players needed: at least 6 defensive players

Set – up and execution:

- Have players set up in the defensive formation your team will use.
- Explain that the player who is guarding the ball carrier yells "Ball!" Everyone else is in the back up position identified by the word, "back."
- Rule #1: One of the most basic rules about defense is that everyone must see the ball; if they don't see the ball they can't possibly be "back."
- Rule #2: No lying – If a player says he's "back" he must mean it; he can't be playing his man without the ball outside the offensive box.
- Explain to players that they must also have their toes pointing to the teammate they are backing, otherwise they would be lying about being "back."
- Lastly, and most importantly, players must know who they are backing. If an adjacent teammate slides to cover the ball, "back" for the teammate next to the guy who just went to cover the ball, means he slides to the open man next to him.
- Have a coach with the ball move to different areas of the field around the defense and have everyone not on the ball yell "back!" when they think they should be saying back. Begin to challenge players out of position, asking them if they were lying when they said back. This forces players to look at their position in relation to the ball, look at their feet and look at their other teammates.
- Then correct their field position so that they are actually in the back up position.
- You can begin quizzing other players if they know who they are backing.

Coaching tips:

- Use proper error detection and correction principles to correct players who move out of position.
- Let players answer themselves and give you reasons as to why they think they are back; players are more likely to correct their mistakes if they themselves realize the mistakes.

Variations/Progression:

As you players improve their skills incorporate the following:

- Instead of a coach moving to different areas of the field have six offensive players set up in an offensive formation and pass the ball around while the defense reacts.

Drill Author: Kevin Sheehan

