

## CYCLE OF PLAY EXERCISES FOR ELABORATION OF THE PLAY IN DEFENSE.

According to Wolfgang Pollany, in the material entitled **Individual defense and defense in small groups**, some of the basic techniques in defense are presented to be learned step by step.

The **wing defender** shall always have the chest pointing against the ball. Therefore the legwork asks for a constant switch of the front leg.

In the **cooperation wing + half in defence** the clip shows clearly the difference in the legwork of the players in these two positions. The area covered by the half is much larger, the work of the wing is more static.

The **1on1 work with the pivot** is very specific. It is of vital importance to find a position sideways from the pivot that will allow cutting passes to the pivot. This position of course cannot be achieved all the time in every situation but it should be the ultimate target.

The first drill of defence in groups demonstrates **armwork** against the ball strictly. The defence must not cross the 9m line. Passes to the static lineplayer shall be blocked. Successful blocking gives one point for the defence, if the control over the ball can be gained, the score will be two points.

A completed pass to the pivot gives a two point score to the offence.

In the second drill the defence player off the ball is allowed to **enter the free throw zone** giving a closer coverage against the pass. This drill means increasing running for the defence.

In the next drill a direct opponent covering the pivot is added thus giving a **4-4 situation**.

The **final drill** gives a combination of defending the pivot-pass and at the same time blocking attempts to penetrate the zone after give and go by the attackers.

The offensive team will achieve one point for every successful penetration and two points for every completed pass to the pivot.

The defence will gain one point for blocking either the ball or the attempt of penetration and two points for bringing the ball under control.