


Lesson Level C Lesson 2	Priority 10 Focus: Defending Space 	
Training Element	Lesson Development	Teacher notes & resources
Warm up	Teacher warm up or play “scramble”	(Required – Foundation games) 10-15 mins
Athletic development	To develop athlete’s ability to change direction with little loss of power or speed. Agility activity – game “Rabbit & the Fox.”	In keeping with P10 focus, agility drills are specific to changing direction when moving into defensive positions. (Required – Foundation level Games booklet) 15 mins
Skill development	To introduce the concept of defending space by starting with the game – “close the gap”. Players are required to close off spaces so that attackers cannot penetrate the defensive line. Skills to be developed concurrently include – <ul style="list-style-type: none"> ✓ Affecting the touch ✓ Running with the ball ✓ Catch & pass Coach can spend some time developing both terminology e.g. defend space or close the space, and communication between defenders, e.g. that’s you, take him, mine, etc. Depending on time and level of the group progress to Defence of space/defensive shape drill.	(Required - P10 Coaching Card #2) Encourage players to “gang up” on the ball carrier and thereby reduce distances between defenders. (note- this is a teams defensive shape “compressed together” vs a shape that is ‘spread out’. Explain the term and debrief. Also, when affecting the touch players should be using the appropriate hand (either left or right) for both sides of their body depending on the position of the attacker. (discourage defenders from crossing their body to make a touch) (Required – P10 Foundation Drill Booklet) 30 – 45 mins
Strategy/tactics	Team Play session focus – work together in defence and close off spaces and or reduce the distance between each other. Challenge – Play the close the gap game using a “gang up” defensive shape.	Coaches can use this time to practice and develop the concept – debrief players as you go. At the end of this session players should understand that communication is critical and that the distance between defenders should be minimal. (their defensive shape) 30 mins (Total session approx. 90-130 mins)