

Title: **Defensive Interceptions - Be first to the ball!**

Date:	Venue: <b>Playing Field</b>	Duration: <b>1 Hour</b>	No of Players: <b>12</b>	Ability / Level: <b>Intermediate</b>	Equipment: <b>Balls, Bibs and Cones</b>
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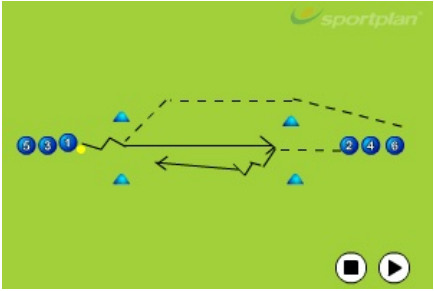
**Session Goals:**  
To teach the players to time their run and successfully intercept the ball.  
One of the key factors in learning to intercept the ball is for defenders to learn how to read the signs of the passer and the intended pass. Interceptors should learn to look at the passer's eyes which will give away the intended pass and when the player is about to pass.

**Personal Coaching Goals:**  
To rectify the following problems: Most of our players tend to run too early which means that the playing passing the ball still has the chance to change their pass. Also the players that are successful at their runs tend to touch the ball and then lift their stick and over run the ball and give back possession.

Time	Task / Activity / Session Content	Coaching Points
<b>Warm Up - Meet, Pass and Move</b>		

**Running onto the ball and keep moving**

Players lined up in a relay with 1 ball.  
Player starts by running with the ball into the grid and pass the ball to the player opposite. Player 2 has to run onto the moving ball collect and keep moving to pass the ball back to the other side for player 3 to run onto the ball.  
Each player has to run to the back of the opposite side each time they have passed the ball.



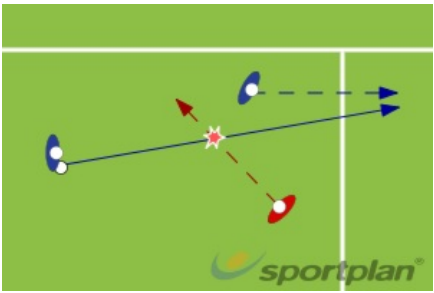
**Coaching Tips**

Good practice for learning to intercept the ball in defence and continue to attack all in one move.  
Bottom hand on the stick needs to be low and strong.  
Keep the stick head in contact with the pitch through out the move other wise the ball will spin away and get to close to the feet.

**Get to the ball first!**

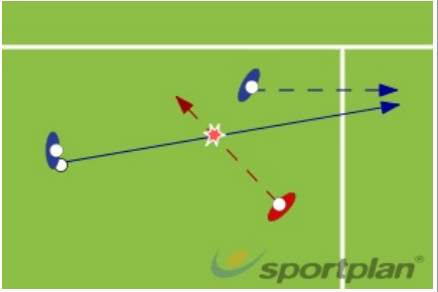
**Interception - Open Stick**

in this video the defender times their run to intercept the pass to the left winger.  
To practice this skill set up players in groups of three, with one feeder, one attacker and one defender.  
The defender should be standing slightly ahead and on the inside of the attacker to ensure they get to the ball first.  
When the feeder plays the ball up towards the two players they should both set off to try and win the ball.



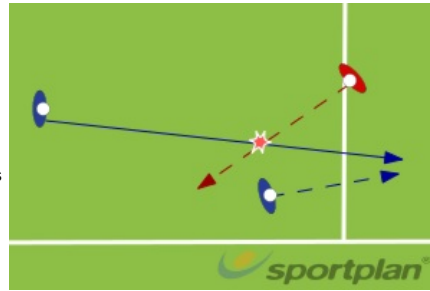
**Notes**

It is important to commit to the interception.  
However, if the defender moves too early the attacker will have the chance to move and the defender will have over committed, thus losing the opportunity to gain possession.



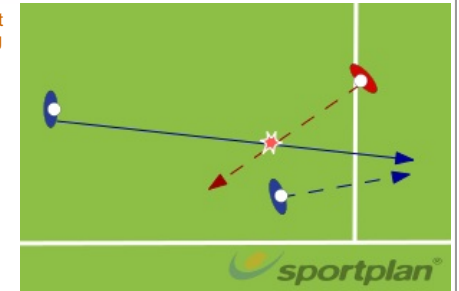
### Interception - Reverse Stick

In this video the defender times their run to intercept the pass to the right winger.  
To practice this skill set up players in groups of three, with one feeder, one attacker and one defender.  
The defender should be standing in line with their opposite number, on the inside of the attacker running from right to left.  
When the feeder plays the ball up towards the two players they should both set off to try and win the ball.



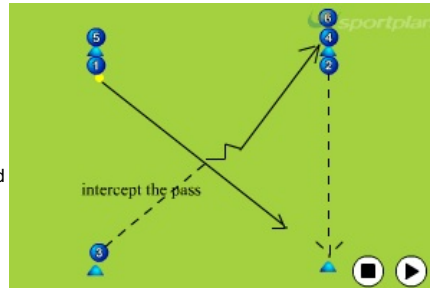
### Notes

To begin with the attacker should wait for the ball to reach them (something which they should never do, they should always meet the ball!)  
As the drill progresses allow the attacker to contest the ball more.  
Rotate player roles regularly.



### Cross-Over - Continuous Interceptions

Two lines of players with 1 ball per grid.  
Player 1 passes the ball to player 2 who runs to the opposite cone. Player 3 makes their intercepting run as the player makes their pass, trying to intercept the ball before it reaches its intended recipient.  
If they successfully intercept the ball they make a pass to player 4 and the exercise starts again.  
Player 1 runs straight to receive the ball from player 4 and player 2 has to try and intercept the ball and pass the ball to player 5.

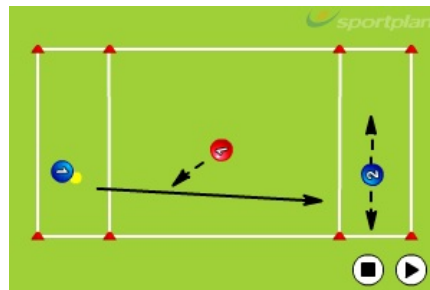


### Notes

Interception should be done with both reverse and open stick.  
Intercepting player should keep moving with the ball after interception before passing the ball on.

### Interception - Cut out the ball

Two Players start in end zones opposite one another with the aim of trying to pass the ball to each other without having the ball intercepted by the player in the middle.



### Coaching Tips

The defending player should try to move to cover the pass and shadow the passing player's movement, making interceptions with both open and reverse stick.  
Once the ball has been intercepted the defender swaps with the player who lost the ball.

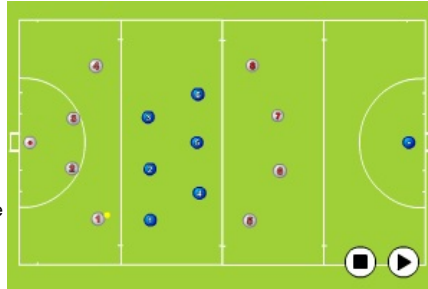
## Dribble through - Conditioned Game

### Defensive zone game

Four players inside the 23 meter area try to pass the ball through the defensive zone (the space between the 23 meter line to the half way line) to the players in the other half.

When the ball has successfully been played across to the other side the opposite team must try and play the ball back through the defensive zone.

The 6 defenders inside the middle zone have to try and intercept the ball and break. When they get the ball they must try and score a goal against the players who lost the ball.



### Notes

Before allowing players to carry the ball across into the other areas restrict players to their own areas, instead encouraging them to pass the ball straight across to the players on the other side.

### Other Comments:

"When you want to win a game, you have to teach. When you lose a game, you have to learn." Tom Landry

### Evaluation: