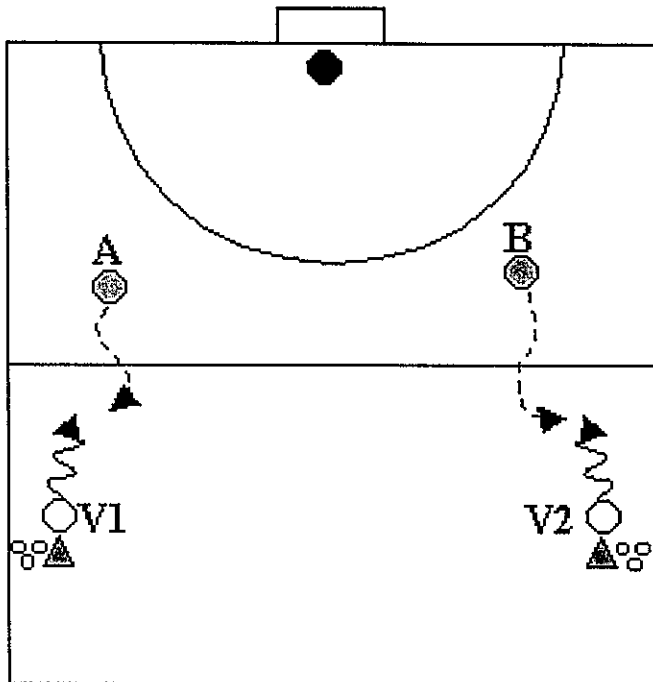


**GETTING POSSESSION**

**DEFENDING**

**CHANNELLING**

Getting possession - Defending  
Channelling



Pitch exercise 1

V1 dribbles towards the circle

A puts on pressure and tries to channel V1 towards the sideline

B channels over the backhand towards the sideline

Emphasis:

Put on pressure towards the ball possessor

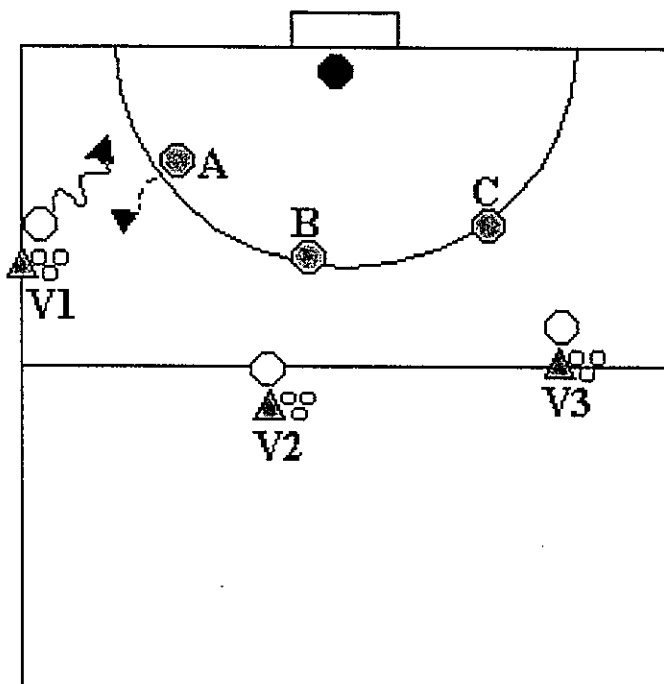
Leave free space towards the sideline

Curve back to the right and keep moving with the opponent

Maintain pressure on the ball possessor

Start to tackle

## Getting possession - Defending Channelling



### Pitch exercise 2

V1 dribbles towards the circle

A puts on pressure and tries to channel V1 towards the sideline

If necessary, A can use the back line if V1 gets through

B channels over the forehand to keep V2 out of the circle

C channels over the forehand or the backhand (with cover from the goalkeeper)

### Emphasis:

Defend without committing a foul

Put pressure on the ball possessor

Leave free space towards the sideline

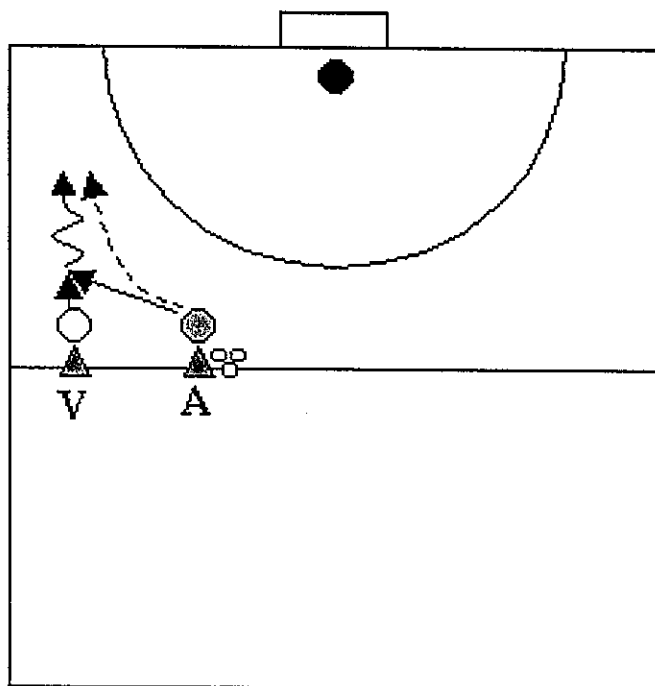
Curve back to the right keeping pace with the opponent

Maintain pressure on the ball possessor

Start the tackle



## Getting possession - Defending Channelling



### Pitch exercise 4

A passes to V

A follows and channels V over the forehand

### Emphasis:

V has to maintain forward speed in the action

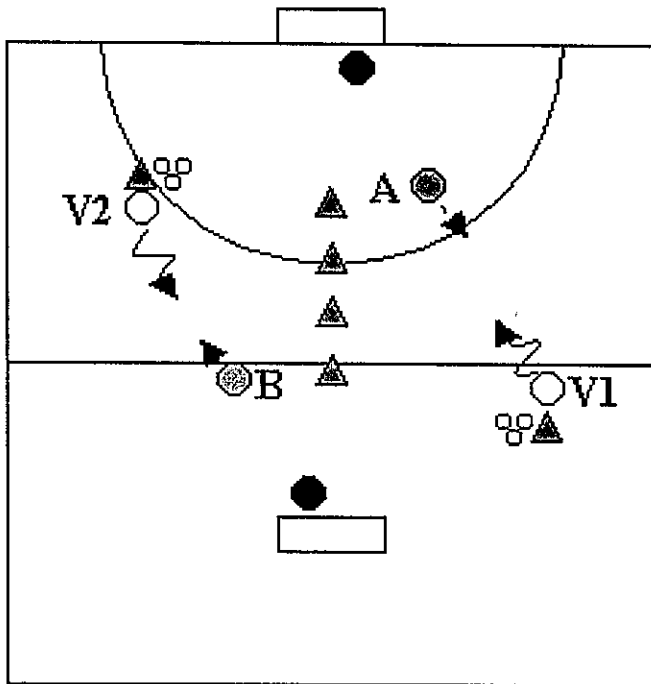
Defend without committing a foul

Keep V on the forehand

Keep pressure on V

Use the sideline

Getting possession - Defending  
Channelling



Pitch exercise 5

V1 dribbles towards the circle

A puts on pressure and channels over the forehand

Same over the opposite side of the field

Rotate players: V1 - A - V2 - B

Emphasis:

V1 has to maintain forward speed in the action

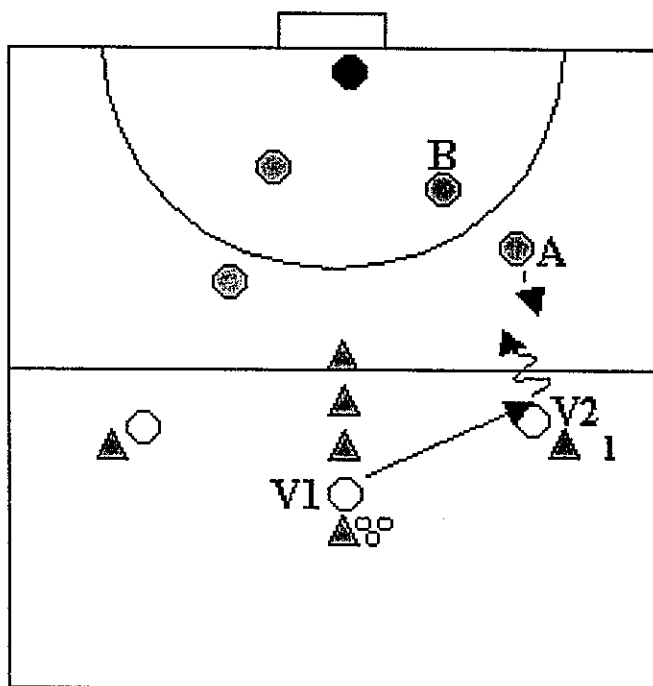
Defend without committing a foul

Keep V1 on the forehand

Keep pressure on V1

Goalkeeper provides cover if necessary

Getting possession - Defending  
Channelling



Pitch exercise 6

Double defending

V1 passes to V2

V2 dribbles towards the circle

A puts on pressure and channels over the forehand

B takes over defending the attacker from A and makes the block tackle to get possession (double defending)

Same over the opposite side of the field

Turnover:

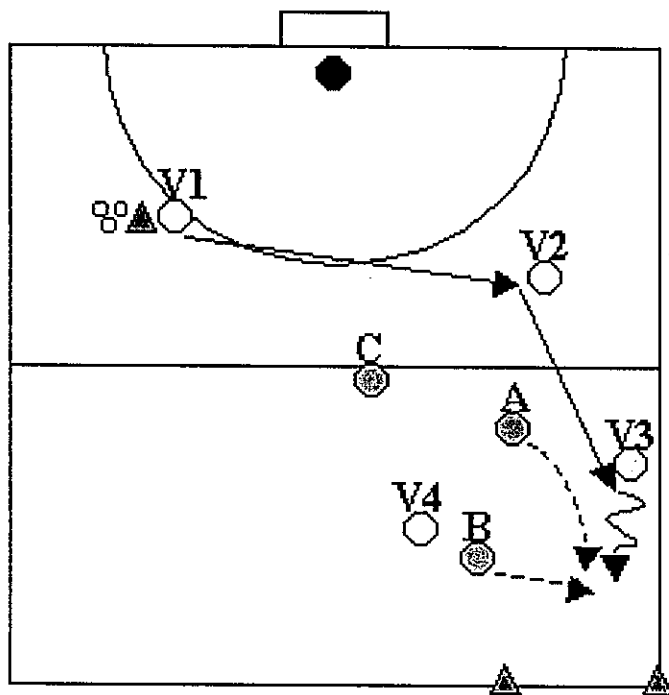
A and B get possession and play 2vs1 against V1 towards goal 1 with V2 tackling back

Emphasis:

V2 has to maintain forward speed

A and B have to link up correctly and communicate intentions clearly

Getting possession - Defending  
Channelling



Pitch exercise 7

Channelling + double defending

V1 passes to V2

V2 passes on to left defender V3

A puts pressure on V3 by jabbing and channels V3 over the forehand

B moves away from marking V4 and provides cover to A

B makes the block tackle to get possession (double defending)

Variation:

C provides cover to A

Emphasis:

A and B have to link up well and communicate intentions clearly

A and B have to avoid space developing between them