

## **Individual defence**

This clip leads through the basic techniques in defence step by step.

From basic position we move on to the basic moves for short distances – gliding sideways and approach.

From this purpose we use the traditional drills of **bear dance** and **the mirror**.

The next drill shows a combination of these two that can be applied with large groups.

Next focus is moving fast in longer distances – **running** and **screening** in groups of three.

In order to prepare the tackle we move to the wall for the well balanced **wall press**, and then we continue with the **dead man drill** in groups of three.

The next drill offers the combination of **approach and tackle** against the ball carrier.

Finally we do the **complex form** composed of all the basic activities: Approach and tackle from correct basic position, after that fall back into the correct distance by gliding and playing safety in good sideways position in order to shorten the distance for the next approach.