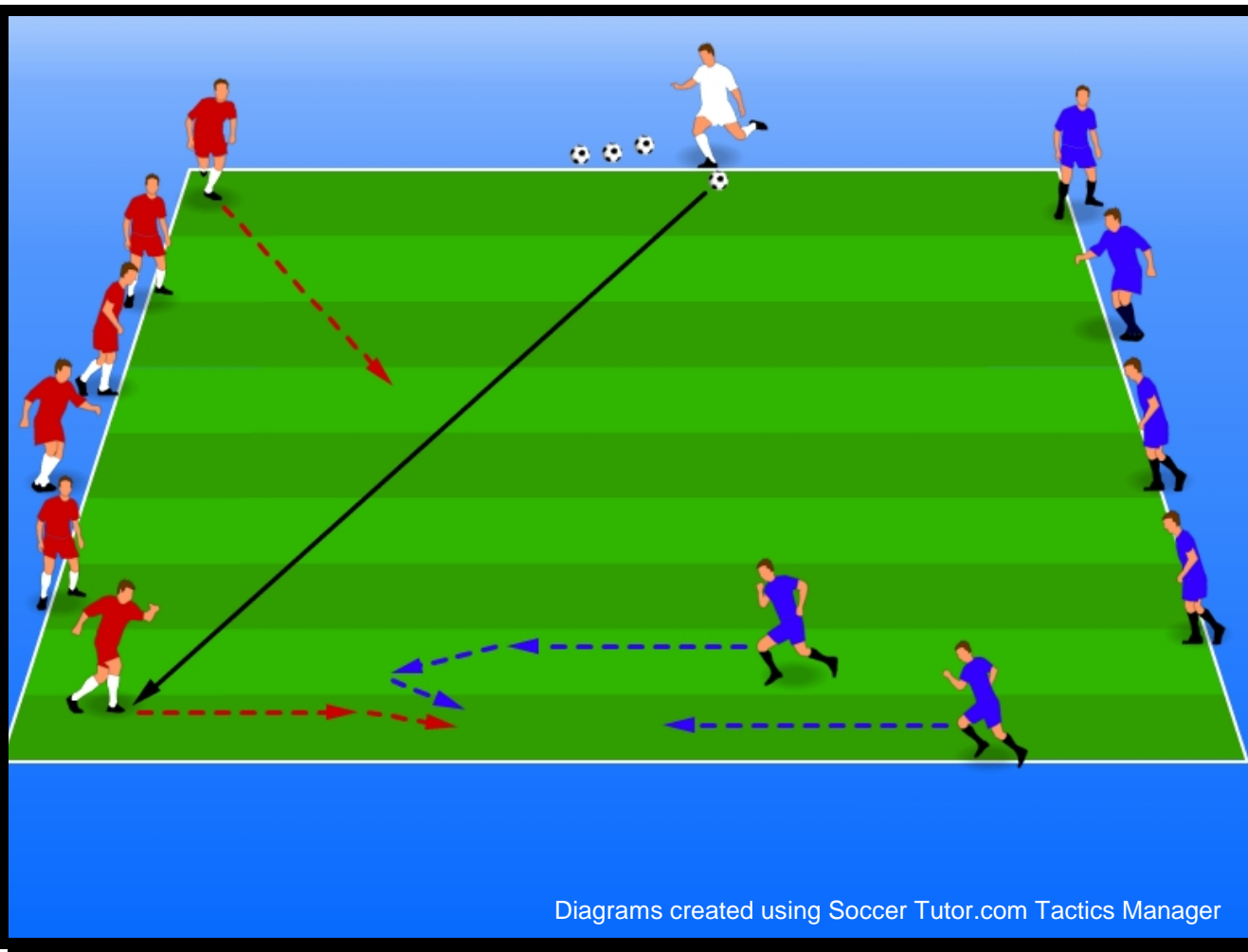


Sideline Trap

Small Sided

Group Defending



Set Up: Twelve players are set up on a small field, playing 2 v 2 with players stationed on the end line.

Procedure: The Feeder begins play with a pass to the attacker in the far corner of the field. With the first touch, the defending team sends two players onto the field. The attackers try to dribble the ball across the opposing team's end line, and the defenders try to trap the ball on the sideline. If the defenders win the ball, they return it to the Feeder. Upon completion, the players return to their end lines and the Feeder re-starts with a new set of players.

Teaching Topics:

- 1 Angle of approach.
- 2 The sideline trap.
- 3 Tackling.

Progressions:

- 1 The Feeder may pass to either attacker.

Coaching Points:

- 1 The 1st defender must curve his run in order to force the attacker to the sideline.
- 2 The 1st defender must also take away the passing lane between the two attackers.
- 3 To finish the sideline trap, the 2nd defender must commit to the tackle 100%.