

Contents:

No.	Name	Players	Difficulty level	Page
Category: Individual basics				
1. Preparatory games and exercises				
1	Tag rally	6	★	6
2	Tag game with a queue	5	★	7
3	Tiger ball	7	★	8
4	4-on-4 tag game	10	★	9
5	Preparatory exercise with bibs	2	★	10
6	Defense movements with tennis ball and handball	2	★	11
2. Stealing the ball 1-on-1				
7	Stealing the ball after observing the opponent	2	★	12
8	Ball stealing variants	2	★	14
9	Stealing the ball in a predefined corridor	2	★	15
10	Stealing the ball with varying attacking players	8	★	16
11	Stealing the ball and shooting at the goal	9	★	17
12	Stealing the ball 1-on-1 on command	3	★★	18
3. Offensive 1-on-1 defense				
13	1-on-1 for three players	3	★	19
14	Preventing passes	3	★	20
15	Preventing a breakthrough with and without a ball	8	★	21
16	1-on-1 game on mats	8	★	22
17	Three times 1-on-1 in a corridor	10	★	23
18	Two times 1-on-1 in a corridor	9	★	24
19a	1-on-1 with simultaneous observing of the player in ball possession	9	★★	25
19b	1-on-1 with simultaneous observing of the player in ball possession	9	★★	26
20	1-on-1 with offensive defense lines – Moving back and attacking subsequently	7	★★★	27
4. Catching and stealing the ball				
21	Series of shots with catching and stealing the ball	6	★	28
22	Series of shots with catching and stealing the ball 2	8	★	29
23a	Catching and stealing the ball from the defense position – Basic exercise	7	★	30
23b	Catching and stealing the ball from the defense position – Advanced exercise	7	★	31
24	Catching and stealing the ball following 1-on-1 actions	9	★★	32
25	Catching and stealing the ball from the wing positions	8	★★	33
5. Defense against the pivot in offensive defense systems				
26	Shielding off the pivot to prevent passes	7	★	34
27	Shielding off the pivot to prevent passes 2	4	★	35
28	Shielding off the pivot to prevent passes 3	7	★	36

No.	Name	Players	Difficulty level	Page
6. Defense against the second pivot in offensive defense systems				
29	Moving along with the second pivot	7	★	37
30	Moving along with the second pivot and playing 2-on-2	9	★	38
31a	Moving along with the second pivot from the wing position	7	★	39
31b	Moving along with the second pivot from the wing position and preventing a breakthrough	7	★★	40
32	Moving along with the second pivot from the back positions and defending against two pivots	9	★★	41
Category: Small group defense				
1. Cooperation across the width of the defense zone				
33	2-on-2 competition	8	★	42
34	2-on-2 defense in a corridor and supporting each other in case of a breakthrough	9	★	43
35	2-on-2 defense in a corridor with handing/taking over in case of crossing movements	10	★★	44
36	2-on-2 defense in a corridor with and without a ball against crossing moves and overlapping	10	★★	45
37	2-on-2 switch game	12 (14)	★★	47
38	3-on-3 defense	6	★★	48
2. Cooperation throughout the depth of the defense zone				
39	Shielding off two pivots to prevent passes from the back positions	10	★	49
40	2-on-2 against a back position player and a pivot	7	★	50
41	3-on-3 against two back position players and the pivot	9	★	52
42	Defending against the back position players and the pivot 4-on-4	9	★	54
43a	Shielding off and communicating: Pivot standing at the 6-meter line	7	★★	55
43b	Shielding off and communicating: Pivot standing offensively between the 7- and 9-meter lines	7	★★	57
43c	Shielding off and communicating: Pivot standing on the ball side	7	★★	58
43d	Shielding off and communicating: Pivot standing on the non-ball side	7	★★	59
43e	Shielding off and communicating: Pivot making a screening attempt	7	★★	60
Category: Team defense and offensive defense cooperation				
1. Offensive man coverage with moving back to ball level				
44	Supporting each other in case of a breakthrough 3-on-3	7	★	61
45	Defending and moving back to ball level	9	★	62
46	3-on-3 and man coverage with moving back to ball level	7	★	63
47	5-on-5 man coverage with moving back to ball level	11	★	64
48	6-on-6 man coverage with moving back to ball level	13	★	65

No.	Name	Players	Difficulty level	Page
2. Defending in a 1-5 defense system				
49	1-on-1 and defending against the pivot in a 1-5 defense system	10	★★	66
50	1-5 defense system: Small groups of back and wing players with catching/stealing the ball on the center back position	10	★★	67
51a	1-5 defense system 4-on-4	9	★★★	68
51b	1-5 defense system 6-on-6	13	★★★	70
52a	Defending against a second pivot from the wing position	12	★★★	71
52b	Defending against a second pivot from the back position by moving along and handing over	9	★★★	72
52c	1-5 defense system 6-on-6	13	★★★	73
3. Defending in a 3-3 defense system				
53	3-on-3 defense in a corridor against positional changes of the attacking players	10	★★	74
54	3-3 defense system: Foremost defense line against crossing moves and second pivot	10	★★	75
55	3-3 defense system: Defending on the wing and center back positions	11	★★★	76
56	3-3 defense system 6-on-6	13	★★★	78
4. Defending in a 3-2-1 defense system				
57	Preparatory 1-on-1 exercise and moving back to the pivot	10	★★★★	79
58	4-on-4 defense diamond	8	★★★★	80
59	Offensive defense wing player on the opposite side in a 3-2-1 defense system	8	★★★★	81
60	3-2-1 defense system 6-on-6	13	★★★★	83

Editor's note

Further reference books published by DV Concept