

TEAM DEFENDING

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REGION IV SYMPOSIUM

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- I. 4 vs. 2 defending, (size of field depends on players)**
 - a. Competing for points, a split by the attackers is a minus**
 - b. Focus on the two defending collectively.**

- II. 3 vs 3 + 2 defending (size of field depends on players)**
 - a. Competing for points, a split by the attackers is a minus**
 - b. Focus on the three defenders**

- III. 7 vs 7 + 2 defending (size of the field depends on players)**
 - a. 4 vs 3 in one zone and 4 vs 3 in other zone with 2 neutral**
 - b. How does the 4 backs defend the 5 players coming at them.**

- IV. 9 vs 9 game**
 - a. discuss the importance of good team defending**
 - b. Discuss defending zonally in the back and maintaining their shape.**