

“Front Defence - Freya”



Mission

Standard Defence. No feeds and pressure on shots. Don't jump in, frustrate them.

Execution

1. Never let them get feed.

2. When your player is at the post (**D1**), give them plenty of room so they can't get a feed, but keep your eye on them. Your job is now to disrupt any potential feeds, and intercept any cross-court passes.

Shout 'TIGHT!', unless there's a feed. If there's a feed, try to win the collect until the feed goes.

4. If your attacker is out the front (**D3**), prevent them being able to run for a feed by guarding the ball line. Create a triangle with yourself between the ball and your attacker so you can see both. This prevents the side-feed runner also.

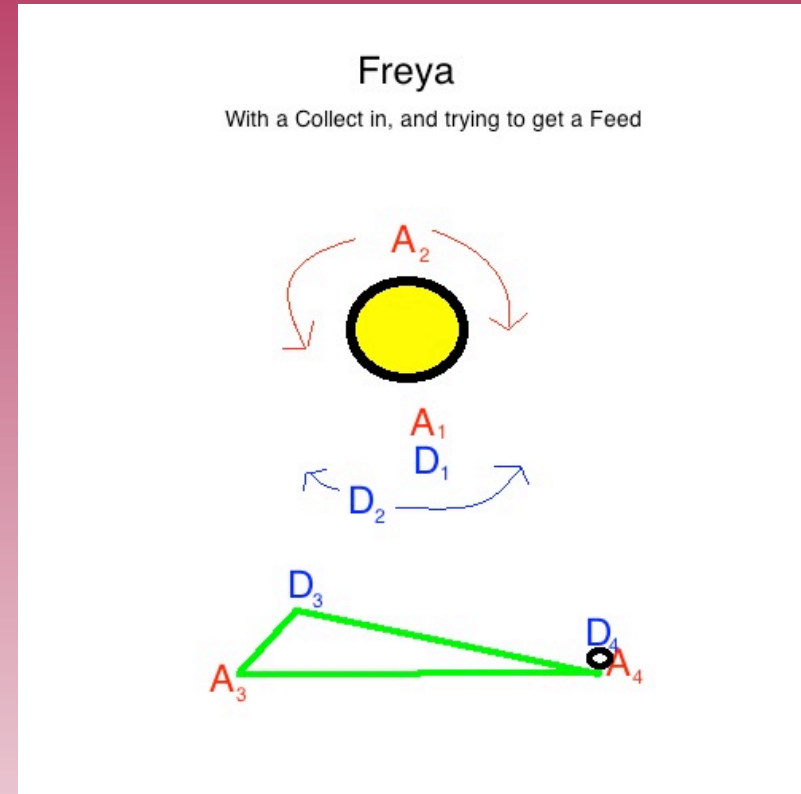
6. If your attacker has the ball (**D4**) get tight on them. Stay side on, keep low, keep one hand blocking the ball and the other blocking the passing line. Keep the hand blocking the ball in line with the attackers shoulder, so your attacker can't attack your back.

Watch their chest. They can't change position without moving their chest. Arms, legs and faces can trick and confuse you.

3. When your player is trying to use the post to get a feed (**D2**), don't follow them round. Instead stay ball side of the post and block them whichever way they try to come out. Be ready to rush at them dropping off if you hear an 'OVER!' call.

If you know you've give them a feed, call it **early**. Then cut it.

5. If the ball is on the opposite side of the court to your attacker, you can drop off towards the post, giving them lots of room so they can't run for a feed. If you hear 'OVER!' get tight in case they shoot.



If your attacker has the ball (**D4**), as soon as they pass it, follow their pass, so that your back is now facing where they've passed.

Doing this means they cannot immediately get a feed after they've passed the ball.