



WEBINAR 7

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Defensive Pressures and 2 v 1 Principle

Timing of Webinar Contents:

00.18 Introduction/Contents/GrowCoach Wheel

01.43 Different Pressures to apply to opponents

2 v 1 Principle & Defensive Pressures

08.00 Coaching 2 v 1, closing and coaxing pressures

13.00 In game footage - 2 v 1 & leveraging Donegal v Mayo 2013 Final

21.07 2 v 1 & chasing pressure Galway v Roscommon

23.20 2 v 1 & nil pressure Galway v Dublin

24.19 2 v 1 over commit Tyrone v Dublin

25.17 2 v 1 over commit Galway v Roscommon

25.17 Coaxing & physical pressure Galway v Sligo

SPORTS PERFORMANCE

30.21 Leadership – 4 Cs

GROWCOACH GOLD

34.39 See opponent & Ball, scan for biggest threat

QUESTIONS & ANSWERS

36.50 When not to drop off, other scenarios 3 v 2

39.13 When do drop off v push up, consider the players at your disposal