



WEBINAR 10

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Sweepers – Using one & Playing Against one

Timing of Webinar Contents:

00.18 Introduction/Contents

SWEEPER WORKING EFFECTIVELY

02.04 Covering space – in a good position

03.50 Switching sweeper in game

06.10 Continuous movement, see man & ball, changing angles & help defence

SWEEPER INEFFECTIVE

10.25 Poor positioning

14.11 Sweeper not in the right position – unable to close out

16.30 Sweeper not close enough to opponent - taken out by a long kick

PLAYING AGAINST A SWEEPER

19.50 Using Crossfield ball to take out the sweeper

21.45 Engaging the sweeper – V cuts

23.20 Making space behind the sweeper when sweeper ball watching

SPORTS PERFORMANCE

24.57 Process – why & what does it mean

GROWCOACH GOLD

32.10 Equip the Sweeper (with all the skills required)

QUESTIONS & ANSWERS

34.25 Where to position the sweeper when opposition drop off and on opposition kickouts

37.32 When does the sweeper leave the sweeper position