



WEBINAR 4

www.growcoach.ie

Taking Opponent Space in defence – Angle defending

Timing of Webinar Contents:

00.11 Introduction

01.55 Taking Space – Ball more than 1 kick away (M1KA)

02.28 Defending from behind and from in front

04.52 Angle Defending concept - MIKA

06.18 Angle defending coaching – individuals

12.32 Angle defending coaching – groups

14.22 Angle defending coaching – in game video

16.54 Good angle defending in game

19.48 Taking Space – Ball less than 1 kick away (L1KA)

20.00 Angle defending concept - touch tight - LIKA

21.15 Aerial view – transition from angle defending (M1KA) to touch tight (L1KA)

22.59 Not touch tight when ball is L1KA – in game video

SPORTS PERFORMANCE

26.30 CARD – Attract Retain & Develop

GROWCOACH GOLD

31.07 “See Opponent, See Ball, See Space”

QUESTIONS & ANSWERS

32.48 How to address change – moving from traditional to angle defending.

When & how to transition from angle defending to touch tight defending.

Coaching angle defending