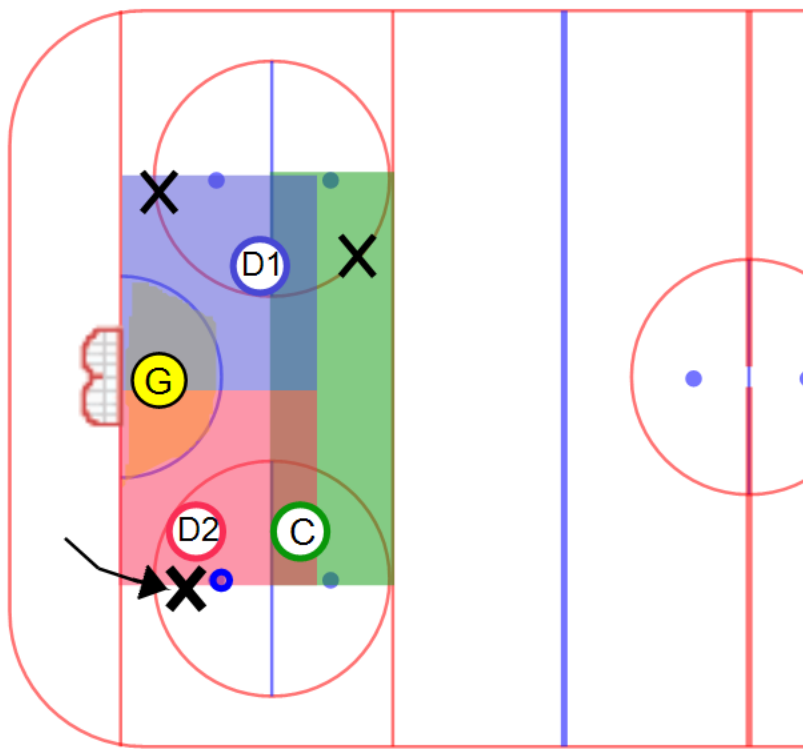


Category #1 :

Title : Triangle positioning - scenario 1

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

It's important to think of the scoring areas you're trying to defend. Try approaching the defensive zone as 3 areas which need to be covered. If at any time one person is in each zone (as they should be) they will naturally be forming a triangle. Your players should not be thinking of a SPOT they have to go to, but rather an area that they are responsible for.

These zones are intended to be a guideline. Depending on the age and skill of your team, you can make these zones smaller.

Players should mark any opponent in their zone, and trade off with the next zone as that opponent moves around.

In this example, X has the ring and is cycling. D2 pushes them out to the edge of their zone, and as they get into the crossover area with C, C is there to take over so they don't leave a gap. Depending where the other two Xs are, D1 adjusts accordingly.