Goal keeping

Goal keeping – 1

- Position under the centre of the goal and approx 50cm in front of it
- The upper hand grips the shaft. The lower hand grips the bottom far corner of the blade
- Watch the ball as it moves around the field to the shot being taken
- Face the shooter and cover the side angles
- For close in shots cut down the angle by positioning the paddle down toward the shooter on a tighter angle

Goal keeping – 2

- For high shots, let go with the top hand for extra reach
- For high shots, poke the ball with the top edge of the blade
- A deflection to the corner of the field or over the goal line is as effective, and often safer, than a dead stop that rebounds the ball

Goal keeping – 3

- The goalkeeper has best visibility of the zone and therefore best placed to direct zone defence

- Call players:
  - by name
  - tell them what to do (to maintain the zone)

- Also tell state of general play and where threats are

Watch the ball

Turn body to face the shooter

Bring paddle down to reduce angle

On high shots let go with top hand

Defence

Defence

The following topics are covered:

- principles of defence
- types of defence

Principles of defence five Bs of good D

1. **B**oat position
   The boat is between the attacker and the goal
2. **B**ody position
   The defender's body is closer to the goal
3. **B**all position
   Know where the ball is
4. **B**oundaries
   At all times try to turn or 'channel' the ball carrier or shooter toward the boundaries
5. **B**anter
   Talk to team mates, keep each other informed

Know where the ball is

Turn the boat and block the ball

Types of defence

- Types of defence
  - press
  - zone defence

- Teach press first – it forces players to learn the principles of boat position and how to use their kayaks

Press

- Features of press
  - Each player marks an opponent
  - There is no set goalkeeper
  - Players must not lose their opponent
  - Maintain maximum pressure to force a turnover
- Individual skills
  - Excellent one-on-one skills are essential
  - Players learn good defence by knowing the basics and learning from mistakes

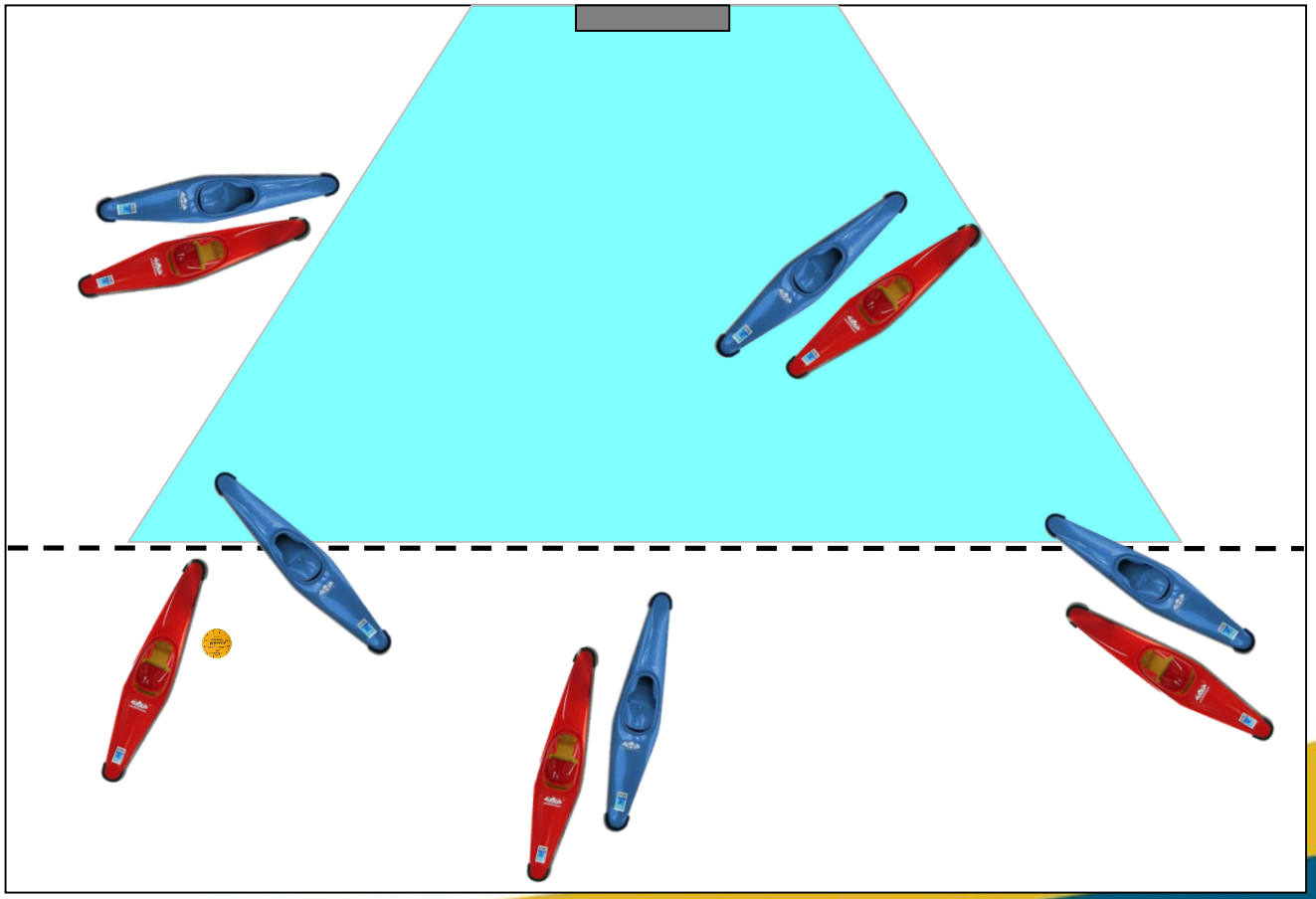
Press – key points

- Concentrate equally on the player and the ball
- Know where the ball is so that a quick turnover leads to a fast break
- Be aware of other players around you
- Maintain boat position
- Don't obstruct

Press – boat positioning

- Stay between opponent and goal
- Stay close enough to copy every move they make
- Stay close enough to be able to tackle before they can get a pass away

Press



Zone defence

- Zone defence refers to the positioning of players to protect an area, or zone, around the goal

- There are many different zone formations but the objective of each is the same:

to force shots to be low percentage shots by keeping offence out of the zone and away from the goal

Zone defence – formations

- Typical zone formations include:
  - 1-3-1
  - 2-2-1
  - 4-1 (flat four)
  - 1-2-1
- Zone defence may be *static* or *dynamic*
- We will cover 1-3-1 and 2-2-1, static

Zone defence (static)

- Players form a zone and tenaciously hold their individual positions
- Hold position between the opponent and the goal and turn the attacker
- Attacking players can be passed on to a teammate

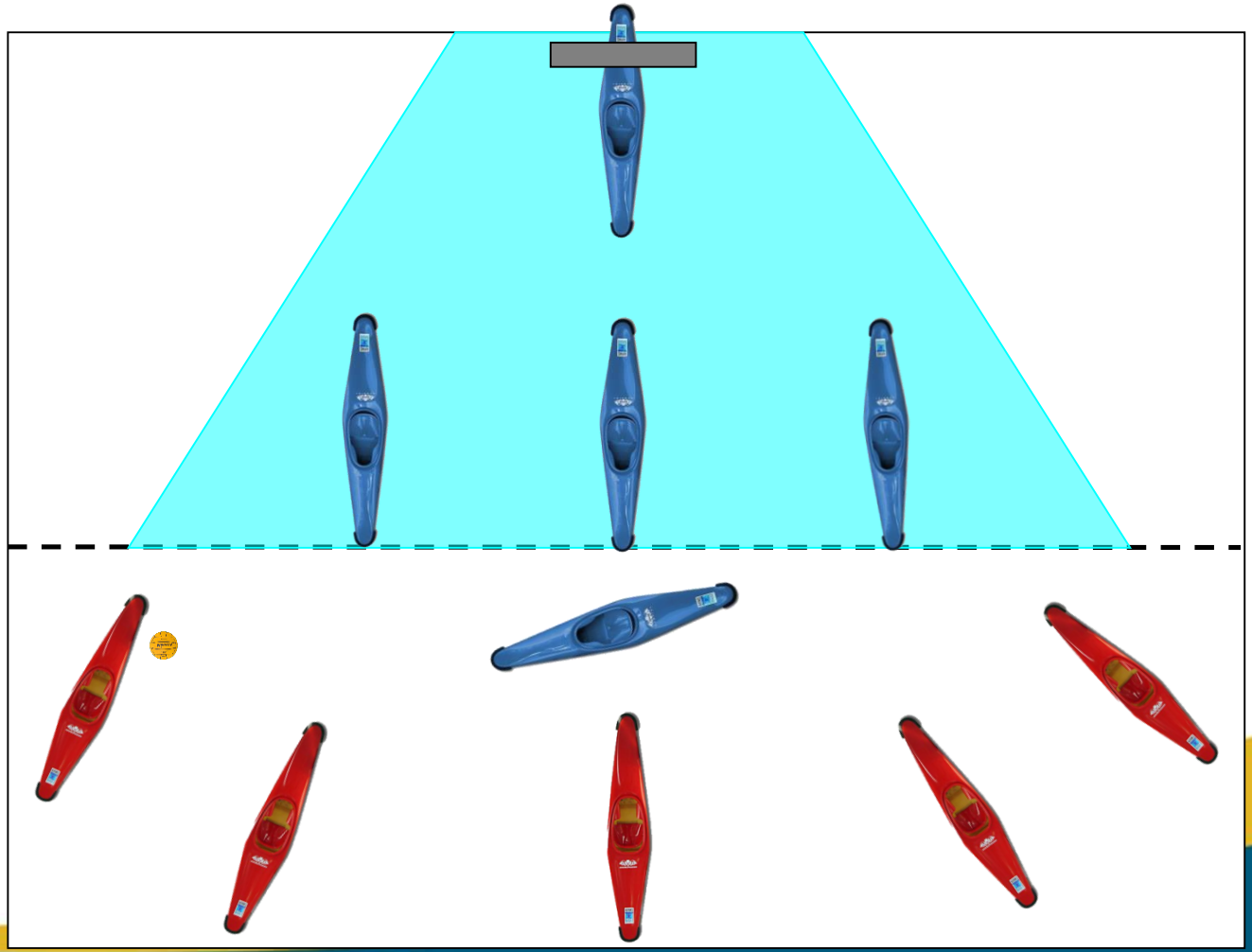
1-3-1 zone defence

1 – a chaser at point position covering the driving lanes by pressuring the ball carrier to force a poor pass

3 – three players set out along the 6m line across the front of goal. The centre player is the key defender and controls either side and the point.

1 – the goal keeper

1-3-1 zone defence



1-3-1 zone defence

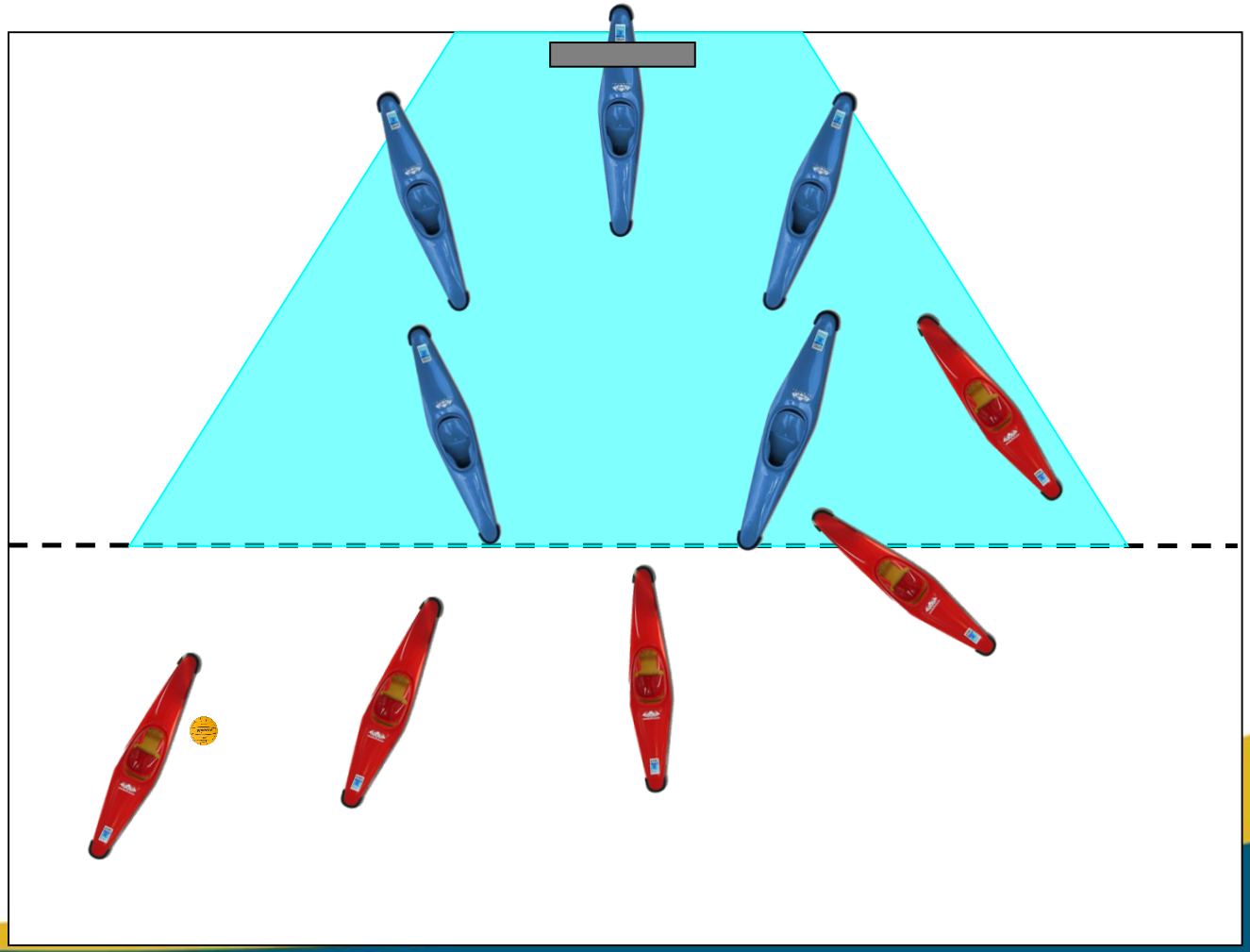
2-2-1 zone defence

2 – the first line of defence. Two defenders at the top of the zone

2 – two defenders at the rear to cover angled drives and to block shots

1 – the goal keeper

2-2-1 zone defence



2-2-1 zone defence

Key points of zone defence – 1

- Meet the attacker with paddle in the water, using power sweep and brace for momentum and control
- Do not paddle out to attacker at speed—it makes it easier for them to pass you
- Tackle opponents at the footrest and turn them to the sideline

Key points of zone defence – 2

- Always ‘push out’ in defence as high as you can from the goal to force the attacking team further away.

- Always know where the ball is, where team mates are, and where opponents are.

Key points of zone defence – 3

- Keep kayak at 45^0 to goal line either left or right of centre depending on which side of zone you are on
- Never meet an attacker driving in end on, always at an angle
- Always try to get under the attacker

Key points of zone defence – 4

- Directions to leave a player or stay with a player come from the back of the zone
- If in doubt, hold position and make the attacker come to you
- If you have no-one to mark, look to the top of the zone and get to the next driver