



Pre-contact phase

* (Refer *Basic Defence* for initial defense ready position)

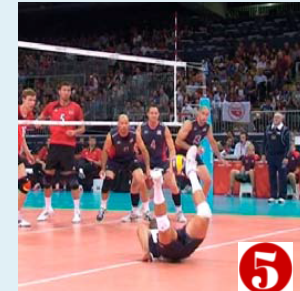
1. The defender sees the short ball and reacts by taking a **step toward it by pushing on one foot to create momentum**. Be careful not to take a step backwards in order to push forward.
2. The defender **lowers their center of gravity** by bending the front knee and bringing their chest down. The defender extends one arm toward the ball. The hands come together for a two-hand dig if possible.

Contact phase

3. From a very low position, the defender **pushes forward with their front leg and extends their body toward the ball**. The eyes are locked on the ball as the hand comes under the ball. The player can play the ball with the hand open or with the fist closed, thumb on top. Curling the wrist will help bring the ball up at the moment of contact.

Post-contact phase

4. Immediately after contact, the feet leave the ground and **the hands get to the floor** to absorb the fall. The defender **uses their momentum to land safely**. The chest and stomach help to absorb the fall. The chin is up throughout the dive to avoid injury.
5. The **hands push back to allow the body to slide on the floor** and therefore avoid the sharp impact of a complete stop. The defender bends and lifts their knees.



Typically, boys kick the legs up and use their chest to slide more. It is important to **emphasize the dynamic push of the legs to create the forward momentum**