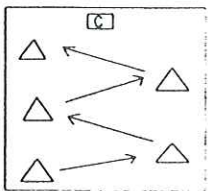
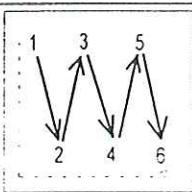
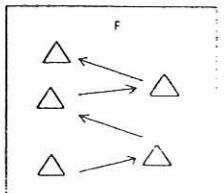
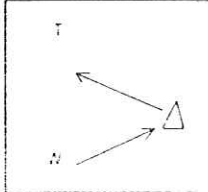
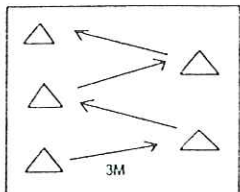


ATTACK SKILLS



Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle, 6 coloured cards

1. WARM UP 10 minutes	SKILL DEVELOPMENT CONT
<p>A. BRITISH BULLDOG</p> <p>One Third</p> <p>All players on transverse line, with person "He' in the middle of the third. "He' calls out 'Bulldog', and all players run to the opposite transverse. If tagged, players become 'He' too.</p>	<p>B. CONE ZIG ZAG 2</p>  <p>Same as drill A. This time, a player holds up coloured cards at the top of the cones. Girls are to call out colours being held up as they work to the cones.</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Keep head up, - eyes forward on cards. *Use arms to sprint. *Push off from cones strongly.</p> </div>
<p>B. STRETCHES All Body Parts</p>	
<p>2. BALL HANDLING 5 minutes</p> <p>A. 2 BALL X BALL</p>  <p>Refer to Session 4:3C. In cross-ball formation, 1 passes 2 balls to 2, then runs around behind 2, to position 6 etc. Each player runs after passing the 2 balls.</p>	<p>C. CONE ZIG ZAG 3</p>  <p>Move the cones for Drill A out a little wider. Girls are to push off from each cone, and expect a pass from the feeder on either side. Always pass back to the feeder. May wish to set up more than one circuit.</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Keep eyes on ball. *Push off strongly from the cone.</p> </div>
<p>B. 3 PERSON WEAVE</p> <p>Refer to Session 6:2B. 3 players pass ball between themselves, moving up the court weaving in & out. Ball starts with the middle person, and always run behind the person you pass to.</p>	<p>D. PARTNER DODGE 1</p>  <p>Worker drives out to cone, pushes off outside foot, and accelerates towards T to receive the pass. Ensure you work to both sides.</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Keep eyes on ball, not cones. *Accelerate from cone to catch ball. *Use arms to sprint.</p> </div>
<p>3. SKILL DEVELOPMENT 25 minutes</p> <p>A. CONE ZIG ZAG 1</p>  <p>One at a time, players work to the cones, pushing off on outside foot, to accelerate to next cone.</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Try to keep body smooth & fluent. *Accelerate away from the cone. *Lower centre of gravity, by bending knees.</p> </div>	

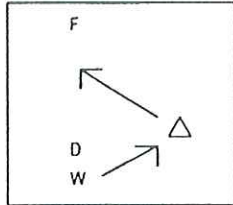
ATTACK SKILLS

SKILL DEVELOPMENT CONT



E. PARTNER DODGE 2

Same as Drill D.
Add a defender shadowing W. Def to defend tightly to cone, then drop off, so attacker breaks to open space freely.
Work both sides.
Gradually increase intensity of defender.

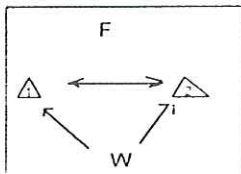


- *Accelerate away from cone.
- *Use arms to sprint.
- *Lower C of G at cones to push off strongly.



F. 2 CONE DODGE

Attacker can straight lead to a cone, lead to a cone- then run back to 2nd cone, or lead to 1st cone- 2nd cone & back to 1st cone. ie- lead/dodge/dble dodge.

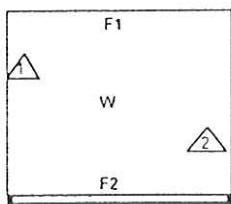


- *Keep eyes on ball.
- *F & W to communicate for pass.
- *Push ball in front of leading player.



G. LEAD AND DROP.

W drives to cone 1, then drops back to the middle for a lob / high ball from F1. W passes off to T2, drives to cone 2, & drops back to middle for a lob/high ball from F2.



- (1) Work cones from the other side.
- (2) Gradually intro a defender: Now the Attacker can lead, dodge, dble dodge or lead & drop back to break free & receive the pass.

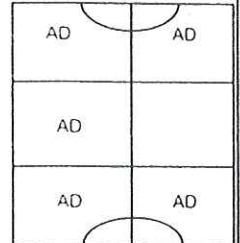
- *Keep eyes on ball at all times.
- *Don't turn back on ball when dropping back. Run back sideways.
- *Use a variety of moves to break free.
- *Accelerate into space strongly.

SKILL DEVELOPMENT CONT



H. GRID BALL

Attacking Team pass to each other, but only allowed 1 A/D in each grid. Attackers can move into another square, but not diagonally cross someone else's square to get there.
Defs to defend tightly, attempt intercept. If they intercept, they become the attackers. It is like a game of Keepings off.

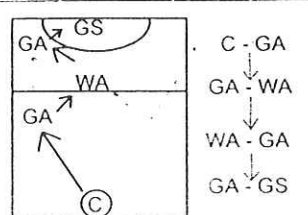


4. COURT APPLICATION 20 minutes

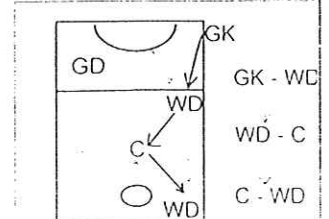
A. TEAM SYSTEMS

1. Recap on Systems previously introduced.
2. Add the following systems:

Attack



Defence



3. Link up Attack and Defence end systems. Allow players to explore the options & space available.

B. 1/2 COURT MATCH PLAY

OR FULL GAME

Today's game will concentrate on using a variety of attacking moves, a variety of passes, and strong drives into space.

C. COOLDOWN JOG AND STRETCH

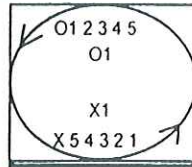
Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

1. WARM UP

10 minutes



A. SPOKE BALL



See Session 3:2A.
X1 throws to X2, X3, X4, & X5.
X1 then runs around the spoke, and takes posn 5. X2 is now out in front.

B. STRETCHES

All Body Parts

2. BALL HANDLING

5 minutes



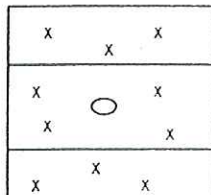
A. PAIR PASSES

Coach to give a Nos to each pass:
1 = chest, 2 = bounce, 3 = lob, 4 = shoulder.
As players pass quickly, aiming for accuracy,
Coach calls out the Nos. Girls change accordingly.



B. FREE FLOW

See Session One:4A.
Divide players equally in each end. Players drive into space, and pass the ball up & down the court. Vary passes & attacking moves. Can introduce a 2nd ball.



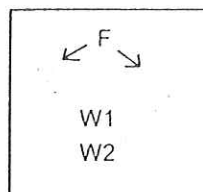
3. SKILL DEVELOPMENT

25 minutes



A. 2 LEADS 1

W1 makes a lead to either side. W2 reads off this lead, and leads to the opposite side within the 3 secs Feeder chooses which lead to pass to.

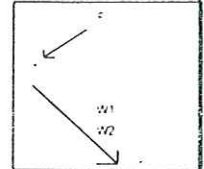


- *W2 to allow time for W1 to lead.
- *Lead strongly into space.
- *Can use lead up the middle also.

SKILL DEVELOPMENT CONT



B. 2 LEADS 2



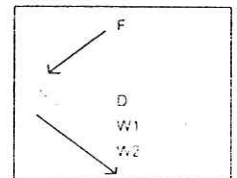
Feeder chooses to pass to W1 or W2. W who does not receive the pass, pushes off the outside foot, & drives down the court to receive pass from W with ball.



- *2nd W faces ball at all times.
- *Drive down crt, facing the ball.
- *Push off & drive strongly down the court.



C. 2 LEADS 3



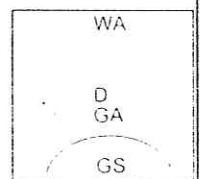
Same as B - Add a defender who picks up W1 or W2. Feeder chooses who to pass to. Other W makes a 2nd lead down the crt.



- *Turn inwards to keep eye on the ball.
- *Use a variety of leads to lose defender.
- *Accelerate to ball, into space.



D. POSITIONAL 2 LEADS



In court positions - 2 players practice 2 leads to the ball. 2nd W makes a 2nd lead down the court: ie:
C passing to WA/GA with 1 defender.
GK passing to GD/WD with 1 defender.
WA passing to GA/GS with 1 defender.



- *Read off front player- Lead into another space.
- *Drive strongly into space.
- *Keep eyes on the ball.

ATTACK SKILLS

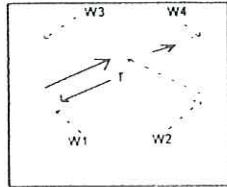
SKILL DEVELOPMENT CONT

A 1



E. TEAM 2 LEADS 1

Start with ball in middle. W1 & W2 make a lead. W who doesn't get ball, continues up court to receive ball off 1st worker. Then 2 workers from the other end make 2 leads, etc.



- *Workers to use different space.
- *Drive down the court strongly.
- *Change direction to lead.
- *Don't keep running same direction for 2nd move.

A 1



F. TEAM 2 LEADS 2

Same as Drill E - Add a defender at each end.

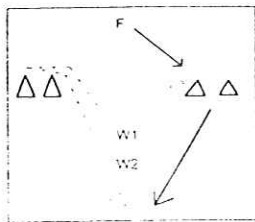
- *Read off front player.
- *Push off outside foot to change direction.
- *Defender to attempt intercept on pass.

3 1



G. FRONT CUT 1

W1 & W2 make a lead to the ball. W who doesn't receive the pass, dodges (push off outside foot) at outside cone, & cuts down court past inside cone (closer to ball) & accelerates down crt to receive ball.



- *Always turn in & face the ball.
- *Accelerate to 1st cone, as though going down crt.
- *Push off outside foot to change direction.
- *Cut past inside cone & accelerate down crt.

SKILL DEVELOPMENT CONT

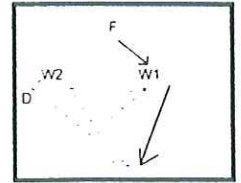
4 1



H. FRONT CUT 2

Same as Drill G.

Take away the cones, and add a defender to defend one attacker. W who doesn't get ball drags def out to side, then cuts in front, to drive down the court.



- *If space is behind def, then drive down crt, rather than cut in front.
- *Cut off angle to drive near to ball.

4 1



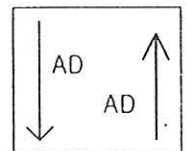
I. 2 VERSUS 2

1/2 of 3rd.

2 Attackers Vs 2 Defenders.

The ball is to travel from one transverse line to the other.

Attackers to work on all attacking moves, passes, and leads to find space.



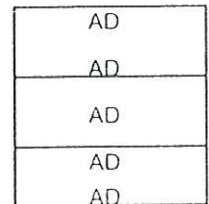
4. COURT APPLICATION 20 minutes

2T 1



A. LINES

Team of Attackers to pass the ball up & down the court, with defenders defending tightly. Attackers can continue down court to receive a 2nd pass. Utilise all passes, attack moves & strategies.



B. 1/2 COURT MATCH PLAY OR FULL GAME

Today's game will concentrate on using a variety of attacking skills to drive into space, and utilise many attacking strategies introduced.

C. COOLDOWN JOG AND STRETCH

ATTACK SKILLS

Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

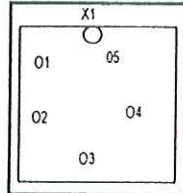
1. WARM UP

10 minutes

2T 1



A. SHOOTING ROUNDERS



X1 throws ball into 3rd, then runs around 3rd lines, back to start. Fielding team retrieves ball, passes to O1, who passes in sequence to O5, who must shoot a goal before X1 makes it home. New Shooter for each batter.

B. STRETCHES All Body Parts

2. BALL HANDLING

5 minutes

3 1



A. 3'S PASSING

In triangle, 3 girls recap on all passes, with emphasis on perfect technique. Using each pass, girls to take a step back when ball goes twice around without a drop. See which group can go the furthest.

1 1



B. 3 PERSON WEAWE

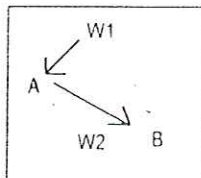
Same as Session 6: 2B

3. SKILL DEVELOPMENT 25 minutes

2 1



A. PASS N GO 1



W1 throws ball to self, then passes to W2, who leads out to A. W1 then drives down crt to B to receive a quick 2nd pass from W2. Work from both sides.

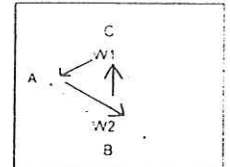
- *Pass ball off quickly.
- *Drive down court strongly.
- *Push ball in front of leading player.

SKILL DEVELOPMENT CONT

2 1



B. PASS N GO 2



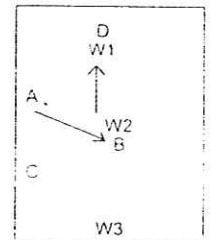
A progression of drill A, - W2 then drives to C to receive a quick pass from W1. Work from both sides.

- *Pivot quickly to look for lead.
- *Push off strongly into space.

3 1



C. 2 X DOUBLE PLAY



W2 drives to A to receive ball from W1. W2 passes back to W1 at B, then drives to C to receive a 2nd pass from W1. W2 passes back to W1 at D. After successful execution, add: W1 passes back to W3 at B, then passes to W2 at D, then W3 drives to A & passes back to W2 at B, etc.

- *Wait for eye contact before leading.
- *Drive strongly into space.
- *Push ball in front of leading player.

3 1



D. POSITIONAL PLAY

2 Players who play together, practice Pass N Go in positions played on court. ie: GK throw-in to GD & back to GK. C centre pass to WA & back to C. GA pass to GS & back to GA. etc Gradually add a defender.

- *Use crt areas specific to position played.
- *Let the ball go quickly.
- *Drive into space strongly.
- *Penetrate down the court.

ATTACK SKILLS

SKILL DEVELOPMENT CONT

4 1



E. POST PLAY

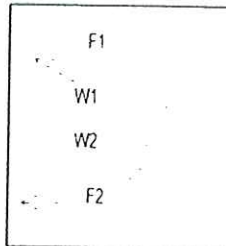
F1 starts with the ball. She throws it up to herself, then passes to W1 or W2 who both lead for the ball.

If F1 passes to W1, then W2 makes a 2nd lead down crt to receive ball from W1.

F2 leads out for ball, then W2 drives into the post position (where F2 started).

F2 & W1 become the new workers, & take the ball up crt to F1, etc.

Gradually add a defender on the 2 attackers.



A 1



F. FREE FLOW VARIETY

With equal No of attackers in each 3rd, the players bring the ball up & down the court, with each player touching it in her third before passing into the next 3rd.

Coach is to call for variety in each 3rd. ie:

1 X Pass N Go.

1 X Double Dodge.

1 X Lob.

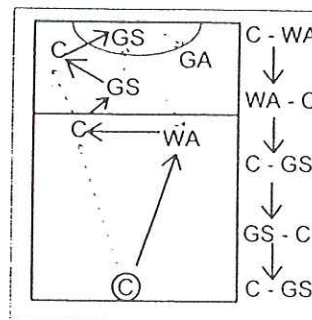
1 X hold ball for 2.8 secs, etc.

4. COURT APPLICATION 20 minutes

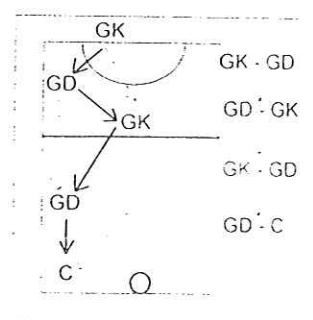
A. TEAM SYSTEMS

1. Recap systems introduced last week.
2. Add the following:

ATTACK



DEFENCE



B. FULL COURT SYSTEMS

Link up a variety of defence & attack systems, by starting with a defence throw - in, and everybody in their starting positions.



*Encourage players to read moves of the girl in front.

*A starting position may be that the girls in attack start one behind the other, so that they can read the front player's move.

*Use many attacking options to create leads, & clear space for other moves.

C. 1/2 COURT MATCH PLAY

OR FULL GAME

Today's game will concentrate on using all the attack skills, ball skills & footwork skills learnt to date.

D. COOLDOWN JOG AND STRETCH

ATTACK SKILLS CERTIFICATE TO BE AWARDED