


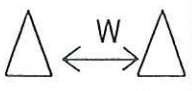



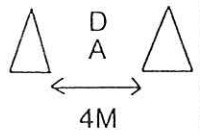






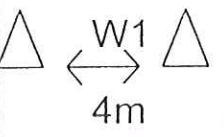


DEFENCE SKILLS

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

<p>1. WARM UP 10 minutes</p>	<p>SKILL DEVELOPMENT CONT</p>
<p>2T  A. RELAY RACES In 2 teams, run through 4 - 6 relay races. ie: straight running race, leap frog, tunnel ball, captain ball, etc.</p>	<p>2 1   B. CONE PUSH - OFF 2 Same as drill A.- Add a ball. Feeder to pass the ball in anywhere b/w the 2 cones. W to push off strongly, & accelerate to catch the ball with 2 hands.</p> <div data-bbox="1316 459 1524 660" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">F</p>  </div>
<p>B. STRETCHES All Body Parts</p>	<p>*Defender to drive towards ball to catch. *Keep eyes on ball at all times. *Keep feet approx shoulder width. *Push off strongly on outside foot.</p>
<p>2. BALL HANDLING 5 minutes</p>	<p></p>
<p>2 1   A. PAIR BALL HANDLING Pairs practice stationary passes, aiming for perfection of techniques. Gradually get girls on the move, aiming for precision of placement.</p>	<p>C. SHADOWING Defender to tightly shadow attacker, who passively moves b/w the 2 cones. Attacker to gradually increase intensity. When whistle blows, both players must stop. If def can touch attacker, she scores a point.</p> <div data-bbox="1268 1097 1484 1299" style="border: 1px solid black; padding: 5px;">  </div>
<p>A 1   B. ROLL THROUGHS A runs towards B to receive pass, then passes to D, who moves fwd to receive pass, who passes to E, etc. Use all passes introduced to date. Can add a dodge to side, etc.</p>	<p></p>
<div data-bbox="582 1187 798 1444" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">E C A ↓ ↑ B D</p> </div>	<p>A Good Defensive Position *Cover 1/2 of attacker's body. *Feet approx shoulder width apart. *Push off strongly on outside foot. *Work feet quickly - keep attacker in sight. *Limit head turn - move feet instead. *Face forward, not attacker.</p>
<p>3. SKILL DEVELOPMENT 25 minutes</p>	<p></p>
<p>2   A. CONE PUSH - OFF 1 With cones 4M apart, W1 sidesteps b/w the cones. W2 calls out 'change', so W1 changes direction quickly.</p>	<div data-bbox="558 1680 798 1859" style="border: 1px solid black; padding: 5px;">  </div>
<div data-bbox="183 1982 766 2139" style="border: 1px solid black; padding: 5px;"> <p>*Ensure knees are bent to sidestep. *Keep feet approx shoulder width apart. *Push off strongly from outside foot. *Keep eyes up, focusing ahead.</p> </div>	<p style="text-align: right;">PTO</p>

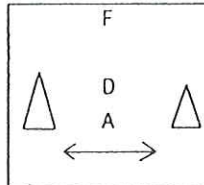
DEFENCE SKILLS

SKILL DEVELOPMENT CONT



D. SHADOWING & INTERCEPT

Same as drill C - Add a ball.
F throws ball to attacker, who is dodging b/w the 2 cones.
Def to shadow tightly, & attempt to intercept ball with 2 hands.



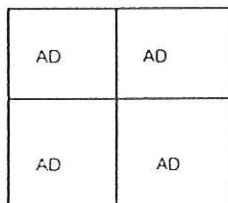
- *Cover 1/2 of attacker's body. Face fwd.
- *Move feet quickly to keep attacker in sight.
- *Limit head turn.
- *Move fwd (meet ball) when intercepting.



E. 4 SQUARE

Third of court.

Attackers pass ball b/w themselves. Each player must stay in own square. Defenders to shadow tightly, & attempt intercept with 2 hands. If defenders intercept, they become the attackers.

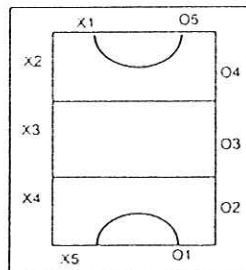


- *Defender to stay in front, face ball.
- *Defender to drive towards the ball to intercept.
- *Shadow tightly to deny attacker easy access to space.



F. SIDE LINE NETBALL

Each team spreads along their own sideline, & around the baseline to goal posts. Players are numbered off. Coach calls out 2 numbers. These 2 players from each team sprint to the middle to pick up the ball, then pass to each other, & to girls on outside. Netball rules apply. Outside girls cannot pass to each other. Inside players are the only girls allowed to shoot. These 4 players continue until a goal is scored. Everybody back to start, & new Nos are called.

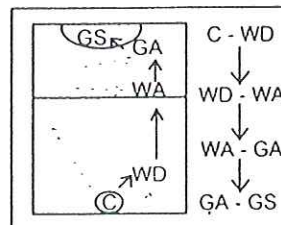


COURT APPLICATION 20 minutes

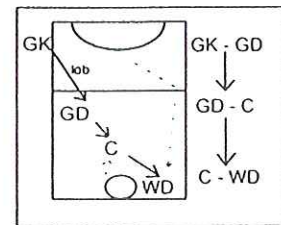
A. TEAM SYSTEMS

- (1) Recap on systems already introduced.
- (2) Add the following systems:

Attack



Defence



- (3) Link attack & defence systems, & link with previously learnt systems. Allow players to explore the space & options available.

B. 1/2 COURT MATCH PLAY

OR FULL GAME

Today's game will focus on tight 1V1 defence, defender in front position, and many attempts at intercepting.

C. COOLDOWN JOG AND STRETCH

DEFENCE SKILLS

DEFLECTION
DIPLOMA IN DEFENCE

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

1. WARM UP

10 minutes

A. BIB GRAB

Each player to slip a bib down the back of her skirt, with bib showing.
On 'Go', players try to grab each other's bibs.
Continue to put bib down skirt when grabbed.

B. STRETCHES

All Body Parts

2. BALL HANDLING

5 minutes

3 1



A. BALL MOVEMENT

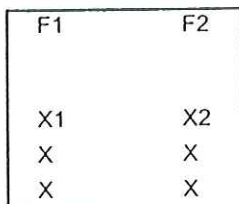
3 Players in 1/3rd of court pass ball quickly & fluently, using many passes & attacking moves. Look for space & drive into strongly. Gradually develop - 1 attacker becomes a defender.

A 2



B. 2 BALLS

X1 & X2 lead out to take ball from feeder on her side. They pass back to their own feeder, then cross sides to receive a pass from the other feeder.
Can develop that they cross for a 3rd pass.



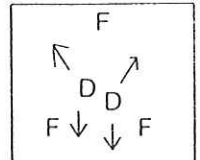
SKILL DEVELOPMENT CONT

5 1



B. TRIANGLE INTERCEPT 2

Same as drill A - Add 2 defs
2 defenders attempt intercept.
Feeders can pass to anybody.



- *Keep eyes on ball.
- *Quick footwork to move to the ball.
- *Call "mine", 'yours', to other defender.

5 1



C. THREE VS TWO

Third of Court

3 Defenders defend 2 attackers.
Attackers to pass the ball up and down crt, from one transverse to the next.



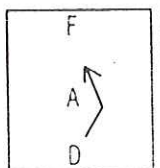
- *Move feet to ball to intercept.
- *Intercept with 2 hands.

3 1



D. POST DEFLECTION

Defender is to come around attacker who is stationary, to deflect ball, using outside arm to avoid contact. ie if coming around on R side. use R arm - furthest from attacker's body.
Add - attacker to step fwd to receive pass.
Work from both sides.



- *Come around, close to attacker's body.
- *If def can take ball with 2 hands, great.
- *If deflect ball down, chase up quickly.

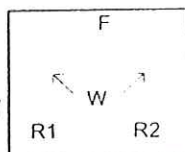
3. SKILL DEVELOPMENT 25 minutes

4 1



A. TRIANGLE INTERCEPT 1

F passes the ball to R1 or R2. W pitter pats in middle, & tries to intercept this pass with 2 hands. R passes back to F to start again.



- *Drive forward - meet ball when intercepting.
- *Keep eyes on ball.
- *Move feet to ball - don't lunge.

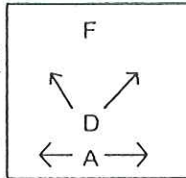
DEFENCE SKILLS

SKILL DEVELOPMENT CONT



E. ATTACK & DEFLECTION

Attacker works in a 4x4m square to receive ball from F. Defender to shadow tightly, & attempt to intercept with 2 hands, or deflects cleanly with outside hand, and chases ball vigorously.

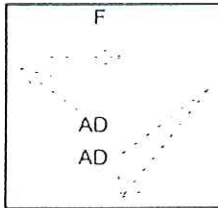


- *Move cleanly in front of attacker, towards ball.
- *Move feet quickly to deny attacker easy space.
- *Keep eyes on ball.



F. POST ATTACK

2 Attackers to make a lead for the pass from F. 2nd attacker then makes a 2nd lead down crt to receive the next pass. 1st attacker then makes a lead for a pass, & passes back to F. Defenders to shadow tightly, deny space, and attempt intercept.



G. 3 FT DEFENCE ON SHOT

Players to practice on own. Step forward onto front foot, & bring arm up to defend pretend shot.

Coach can call out go, and call out stop after 3 secs to see who still maintains balance. Experiment with same arm as foot fwd, opposite arm, or 2 arms. Practice with R & L foot fwd.

Time b/w 1 - 3 secs so that players jump to defend shot also.



- *Good balance is vital.
- *Practice co-ordination of arm up & jump.
- *If falling fwd, lift arm up, extend body up.

SKILL DEVELOPMENT CONT



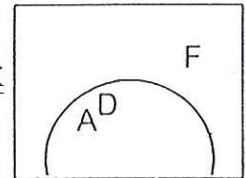
H. CIRCLE SHOT

1 Player is the shooter. She throws ball to herself, catches it & prepares to goal. Defender to attempt intercept, then backs off to 3 ft & defends the shot (watch obstruction). Both players work for the rebound. The defender attempts to hold her space rather than run directly under the post.



I. CIRCLE DEFENCE

Attacker & F to pass ball around circle. Attacker to shoot after 3 passes. Defender to attempt intercepts, deny attacker space, & stay in front. Defender then clears 3ft on shot, & works for the rebound. Gradually add 2 defs & 2 attackers in the circle, with 1 feeder.



4. COURT APPLICATION 20 minutes



A. COURT DEFENCE

Utilise court positions: ie
 WA vs WD, passing to GA vs GD
 (start outside ring)
 C vs C passing to GS vs GK
 (start outside ring)

Give each group 1/2 a court to work in.

B. 1/2 COURT MATCH PLAY

OR FULL GAME

Today's game will focus on tight 1 v 1 defence, interception & deflection using outside arm, and many attacking moves / use of space etc.

C. COOLDOWN JOG AND STRETCH

DEFENCE SKILLS

RECOVERY
- TEAM DEFENCE

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

1. WARM UP

10 minutes



A. PAIR RACES

1. Hold hands and run
2. Jump over, then under partner
3. Piggy back races
4. Train races
5. Hold hands & skip/run backwards etc.

B. STRETCHES

All Body Parts

2. BALL HANDLING

5 minutes



A. STATION CIRCUIT

In pairs, players complete the task at each station - 1 minute.

1. 4m apart - pass 2 balls (use 1 hand)
2. Toss - ups (use ump / mum)
3. Each player protects a line- try to get ball over line - feet moving, girls 5m apart.
4. Triangles in goal circle - shoot every 5 passes
5. 2 man weave up & down crt- use a variety of passes.

3. SKILL DEVELOPMENT 25 minutes



A. TWO VS THREE

In a small defined area, 2 defenders try to intercept ball from 3 attackers.



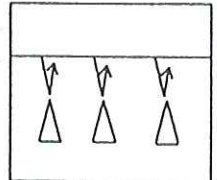
- *Move feet quickly - deny attacker space.
- *Drive strongly to meet ball when intercepting.
- *Tightly defend players without the ball.
- *Recap on coaching points already introduced.

SKILL DEVELOPMENT CONT



B. JUMP BACK RECOVERY

Place cones 3ft from line.
Players run up to cone, then jump back onto line, ensuring a good base of support, & balanced position. Then move on to the next cone, etc.



- *Jump back - 1 big fluent step-back - get front foot to back foot quickly.
- *Lower C of G when landing for balance.
- *Hands on thighs when jumping back to avoid obstruction.



C. ARMS OVER THE PASS

Pairs start together. W1 throws ball in air, & competes with W2 to gain possession. Whoever misses possession, becomes the defender, and jumps back 3ft to pressure the pass, with strong arms over the ball. Attacker releases the ball, & defender attempts to take the ball in 2 hands.



- *Attacker-catch ball & pivot- look down crt.
- *Defender-clear quickly- get arms over ball.
- *Stay on balls of feet- balance is better.



D. TWO VS ONE

As in drill C.

The attacker now passes off to a leading F, & makes a 2nd move down the court for a pass. Defender to attempt intercept, recover & jump back 3ft, to pressure the pass. then close up space on the attacker to deny her easy access to lead down the court.



- *Don't jump high on pass - pressure the next move.
- *Pressure the pass - strong arms over ball.
- *Feet moving - close space-defend tightly.



DEFENCE SKILLS

SKILL DEVELOPMENT CONT	COURT APPLICATION 20 minutes
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2T 1

E. LINE DEFENCE

AD
AD
AD
AD
AD

1 v 1. Attackers to take ball up & down line. Defenders to intercept 1st ball, recover, put arms over the ball & pressure the pass. Attackers can run on to get a 2nd pass, so defenders work hard to deny drive into open space.

2T 1

F. KEEPINGS OFF

Third of court

Attacking team to pass the ball 6 times b/w themselves to score 1 point. If defending team intercept the ball, they become the attackers. If defending team tips the ball, the pass count starts again.

*Encourage players to intercept the ball.
 *Players to recover & pressure the pass.
 *Defenders to defend tightly 1 v 1.

2T 1

G. GRID BALL

AD	AD
AD	AD
AD	

See Session 7 : 3 !

Attacking team pass ball to each other, but are only allowed 1 A/D in each square.

Attackers can move into another square, but not diagonally across another player's square.

Defenders to defend tightly, attempt intercept, recover & pressure the pass. If defenders intercept, they become the attackers.

A. TEAM SYSTEMS

1/2 and Full Court Systems

Recap on the many systems introduced. Give players situations ie:

- GD can't be used
- WA is covered for her first move
- GS is being blocked out, etc.

Allow players to explore the alternatives. Encourage the use of many attacking moves, passes, & spaces on the court. Vary speed of release of the passes b/w 0 - 3 secs.

B. 1/2 COURT MATCH PLAY OR FULL GAME

Today's game will concentrate on all the skills learnt this season:

- Fast, fluent footwork.
- Change of direction, speed.
- Use of variety of passes-aim for accuracy.
- Variety of attacking moves, using all space
- Clears, drives - team communication.
- Tight 1v1 defence, denying attacker space.
- Quick recovery & pressure on pass & lead
- Use of team systems & strategies.

C. COOLDOWN JOG AND STRETCH