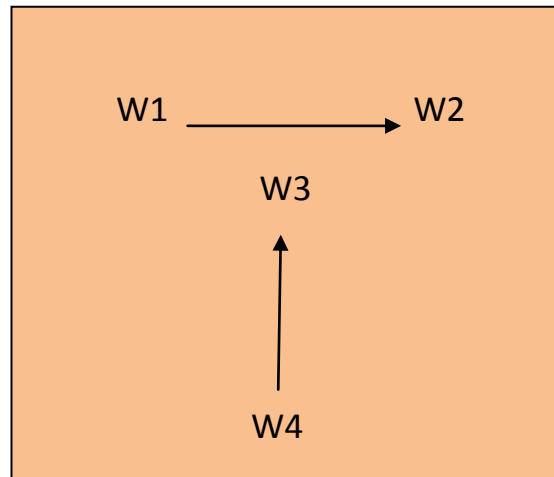


DRILLS FOR THE WEEK

DECISION MAKING

Groups of 4. W1 and W2 pass the ball to each other firmly and at a steady pace. W3 and W4 pass the ball to each other firmly and at a steady pace. On "GO" W3 must turn to face the direction of W1 and W2 and make a pass to the player without the ball.

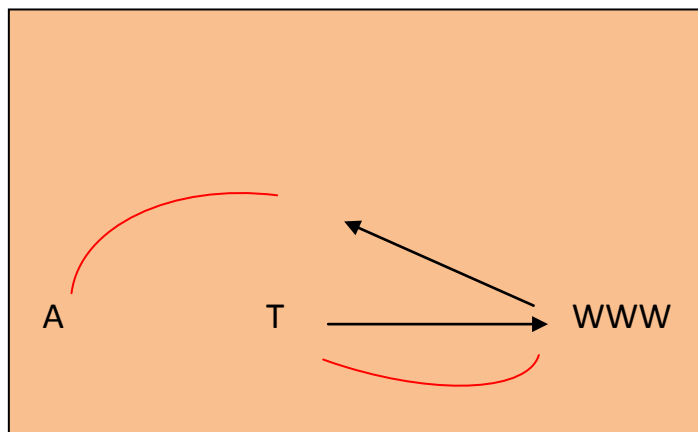


PROGRESSION - Add another player behind and middle of W1 and W2 with coloured cones/cards. When W3 Turns she must pass the ball to the player without the ball and call the colour of the cone being held up.

SWITCHING

Two players stand out in front, the thrower T, and the other the attacker A behind her. The workers W, line up behind T. T passes to W. A leads to either side of the thrower who now becomes the defender and A receives a pass from W. W then leads to receive the return pass. The thrower defends the pass from A. Players now quickly switch. A now becomes T, W becomes A and T goes to the end of the line.

Coaching Tips - Leads should be definite and balance should be controlled, passes firm and ahead.



DRILLS FOR THE WEEK

SHOOTERS ROTATION IN THE CIRCLE

ROTATION of our shooters is an area we can always keep improving on. This drill is to encourage the shooters to work together.

- 2 shooters are in the circle and each of them has a ball.
- 3 feeders on the outside of the circle, 2 either side and one at the top.
- The shooters pass to however they like, but they are not allowed to pass the ball back to the feeder who had fed them.

The 2 shooters start to rotate around one another.

Coaching Tip - The shooters have to be aware of the other shooter using peripheral vision and must keep their eyes on the balls. This means they can't turn their backs to the feeders. If the shooters need to clear, they need to clear with their bodies facing down the court.

EXTENSION 1 – Shooters are to take it in turns to pass the ball. Therefore decision making comes in to play as to who to pass to and where to go.

EXTENSION 2 - To progress the practice, introduce 1 defender, then 2 defenders.

