



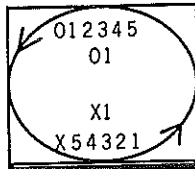
ATTACK SKILLS

- 2 LEADS
- TIMING
- FRONT-CUTS

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

1. WARM UP 10 minutes

2T 2
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.

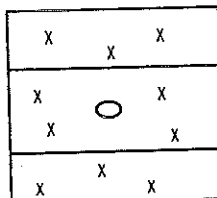
B. STRETCHES All Body Parts

2. BALL HANDLING 5 minutes

2 1
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.

A 1
B. FREE FLOW

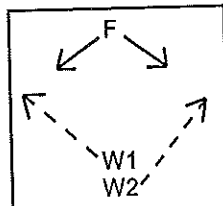


See Session One:4A.
 Divide players equally in each 3rd. Players drive into space, and pass the ball up & down the court. Vary passes & attacking moves. Can introduce a 2nd ball.

3. SKILL DEVELOPMENT 25 minutes

3 1
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.

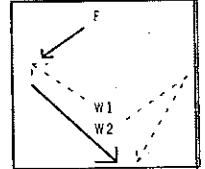


- *W2 to allow time for W1 to lead.
- *Lead strongly into space.
- *Can use lead up the middle also.

SKILL DEVELOPMENT CONT

3 1
B. 2 LEADS 2

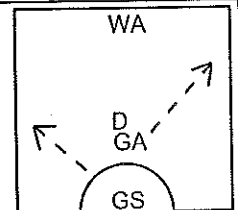
Feeder chooses to pass to W1 or W2. W who does not receive the pass, pushes off the outside foot, & drives down the court to receive pass from W with ball.



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

4 1
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.

4 1
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

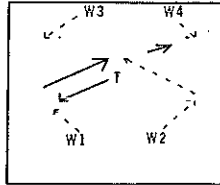
SKILL DEVELOPMENT CONT

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.



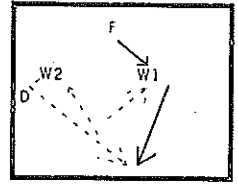
- *Workers to use different space.
- *Drive down the court strongly.
- *Change direction to lead.
- *Don't keep running same direction for 2nd move.

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.

A 1

F. TEAM 2 LEADS 2

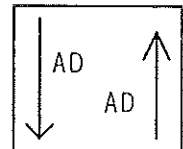
Same as Drill E - Add a defender at each end.

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

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.

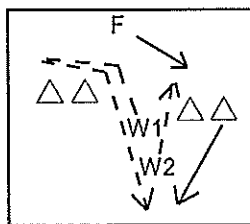
Attackers to work on all attacking moves, passes, and leads to find space.

4. COURT APPLICATION 20 minutes

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.

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.

AD
AD
AD
AD
AD

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