

AIMS & OBJECTIVES:

- To receive centre passes and move the ball through the court safely to goal.
- Turning quickly.

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PREPARATION AND WARM-UP

If you are using games in your session, make sure they are competitive. Praise and reward the winners. It is also useful to reflect on why they were more successful.

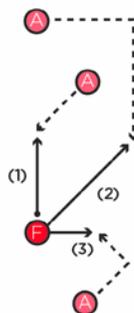
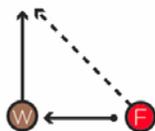
GIVE AND GO

This is where a player passes and receives the ball back. Great for penetration, if stepping around a defender, or if a defender has dropped off.



LATERAL/BACK UP

In order to keep penetrating the space and get more players to overload the defence, lateral passes, should only be received from players coming from behind i.e. out of defence.

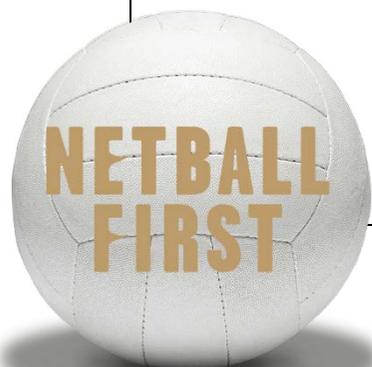
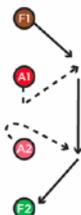


Straight and diagonal offers from players ahead of the ball carrier.

PRACTICE AND PROGRESSION

PASSING ACCURACY AND TURNING TO FACE DOWN COURT

In groups of 4.
F1 – A1 – A2 – F2 and then repeat in opposite direction.



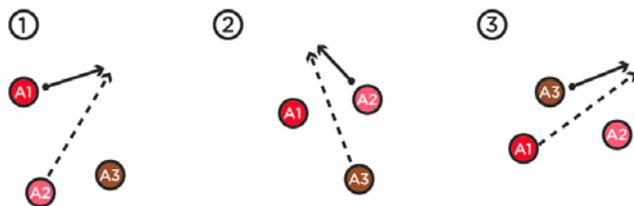
PROGRESSIONS

- Add a defender
- Interchange between A1 and A2.

BADMINTON BOX CHALLENGE

Five players with one ball. Begin with four attackers and one defender. Each time 15 passes is completed then review with the team. Passing and moving at speed. After releasing the ball, the player must 'touch a line' outside the badminton court. They cannot receive another pass until they have done this.

Call first option and give to another see all options clearly. Cut the line. When released the ball have to cut an imaginary line between the receiver and another player (see diagram).



PROGRESSION

- 3 attacker's v 2 defence.
- One player from each group can go hunting for the ball and try and intercept from another group.

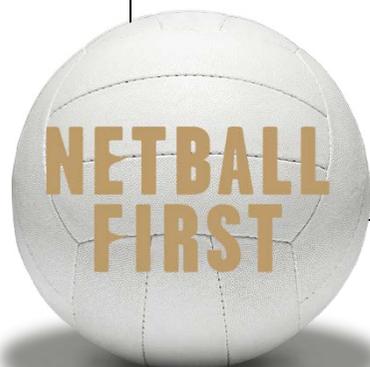
RECEIPT OF CENTRE PASS

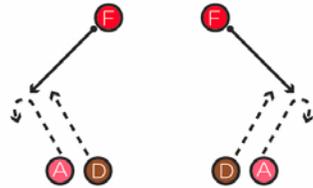
Centre pass out to attacker. Shooter can come out of the circle for second pass. Player receiving the ball must turn to face down the court and look towards goal. Turn away from defender, if defender is on your left turn right and vice versa.

- Drive at speed on to the ball.
- See the ball - head up.
- Positive attacking - move to move the defender.
- Attack the line of the ball.

- How can attackers find space in an overloaded area?
- How can you help you team mates?

- Ball is placed ahead of the attacking player
- Run onto the ball turning head and hips around quickly and fully
- Feet to face the direction of the next pass
- Turn out away from defender
- Balance and control when delivering the next pass





PROGRESSION

Players to release the ball with their right or left hand depending on which way they turned

BALL STARTS AT CENTRE

4 vs. 4

Attackers to have six attempts to get the ball down the court to goal.

If defence gain possession they work the ball to the centre circle to gain a point.

Rotate positions and continue game.

Progression - Pass and drive into space

On a centre pass, they must have one 1-2.

If the ball is turned over, they must complete 2 x 1-2s.

They must include one lateral pass then penetrate down the court.

THROUGH COURT

Two defenders in each third.

Penetrate through court using space (groups of 3).

Each three brings the ball through the court.

Have five attempts with a minimum of 2 catches per third.

One attacker and one defender allowed in the circle and one shot at goal.

Extra points for:

- Strong receipt of centre pass.
- Turning in the air the appropriate way.
- Releasing the ball and driving into space.

- Attack the path of the ball
- See the ball; keep head up
- Transfer body weight and drive off fast movement
- Sharp changes of direction.

