Dictating and restriction of attacking players to win ball and transition
AIMS & OBJECTIVES:
Reinforce
- Working on dictating and restriction of attacking players to win ball and transition

ACTIVITY CONTENT (Including Progression) | COACHING POINTS

PREPARATION AND INTRODUCTION

INTRODUCTION:
Check player readiness & jewellery / injuries etc.
Introduce the session focus & outcomes as listed above.
Q: What are the characteristics of an effective defending player?

COPS & ROBBERS:
2 teams, Defenders try to restrict attackers from getting past them to get to ball. (using netball rules).

Once attackers get ball they work as a team to take ball across line A and score a point. Defenders work to get interception / force and error once the attackers have got ball.

If they get turn over they must then work to get ball across line B.

Have 3 attempts and then swap role.

- Movement skills – forwards, backwards, sideways.
- Feet shoulder width apart on movement
- Head Up
- Angled body open to ball.
- Communication skills.
- Alignment of hips and knees under body.
- See ball and player.
- Quick Feet,
- Upper body upright, on balls of feet
- Close down space (Stop the short passes and force the long diagonal)
Q: What are the key defensive principles?

- Close down Space.
- Create an error.
- Regain possession.
- Reduce attacking options:
  - Force a large number of passes to create interception opportunity
  - Dictate into another player on defensive team, Dictate into a line / boundary , Dictate to encourage a long diagonal weak pass
  - Near side – dictate the player up the court or engaging another defender
  - Far Side – keeping the player up the court or away from the ball

Q: What are the key strategies we can utilise?

- Movement skills - forwards, backwards, sideways.
- Communication Skills.
- To be able to purposely dictate the attacking player maintaining body angles. Open to the ball..
- Be aware of each other and the ball.
- To be able to mark opponent and see an interception opportunity to intercept the ball.
- Feet shoulder width apart on movement

Q: What are the key defensive skills?

- Body angle.
- Small steps and body up right so can change direction
- Always asking yourself “where are you dictating your opponent? - Far side into team mate.
- Head still
- Communication

PRACTICE AND PROGRESSION

TWO TEAMS OF 3.
One team attack for three goes

Other team defend with two defenders rotate in 3rd defender after each go. Aim of attackers is to get across the third without being tagged. Aim of defenders to tag as many attackers as you can.

On first go all three attackers try and reach the other side of the third.

If they are able to do this they gain a point. If they are tagged the defenders gain a point and the attackers return to the line that they started from.
This may mean that defenders have attackers coming from both sides.

Attackers have three goes and then swap roles.

Teams to add attacking points and defending points together to see who is winner.

Repeat x 2

3 ACROSS ADD BALL

Set an area: 1/2 of a court.

A1 commences play on the whistle.

- See ball and attacker
- Small steps and body up right so can change direction
- Always asking herself “where are you dictating your opponent? - far side
- Head still
- Maintain body angles.

Attackers attempt to score as many goals as possible in 1 minute keeping play inside ½ court only. 1 attacker is an allocated Shooter and allowed inside the goal circle. After each goal is scored, the ball restarts with the A1

Defenders aim to intercept and or force an error and transition ball back to thrower, where attackers continue play, time permitting.
Defenders score 2 points for clean Interception, 1 point for an error. After 1 minute reverse roles. Play out from Backline

NB: Can have more defenders than attackers to achieve success then move to 3v3.

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- See ball and attacker
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- Maintain body angles.
SET AN AREA: FULL WIDTH OF A COURT.
Both attacking teams join together and have 2 minutes to score as many goals as possible, whilst the 4 Defenders try to intercept and transition ball back to either thrower.

The Area of play is no longer divided and both throwers can be used as back up through all periods of play.

Netball Rules apply for all other circumstances.

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Defenders score 2 points for clean Interception, 1 point for an error.

After 1 minute reverse roles. Play out from Backline.

NB Can have more defenders than attackers to achieve success then move to 4v4.

Q: What are the strengths of the attacker you were up against?

Q: When the attackers have possession of the ball what should the defenders be thinking about?

- See ball and attacker
- Small steps and body up right so can change direction
- Always asking yourself "where are you dictating your opponent? - far side
- Head still
- Maintain body angles.
- Communicate within unit.
- Force high and wide or into team mate.
| Q: How did you work together on attack to find spaces & gaps to move into? |
| Q: How will you measure success? |