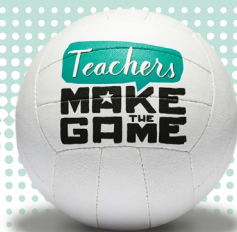


Attacking Play



Aims

The key aim is to:
Attack and gain the front position on a defender



Key principles

The key principles to teach are to:

- ★ Move in front of the defender to gain an advantage
- ★ Receive the ball on ball side

Warm up



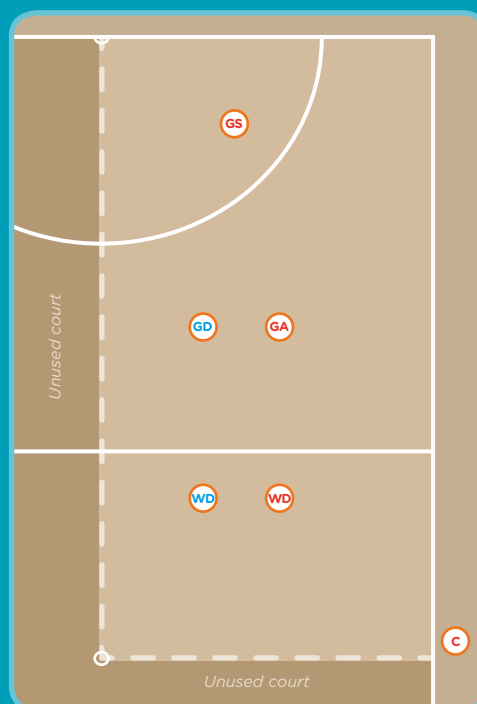
Don't forget to warm up before you get started

MAIN ACTIVITY

Main activity

Purpose - To achieve 4 passes before receiving the ball in the shooting circle to score a goal.

- ★ Working in a quarter of a court, set up 4 v 2 defence.
- ★ C starts with ball from the sideline in the centre third.
- ★ 4 passes must be made through the court using the C, WA and the GA before passing to the GS who remains in the shooting circle.
- ★ No overhead passes allowed.
- ★ Shooter must complete a preliminary move away before moving to the post to receive the ball.
- ★ If intercepted, the defence have to make 2 successful passes to score a point and then play restarts with the C.
- ★ After 3 goals, players rotate positions.



Progressions

Easier: GS can enter the shooting third area to help in attack

Harder: GD can move into the shooting circle to defend the shot

Harder: GS receives inside the circle but must pass out before taking a shot

Harder: Add pressure for the attackers who must achieve 3 passes in each third



Getting your pupils thinking..

Q What can the ball carrier do after delivering a pass to the attacker?

A Move to become a back up option

Q How can you move to ensure you can receive a flat pass?

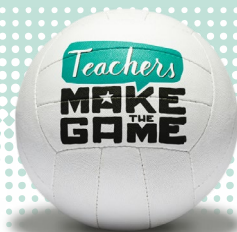
A Quick footwork to move across in front of the defender

Q When and where would this apply on court?

A This play can be used from a sideline throw in and taken to goal using the C, WA, GA and GS. This could also be used from a center pass



Attacking Play



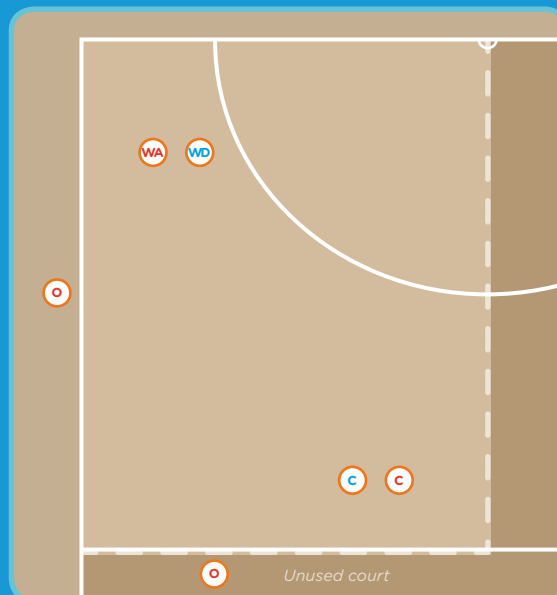
TECHNICAL PRACTICE



Technical practice

Purpose - To receive the ball in front of a defender.

- ★ Working in half of a third area, set up 2 v 2 plus 2 outlet players around the outside of the area.
- ★ Outlet player starts with ball.
- ★ Defenders 1v1 mark the attacking players.
- ★ Only flat passes can be used so attack must come in front of the defence to receive the ball from the outlet player.
- ★ Attack pass for 30 seconds to accumulate as many passes as possible between them. Outlet players can be used when there is no other option to keep passes going.
- ★ If the defence intercept, they bounce the ball and attack collect and carry on.
- ★ After 30 seconds rotate players.



Progressions

Easier: Defenders move with attacker but don't go for intercept

Easier: Allow post players to move along the sideline

Harder: Add extra defenders



Getting your pupils thinking...

Q What must the attacker do when preparing to front cut?

A Move close to the defender and try and commit them to the non-ball side

To see these practices in action and for more information, head to www.Englandnetball.co.uk/teachers

