

# Taking the Ball to the Circle Edge



## Aims

The key aim is to:  
Move the ball effectively and efficiently to the circle edge



## Key principles

The key principles to teach are to:

- ★ Create options for the ball carrier
- ★ Move the ball fast and on a direct route to the goal

## Warm up



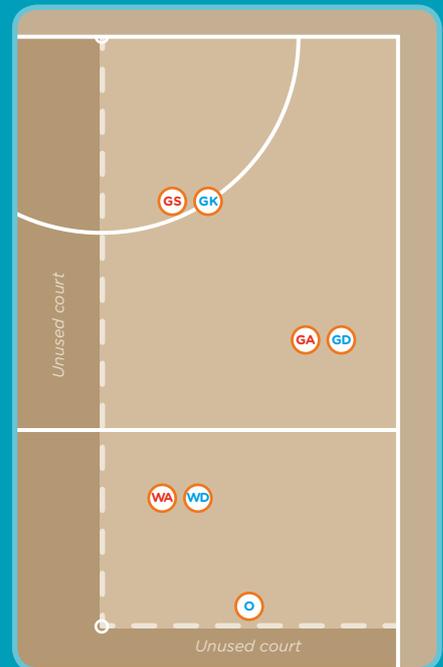
Don't forget to warm up before you get started

MAIN ACTIVITY

## Main activity

**Purpose** - To pass the ball from the outlet player through to the shooting circle. The ball must be received once in every third.

- ★ Working in a quarter of the court, set up 3v3 plus an outlet player.
- ★ The outlet player starts with the ball in line with the centre circle and can start anywhere along the line.
- ★ Attack must receive at least 1 pass in each third and are working to score 1 point if the ball enters the circle, 2 points if a shot is taken and hits the ring, and 3 points if a goal is scored.
- ★ Defenders 1v1 marking the attacking players.
- ★ The outlet player can be used at any time but this does not count as one of the passes.
- ★ Only 1 defender can go into the circle.
- ★ If intercepted, the defender should bounce the ball for the attacker to collect and continue.
- ★ Rotate after 5 passes into the shooting circle.



## Progressions

**Easier:** Add an additional outlet player

**Harder:** Defender can enter the shooting circle

**Harder:** Every member of the attacking team must receive 2 passes

**Harder:** Add another defender



## Getting your pupils thinking...

**Q** What movements do you need to make to get free?

**A** Change of pace and change of direction

**Q** Where is the safest place to feed the shooting circle from?

**A** As close to the edge as possible to prevent the pass being defended

To see these practices in action and for more information, head to [www.Englandnetball.co.uk/teachers](http://www.Englandnetball.co.uk/teachers)



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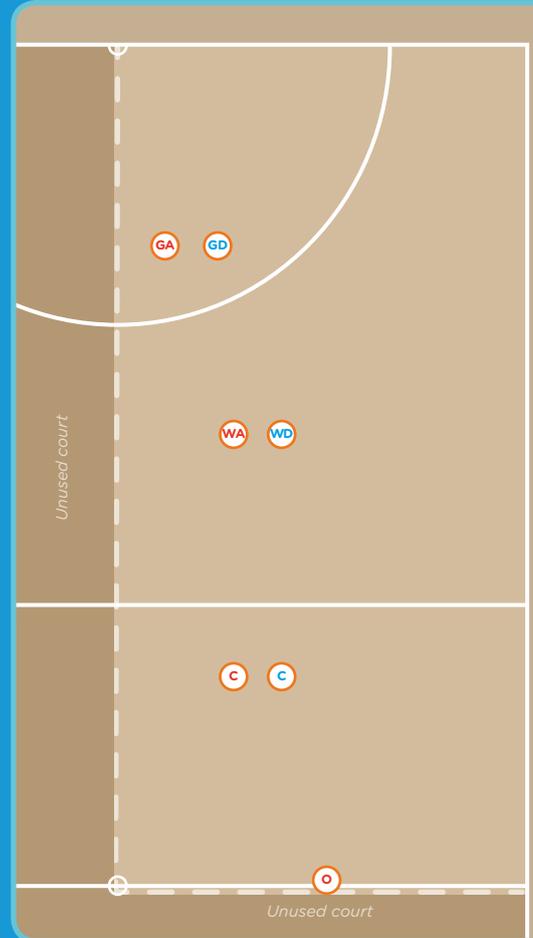
TECHNICAL PRACTICE



## Technical practice

**Purpose** - To pass the ball from the outlet player in the most direct route to the shooting circle, with a minimum of 3 passes.

- ★ Working in a quarter of the court, set up 3v3 plus an outlet player.
- ★ The outlet player starts with the ball in line with the centre circle and moves along the side line with play as a support option.
- ★ Attack must make 3 passes in as direct a line as possible before passing in to the GA to shoot whilst defenders are 1v1 marking.
- ★ If possession is lost, the outlet player restarts from a sideline and the passing count resets to 0.
- ★ If intercepted, the defender should bounce the ball for the attacker to collect and continue.
- ★ Once a goal has been scored, the outlet player restarts from the centre third.
- ★ Rotate after 5 plays.



## Progressions

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

**Harder:** Pass to the shooter must be from the circle edge

**Harder:** Add another defender

**Harder:** Attacking team must complete 2 passes in each third



## Getting your pupils thinking...

**Q** How can you move the ball faster through the court?

**A** Timing of movement to get free and turning to face goal

**Q** How should an attacking player land on the circle edge?

**A** Land 1-2 and slightly wider than shoulder width base for balance

**Into a Game** - These practices can be used to bring the ball from a centre pass into the attacking third

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