Centre Pass Defence

**Aims**
The key aim is to:
Close and force errors at the centre pass

**Key principles**
The key principles to teach are to:
★ Work with other players to reduce attacking options and close down space
★ Apply appropriate ways of dictating the player at the centre pass

**Main activity**
Purpose – To delay the attack from retrieving the ball and prevent them from taking it back to their start line.
★ Working in half of the court, set up 5 v 5.
★ Mark out lines A and B.
★ The ball starts behind line A and defence set up on line A.
★ Attack set up on line B.
★ The attack must collect the ball and then pass between them, aiming to catch the ball over line B to score a point. They then place the ball behind line B and players go to the starting position. Defence now become the attacking team.
★ If defence intercept the ball, they must try to get the ball back across line A to score a point. The ball is then left behind line A and players go to start positions to play again.

**Progressions**

**Easier:**
Attacking team start with ball and move across line A

**Easier:**
Increase number of defenders

**Harder:**
Reduce space

**Harder:**
Reduce number of defenders

**Getting your pupils thinking...**

Q As soon as the attacking team pick up the ball what must the defenders do?
A Immediately find a player and get goal side of them to dictate them up the court

Q Where will you dictate the attacking players?
A Out towards the sidelines, up towards the defensive goal, into another defensive team player
**Centre Pass Defence**

### Technical practice

**Purpose** - To score a point by intercepting the centre pass.

- Working in a quarter of the court, set up 2v2 plus an outlet.
- Attacking C starts with the ball. WA and WD set up on the third line, defending C covers the WA.
- GD provides the outlet if no forward option is available. GD cannot enter the goal third.
- Pass 1 must be caught in the centre third. C and WD work together to force the WA wide.
- Pass 2 must be caught in the goal third and C, WA and GD work together to catch the ball over the base line to score a point.
- Attack aim to catch the ball across the goal line within 4 passes to score a goal.
- Following an interception, the defence must attempt to make 2 passes to score a point and then the attack restart with a centre pass.
- Rotate after 5 centre passes.

### Progressions

- **Easier:** Add in additional defender
- **Easier:** Attack must make 6 passes
- **Harder:** GD can enter the goal third

### Getting your pupils thinking...

**Q** How do you move from dictating the opponent to marking the pass?

**A** Keep upright, small steps, correct distance and arms over the ball

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