

## LEARNING OBJECTIVES

To learn how to get free from a defender and get into space

## SKILL

- Dodge
- Change of Direction
- Change of Pace

## ACTIVITIES

- Shadow Dancing
- Ziz Zagging
- Space Invaders
- Run The Gauntlet

# Attacking

## RULE OF THE WEEK

### CONTACT

When attacking or defending you cannot come into physical contact with your opponent



## WARM UP

### Rats and Rabbits

1. Split the group into pairs
2. Line up the pairs facing down the court either side of a line on the court
3. Name all the players one side of the line 'rats' and the other side of the line 'rabbits'
4. If the leader shouts rabbits all the rabbits have to turn and run away from the rats towards the sideline and the rats have to try to catch them. If rats is called the opposite happens
5. Keep a tally of the scores



## Dodge

1. Feet shoulder width apart
2. Transfer your weight to one side of your body
3. Push off with your outside foot
4. Turn your hips to face the direction you are going



- Keep your body upright
- Pump your arms to drive off

## Change of Direction

1. Feet shoulder width apart
2. Weight on the balls of your feet
3. Run forward and plant your left or right foot then suddenly change direction
4. Turn your hips to change direction



- Keep your eyes on the thrower
- Use your hips to change direction

## Change of Pace

1. Keep your body upright
2. Use small steps and then suddenly increase your speed



- Pump your arms to increase speed
- Keep your head up and your eyes on the ball

## Shadow Dancing

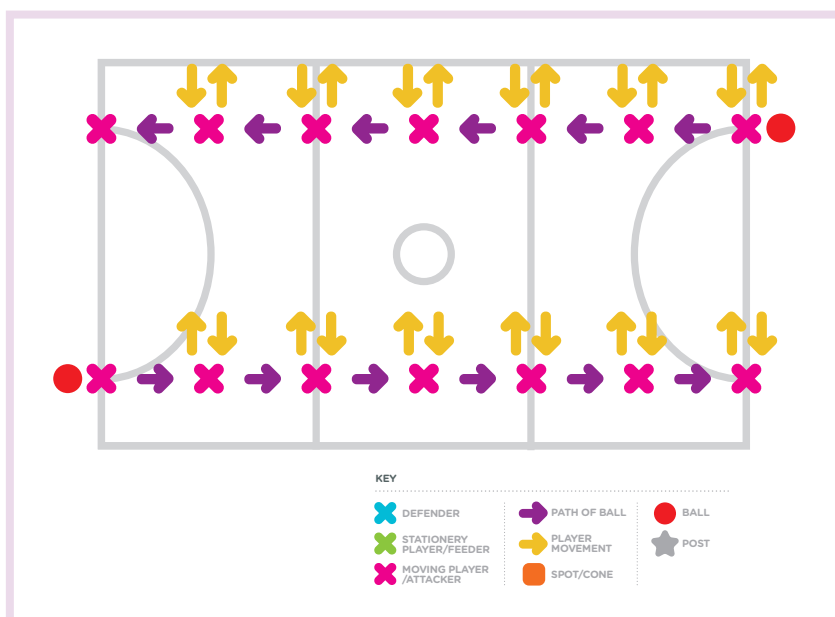
1. In pairs line up on the sideline, one behind the other
2. On the leader's whistle the person behind will use the dodge to get past their partner
3. The aim is to get to half way across the court before your partner
4. After 5 attempts swap roles



- Points given to attacker if they get past their partner

## Zig Zagging

1. Two teams, one ball per team
2. Players line up all the way down the centre of the court facing their feeder on the goal line
3. The first player in the line drives out towards the sideline, plants their outside foot to change direction, and comes back to receive a pass where they started in the centre
4. The next person in the line does the same thing, starting their run just before their teammate catches the ball
5. The ball makes its way all the way down the centre of the court to the opposite goal line
6. Start again from the goal line the ball is now at



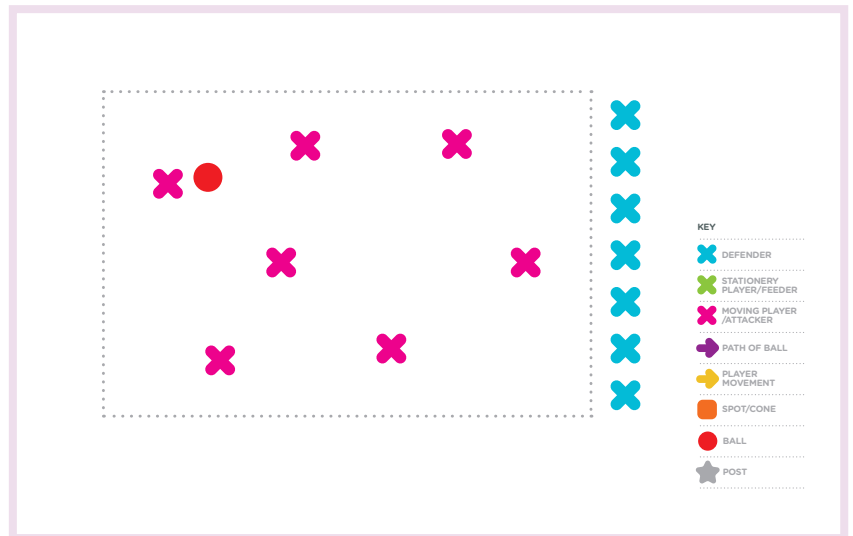
- Use your hips to help change direction
- The pass should be a straight line ball down the centre of the court



- The players can decide to drive out to the left or right
- Turn it into a race and the first team to make it all the way down the line to the opposite goal line wins
- Add a defender

## Space Invaders

1. Two teams (one attacking, one defending) and one ball
2. The attacking team move around in a small area decided by the leader and everyone in the team must receive at least one pass
3. The defenders start outside of the area, once all the attackers have received a pass, one defender comes into the area to defend
4. Repeat until all the defenders are in the area or until a defender makes an interception, then swap attackers and defenders



- Remind the attackers to use change of direction or pace and dodge to get free
- If attacking team has 5 players they must make 5 passes before a defender comes in



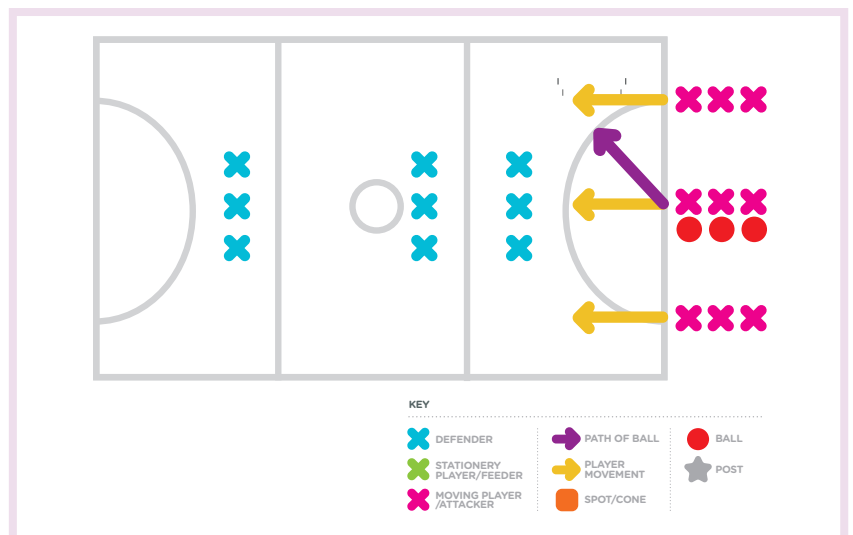
- No overhead passes so attackers need to use their attacking skills to get in front of the defender



- Make the area bigger to give the attackers more space

## Run The Gauntlet

1. In groups of three, spread out along the goal line with one ball per group
2. Each third has two defenders in it
3. The groups of three need to get from one end of the court to the other by passing the ball
4. The defenders are only active in their third, once the attackers have moved into the next third they stop defending them and the next set of defenders become active



- Use all the attacking skills and passes taught to get through the court
- If a defender touches the ball or it goes out of court the attackers turn is over



- More passes
- More defenders



- Less defenders

## CLOSING GAME

### Hit the Post

1. Two teams, one ball and allocate each team a post they are attacking towards
2. Everyone is allowed everywhere
3. Start with a goal line pass
4. Everyone in the team must touch the ball
5. The aim is to either hit the post with the ball (1 point) or score a goal (2 points)
6. The game restarts at baseline of team who didn't score



- Only two players from each team are allowed in the shooting circle at one time



- Play in netball positions
- No overhead passes to encourage using attacking skills to get in front of player