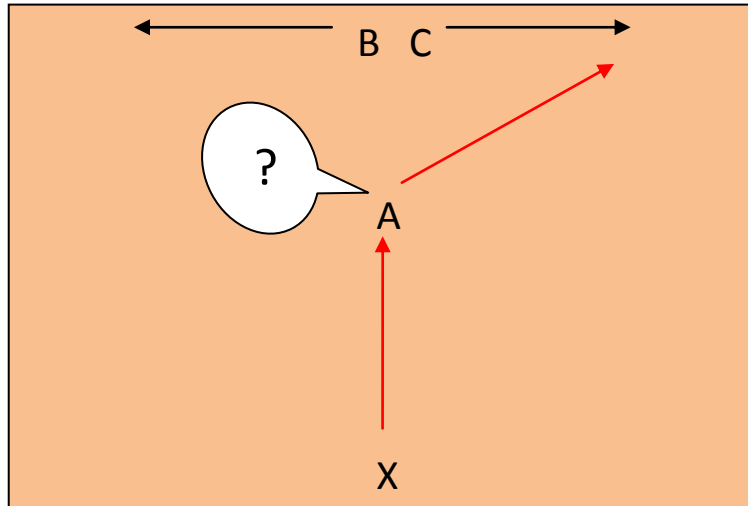


DRILLS FOR THE WEEK

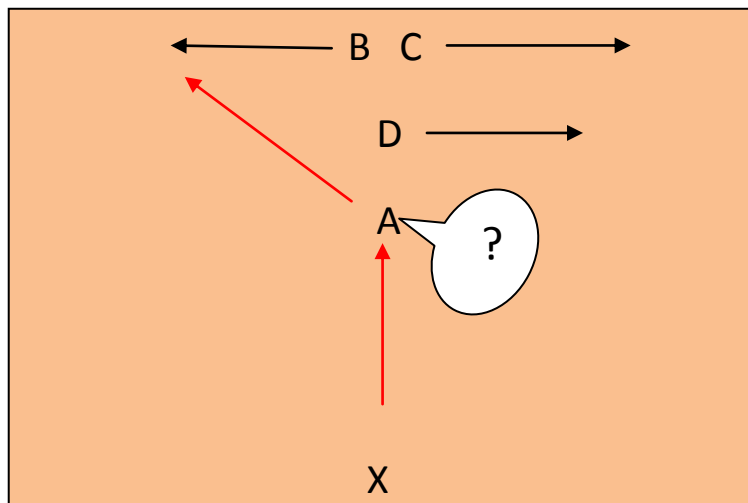
DECISION MAKING

4 Players required. Player A turns their back to players B and C, receives the ball from X. On receiving the ball, player A pivots. Players B and C both make strong sideways movements, but only one of them has her eyes up. Player A passes to this player.



EXTENSION – ADD A DEFENDER- Player A turns their back to players B and C, receives the ball from X. On receiving the ball player A turns. Players B and C both make a strong sideways movement, the defender D can go either way. Player A chooses which player is the best option to pass to (the unmarked player)

Coaching Tip – Time the movement with Player A's turn. This will limit the chances of a defender receiving the pass.



DRILLS FOR THE WEEK

FOLLOW YOUR SHOT, COLLECT THE REBOUND

Split players in two groups who line up outside the goal circle on both sides. One feeder F at the top of the circle. Green player 1 starts with the ball. Green player 1 throws to F, then runs into the circle and receives the ball back. Green player 1 then shoots, jumps up for the rebound, passes to Red player 1 and joins the back of the Red players line. Red player 1 then does the same from the other side.

PROGRESSION- Add a defence on each shooter.

Coaching Tip - Feed must be timed so that shooter receives the ball in an ideal position to shoot. Keep passes strong. Encourage shooters to keep arms up after the shot for the rebound.

