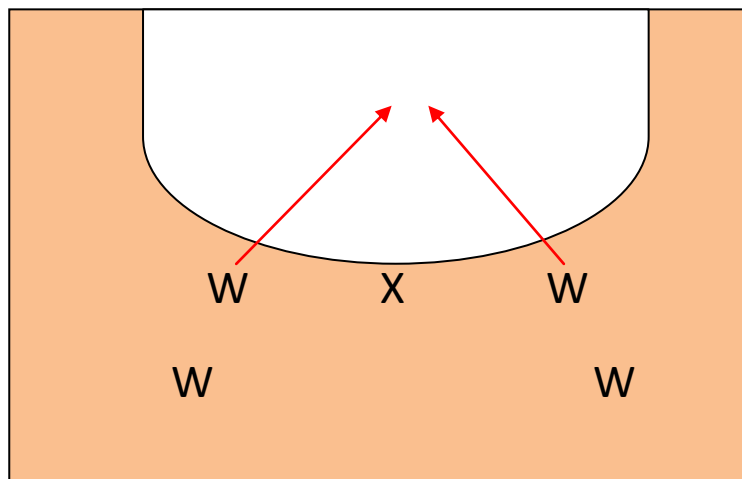


DRILLS FOR THE WEEK

SHOOT, DEFEND, REBOUND

Workers W stand at the top of the goal circle on either side. One shooter from each side runs into the circle. X passes the ball to either one of them, who then balances and shoots. The shooter that does not receive the ball, defends the shot. Both players challenge for the rebound. The ball is then returned to X.



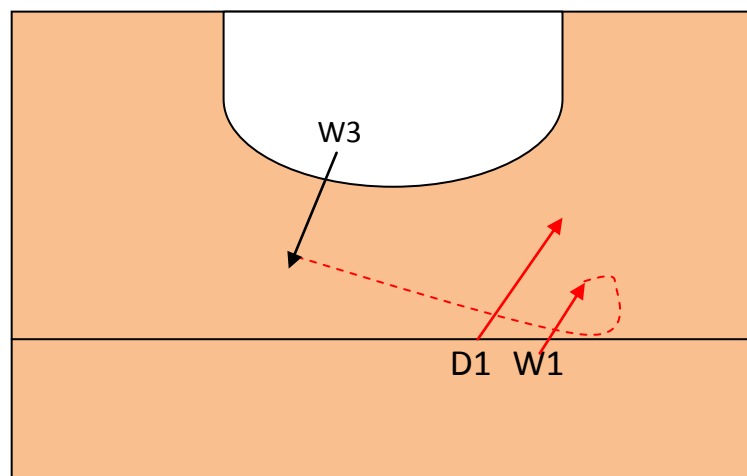
CHANGE OF DIRECTION BEHIND

A useful skill to have up your sleeve when you have an opponent faster than you or as fast.

W1 is the attacker. D1 is the defender. W3 is the thrower.

W1 sprints forward, but lags behind D1, then W1 turns away from D1 and sprints behind her to receive the pass from W2.

This movement can be used anywhere on the court and is also effective at centre pass.



DRILLS FOR THE WEEK

CRISS CROSS PASS

Both T1 and T2 have a ball. They both throw the ball to W1 and W2 who in turn return the ball. After returning the ball W1 and W2 swap places. Repeat 10 times then swap.

Coaching Tip – Timing of the cross over should be so W1 and W2 receive the pass on the move and cross at the same time.

