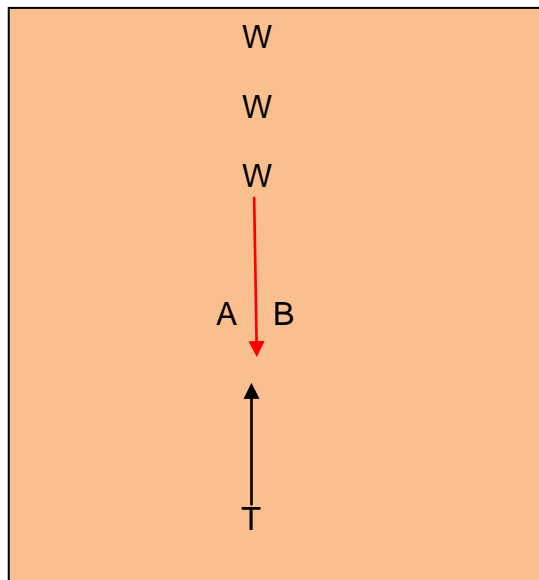# DRILLS FOR THE WEEK

ATTACKING THROUGH SMALL SPACES

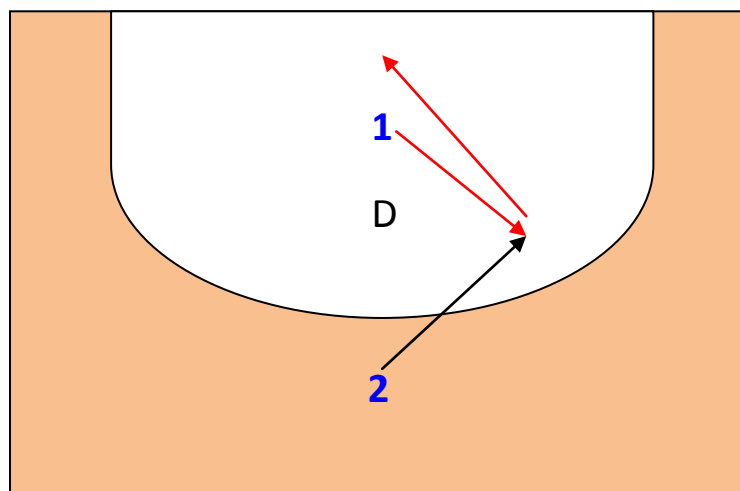A good drill for juniors to emphasise just how small a space is needed to break forward.

Two players A and B to stand side by side 3 feet apart. The workers W to line up behind each other about 2 m back from A and B and a thrower T facing them 3 m in front. W runs through the small space to receive a pass, pass it back and return to the end of the line. Do it again with A and B gently swaying. Do it again with A and B stretching out their hands as W comes through.

DODGE/SHOOT/REBOUND

Blue player 1 dodges to receive from blue 2. Feed out and dodge again. She must receive 5 passes before making the shot. Defence D takes the rebound, moves out of the circle and becomes the feeder therefore all 3 rotate.

Coaching Point - Ensure dodges are short and sharp. Shooter must ensure their 5th dodge takes them near the post.
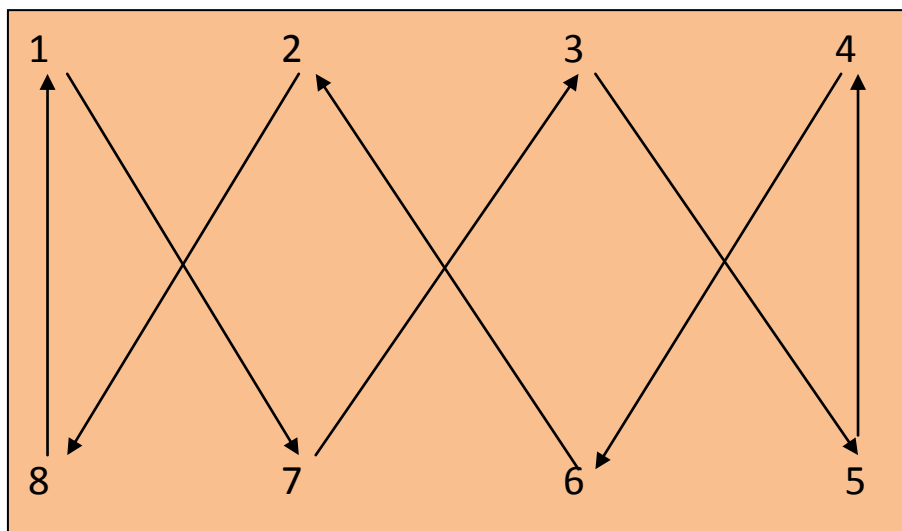
DRILLS FOR THE WEEK

QUICK DIAGONAL PASSING

Min. 8 players required. Split players into two groups of even numbers. 2 Balls starting with player 1 and player 4. The players pass the balls diagonally until the ball reaches the end. They then pass the ball straight to the person opposite them and continue the practice.

Coaching tips - ensure quick, strong, direct passes

45 DEGREE RUN

Two passers A & B standing three meters apart facing each other and workers W are to line up behind one of these girls. W is to drive out doing a 45 degree run and receive a pass from A, the runner is to pass the ball back to B and then replace B. B is to pass the ball back to A and then join the runners.

EXTENSION - ADD A PASSIVE DEFENDER - place a passive defender in front of W so that W must dodge or roll off before make her move. When a defender is added, W must time her movement earlier so that the flow of the drill continues.

Coaching Tips – Passes should be firm and accurate. Players should make strong quick drives. The pass to the workers should be in front so that the workers have to stretch to receive the pass.