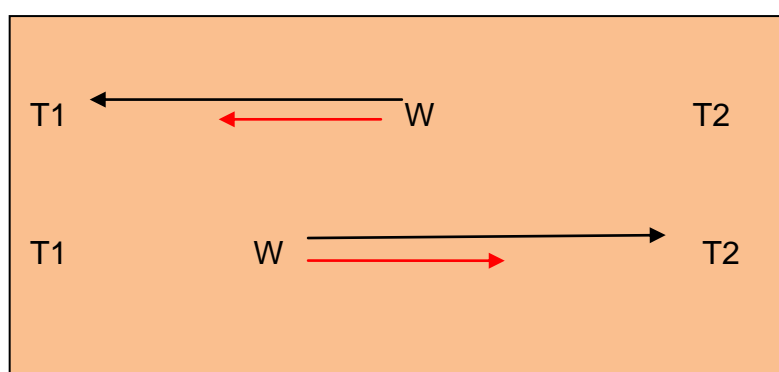


# DRILLS FOR THE WEEK

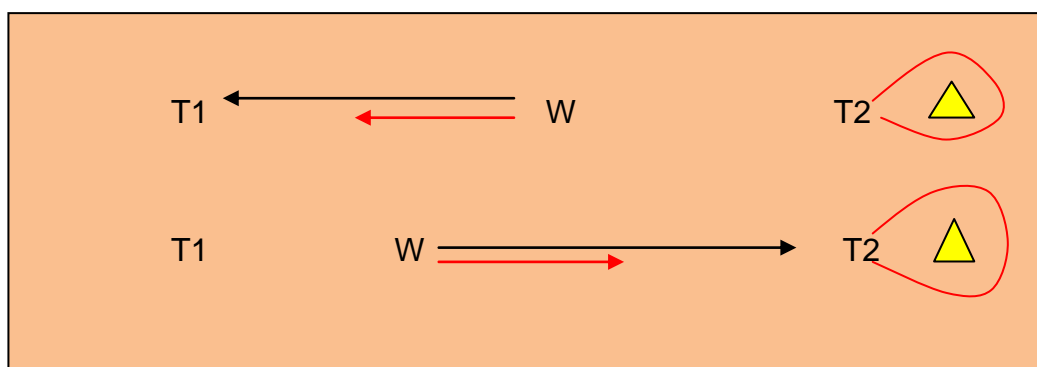
## LANDING AND PIVOTING

Use 1/3 of the court. T2 standing on the transverse line and T1 standing on the back line (adjust distance for younger children). W stands about 3-4 meters in front of T2 with the ball. W passes the ball to T1 then drives forward to receive a pass. Lands 1 2, snatches ball up to her shoulder, pivots and passes to T2 while pushing weight forward on the ball. W then drives forward to T2 to receive another pass. Work for 20 passes

Coaching Tip- W must be ready to drive forward. Good balanced landing and pivoting is essential. Work with landing 1 2 and then landing two feet together.



EXTENSION 1 –Same as above but place a cone 1 meter behind T2. After T2 passes the ball to W, T2 must run around the cone, (always facing forward and never taking her eyes off the ball) while W is working with T1. T2 then must be ready to receive the pass back from W. Work for 20 passes.



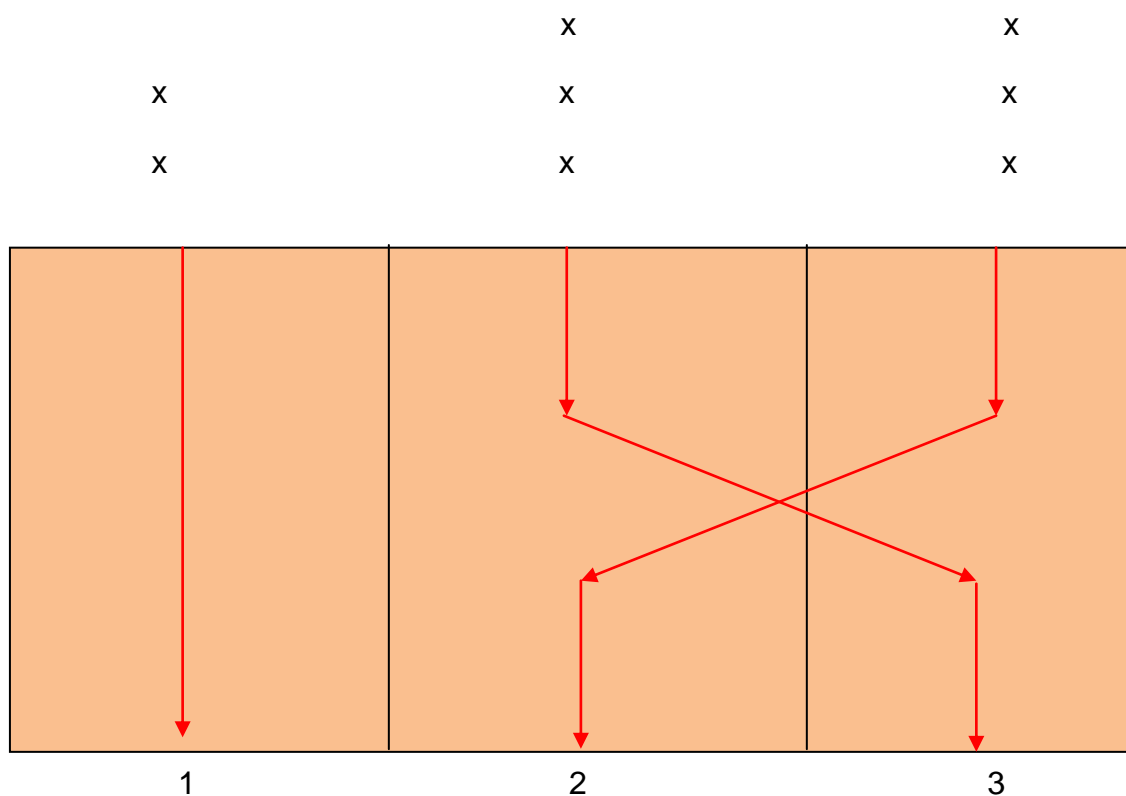
EXTENSION 2 - Same as above but place a cone 1 meter behind T2 and T1. Both T2 and T1 must run around the cone before receiving the pass. Work for 20 Passes

# DRILLS FOR THE WEEK

## AWARENESS OF SPACE – CHANNELS – COURT RESPONSIBILITY

Using chalk or cones, divide 1/3 of the court into 3 even channels. Line up girls X as shown in figure 1. Give each channel a number. One player from each group moves down the court in their own channel. The coach calls a channel number and the player in this channel must move quickly to another free channel. Forcing the player in that channel to move out to another free channel. As each player reaches the other end of the play area they line up again in the same channel ready to go.

**Coaching Tip** - This drill encourages players to take responsibility of their own part of the court and to clear out when a part of the court is congested. Players must concentrate once a ball is introduced.



**EXTENSION 1 –ADD A BALL** Continue as above, but now the players pass the ball from channel 1 to 2 to channel 3 as they move down.

**EXTENSION 2 – PASSING TO DIFFERENT CHANNELS** The coach now calls out channel numbers and the player with the ball must pass the ball to the player in that channel. Concentration is essential.