



Feeding the Circle



AIMS & OBJECTIVES:

- Receiving the ball on the circle edge and repositioning on the circle edge to feed the shooters.
- Shooters linking with the centre court by setting up triangles.
- Work in relation to shooter and other centre court.

ACTIVITY CONTENT (Including Progression)

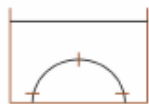
COACHING POINTS

PREPARATION

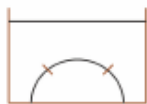
Introduction - The areas covered in this session are looking at shooting and centre court movements in relation to their partner and other players.

Circle Edge Theory

Players 'hit' the edge so there is no defender in the way.



Top and Sides



Ten To Two



On & Off



Triangles

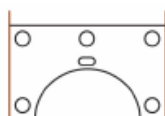
Players can position themselves on (and off) the edge to help shooters. Triangles are where the ball goes around rather than over the defender.



Corner to top or top to corner.



Look early for front hold

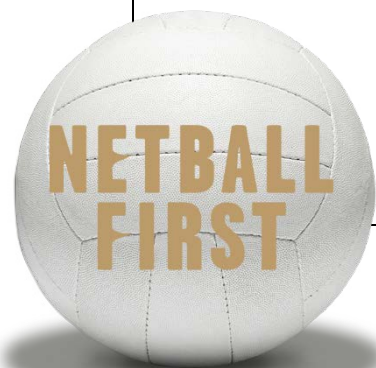


Key Spaces



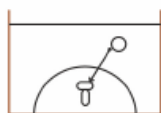
Work to side (held by shooter)

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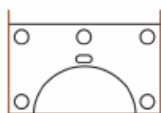




Corner to top or top to corner.



Look early for front hold



Key Spaces



Work to side (held by shooter)

Shooters Linking With Centre-Court



Hit Post: Shooters Offer Drives To Post & Away – Balancing the Circle.



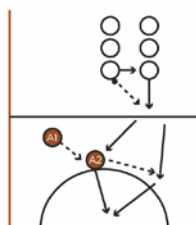
Set Up Triangles: Shooter Aware Of Offers Held On Edge. One Behind Or Slightly One Way, One Across.

- Prepare diagrams on a flip chart or white board to share visually with players.
- Circle edge feed: Players need to be able to release the ball with the hand furthest away from the defender.

PRACTICE AND PROGRESSION

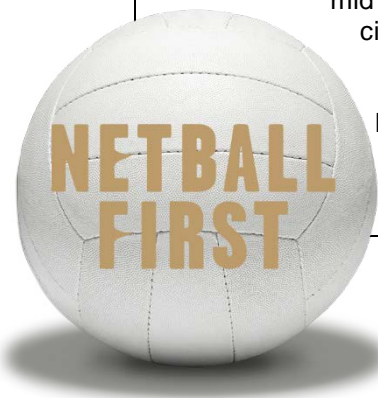
CORNER TO TOP/TOP TO CORNER

In two groups using half the court each. Two lines are formed in the middle third and two attackers are positioned in the goal third. The ball starts on line one and is passed to line two, the attacker does a give and go to receive it on the third line. A1 and A2 drive to the top and pocket, the feeder chooses to pass to one of them. The receiver turns and passes to the other mid court player and enters the circle to receive the ball back. Once received in the circle,



a long pass is delivered back to line one. A1 & S2 sprint to the back of the lines, the 2 players at the front of the line now welcome A1 and A2 and the practice restarts.

- Players need to be able to release the ball with hand furthest away from the defender.
- Land balance on the third line
- Turn fully to face forward when receiving the ball



PROGRESSION

Add one defender in the goal third

Add a second defender in the goal third

RESET BACK TO LINE AND MID COURT REPOSITION/WORK ON AND OFF THE CIRCLE

Same set up as above (see diagram below)

When attacker 3 passes into the goal third, the ball is passed back to the line to attacker 4. Attacker 1

and 2 reposition and re-offer. Attacker 4 chooses a player to pass to. A pass is then made between the 2 mid court players, finishing on the circle edge. Long pass back to line one and reset as above.

PROGRESSION

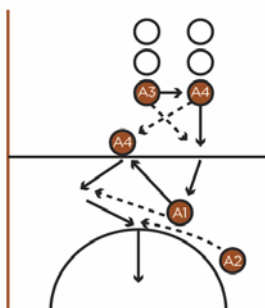
Add one defender in the goal third

Add a second defender in the mid third

WORK TO THE SAME SIDE AS THE SHOOTER/TRIANGLES

Same set up as above but with a shooter and defender in the circle.

When the ball is received in the goal third it needs to be passed back to the line or between the mid court players to work it to the same side that the shooter is holding.



PROGRESSIONS

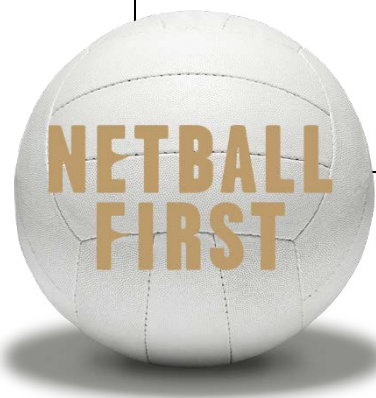
Goal attacks can enter the circle to be an option once they have done their job outside the circle

Two shooters starting in the circle with one defender – pass out and in using a triangle

Two shooters and two defence starting in the circle – use a shooter to shooter pass/ pass out and in using a triangle.

- Attacker 4 quick transition to overlap and be an option on the line
- Mid court players use short leads and sharp changes of direction to move off and on to the circle
- Arrive free on the circle, lose the defender in the space off the circle edge

- Strong hold with upright body, hip and shoulder across defender and wide base to protect space.



CONDITIONED GAME

HALF COURT

Six centre passes and swap teams over

Must feed the shooters from the circle edge

Goals only count when one of the shooters rebounds the shot (scored/missed) before it hits the floor. If defender rebounds they can play across to half way for a point.

Match Play - 3 or 4 x10mins

Give each team one shooting focus and one centre court focus and coach at the end.

- Hold front and using key spaces
- Hit post and corner, top and corner
- Hold side and top/sides
- One hold and one drive
- Balance the circle and on/off edge
- Two moving shooters and key spaces

Refer back to diagrams – flip chart, whiteboard or prepared cards.

Extra points for completion of triangles/reset to line/pass or swing between the mid court players

Allow team talks and reflections – drink breaks.

Coach to give feedback to extra player per team on the side line – then rotate them into match play.

- As above

