



Reverse Pivot



AIMS & OBJECTIVES:

- Deliver centre pass to appropriate person
- Receive centre pass using half roll
- Using a reverse pivot in match play

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

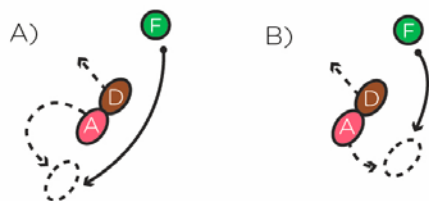
PRACTICE AND PROGRESSION

DEMONSTRATE AND EXPLAIN REVERSE PIVOT AND ROLL: WHERE TO USE THEM & WHY?

Players to set up and practise using Reverse Pivots and Roll's from:

- A. Standing static start x8 (Against a defender)
- B. Rolling start x8 (Against a defender)
- C. Randomly getting free – sprinting, changing direction, changing speed x8
- D. Small Invasion game – 2v2 or 3v3. Ball starts at one end of the third and goal is scored when played across opposite line

Coaches to move round and help small groups

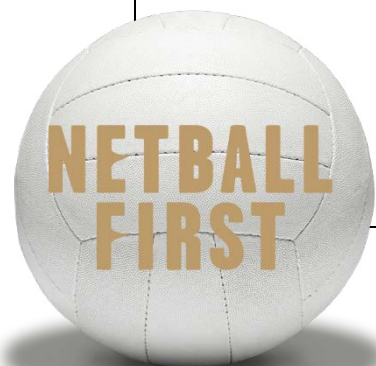


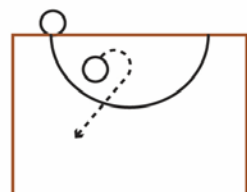
PROGRESSION

Vary the start position of the feeder (opposite on a diagonal/ forward) Identify with the players court context - attack, mid court, defence where rolls and reverse pivots can be used. Discuss and let them practice – eg backline, centre pass, getting free. Display flip chart, whiteboard. Play the ball to an area/shot and award a bonus point if skill is used.

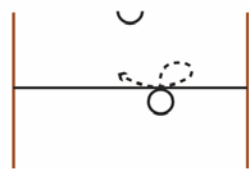
- Pivot making a quick turn with back to defender
- Sprint out in opposite direction
- Head round quickly to sight feeder
- Should be a quick fluid movement
- Read defensive cues – if the attacker is ahead, no need to roll back towards them

- As above
- Ball in front
- Sight ball/player





BACKLINE



C-PASS



GET FREE

CONDITIONED GAME

CENTRE PASS - 3X ATTACKERS/DEFENCE

Centre collects and steps into circle (if spare player can act as umpire and start play) Have 6 goes on each side – shadow defence.
Start position on/off line Attack/defend at 100% Ball will be turned over if a player who is heavily marked receives the ball when a better offer is available, especially at centre pass.

PROGRESSIONS

Add extra players to increase pressure (overload) e.g. extra mid court defenders to make getting free harder.
Players must use one roll/reverse pivot in each possession before a shot can be taken.
Extra points for good delivery at centre pass
Encourage defence with point for forcing wide.

