



Getting Free Using Roll or Reverse Pivot



AIMS & OBJECTIVES:

- Getting Free using Reverse Pivot /Roll.
- To keep focused on task and to link other areas worked onto this session.

ACTIVITY CONTENT (Including Progression)

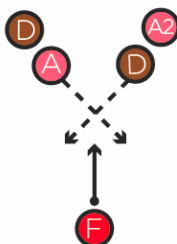
COACHING POINTS

PREPARATION

Common mistake is attacker dictating receipt of the ball. At a low level of play they decide where they want the ball, whereas at a higher level the ball carrier decides where the pass goes.

Whilst getting free the attacker may be running into a trap, the ball carrier therefore has to recognise this and make the appropriate decision as to who to pass to, where and when.

Attacker 1 thinks she is free as defender is behind her, but she is actually being run into by defender 2.



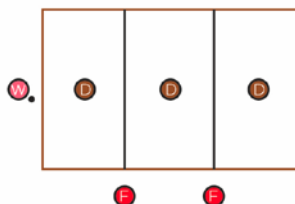
PRACTICE AND PROGRESSION

GETTING FREE IN A SMALL AREA - RUN THE GAUNTLET

Attacker passes to feeders (no specified order) and travels through the boxes.

PROGRESSION

- Feeders are static
- Minimum 1 catch in each box
- As many/few catches as you like
- Must use at least roll or reverse pivot
- Defenders build work rate from 50% - 70% - 100%
- Defenders can fly out of their box to take intercept in another.



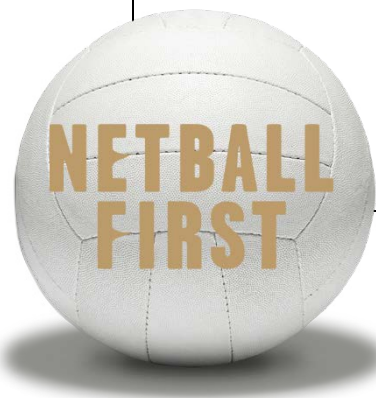
How does it feel when you beat the defender?

- Quick sharp changes of direction
- Positive drives to commit the defender
- Flat passing and around the defender
- Vary the release points

Defenders to work out how they are going to defend.

Encourage them to work out ways to win the ball, (although not main focus though of this session)

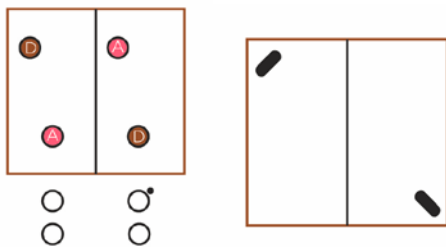
- As above.
- Ensure defenders are angled and can watch each other. Link to peripheral vision.



GETTING FREE WITH ANOTHER AND USING VARIETY

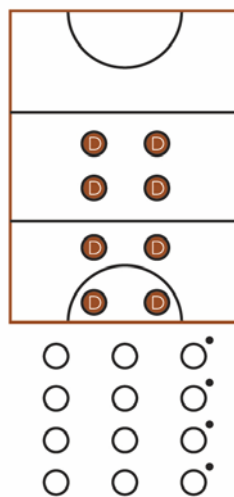
2 x attackers allowed in either box at any one time.
 2 x defenders limited to one box each, but can fly out of their box to intercept.
 2 x feeders.
 Ensure you rotate positions.

Attackers to work for 6 balls in the boxes
 Catch and pass to the other attacker x 6
 Each person to complete at least 3 sets of 6

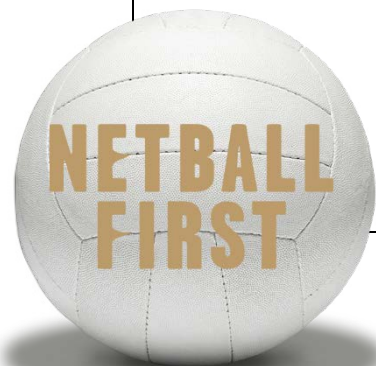


PROGRESSION

Attacking players in 3's working through court
 getting free vs. zone defence
 Each team to get six turns each of bringing the
 ball through the court
 Pass to one player in the circle who must
 shoot and score to secure a point



- Balance the space
- Create and use space (find the gaps)
- Offer and reoffer
- Turn fully and look down the court



- Minimum 3 passes per third
- Reduce 3 second rule to 2 seconds, 1 second (quick release)
- Reduce space to make it harder
- Defenders to mark space rather than a player
- Increase number of defenders per third
- Players to make up their own restrictions
- Defenders to work out their own way to disrupt attacking players.

CONDITIONED GAME

- Must be totally free on receipt of the ball
- Free at the right time – when the ball carrier is ready to pass
- Must use one roll/reverse pivot before shooter can shoot
- Feeder must place the ball into space and dictate the play of the attacker, (lead the player into space).

Check and challenge previous learning (ball placement, roll, reverse pivot, timing).

