



Getting Free and Reading Defensive Cues



AIMS & OBJECTIVES:

- Getting free & reading defensive cues
- Ensuring quality of passing into space.
- Maintaining intensity levels.

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PREPARATION

When doing any work on pressure, intensity and mental toughness, make sure that you have a few challenges (fun/distracting) ready to throw in. These will help to release any tension or offer a diversion from the task. Always review effectively making sure they get a positive message out of tough situations.

It is about learning and moving forward

Frustration and tiredness is normal until they control their thinking/emotions and improve their fitness.

GETTING FREE

Often players get into situations where they can catch a ball with a defender on their shoulder. This is not being free!

Free is being able to catch the ball approx. 2m clear of any defender.



Passing into space: this links to the above. The ball carrier has to choose where to pass and place the ball into the right area. Often directing the catcher into the appropriate space. The ball carrier has the eyes!



PRACTICE AND PROGRESSION

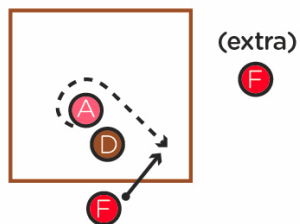
Set up task without any coaching points

1 Attacker, 1 Defender, 1 Feeder

Attacker to get free for 8-10 passes, (use an extra feeder if more than 4 in a group).

Recap ways of getting free with a group discussion. Change of direction; sprint, reverse pivot, roll etc.

Repeat practice ensuring using different ways of getting free.



3 V 3 BOX GAME

Normal netball rules apply

Feeders to self-feed or play the ball off the wall (this will help with timing).

Team scores every time they make 6 receipts of the ball – then handover the ball to opposite team.

One pair in each box and one in the middle area.

Defenders can come out of the box to take interception.

Each passage of six passes must include all players and rotate a pair after each score.

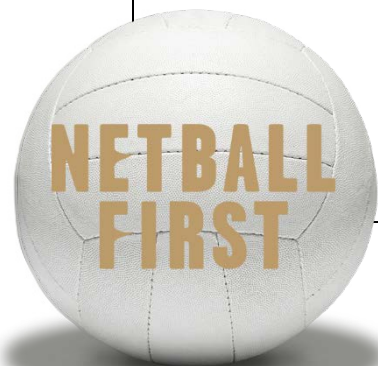
Groups are off set.

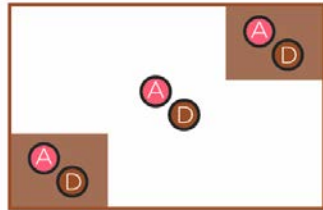
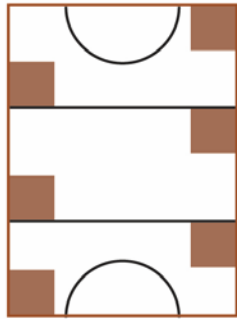
Recap ways for getting free – group discussion

- Change direction, sprint
- Change of pace, reverse pivot
- roll

Any to add to the list?

- Fast feet
- Head up
- Turning hips/shoulders fully to face direction going in
- Narrow base
- No lunging
- Can players catch the ball whilst driving into another box?
- How is this achieved?
- (Use of forward and backward movements)





PROGRESSION: 3 V 3 GAME

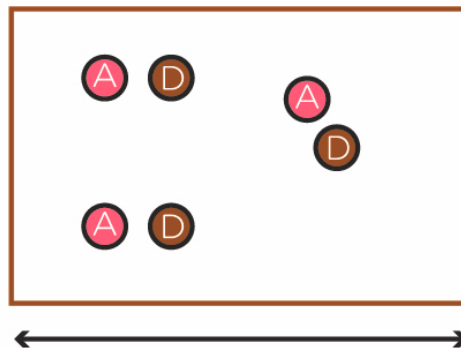
Ball has to go across the third from one end to the other and back again to score.

Defenders can mark however they want.

Work intensely for 3 minutes, rest for 30 seconds/ 1 minute

Repeat - complete 3 or 4 games.

- If you receive the ball within 2 feet of defender = lose possession
- No 3 Seconds

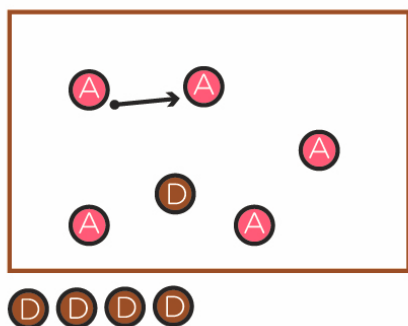


- Attackers and feeders to recognise when a player is free of defender
- Use of strong dominant drives to lose your defender



PROGRESSION: SPACE INVADERS

- 1 Defender starts in the box
- Attackers complete 6 passes before another defender enters the box
- Repeat until all defenders are active.
- Each team has three lives then swap attackers and defenders



PROGRESSION: UP & BACK

3 v 2 per third/ 3 v 3 per third

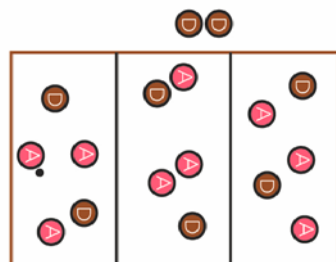
- Add 2 extra random defenders who can go anywhere

Ball has to travel from one end of the court to the other and back

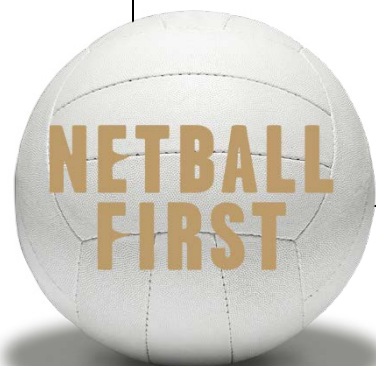
Minimum 3 passes per third

Time restricted or 5 goes per team

How quick can you get the ball through the court? (Remove the 3 passes in each third rule).



- No static catches
- Everyone moving at all times
- Timing of your move
- Create space for each other
- Use of forward, lateral and diagonal options



CONDITIONED GAME

Teams to review session and what they are going to use in the match.

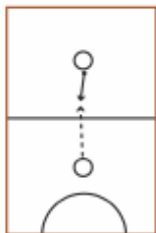
CONDITIONS OF THE GAME

Give a different one to each team:

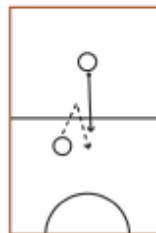
- Players must be totally free when receiving the ball
- Players may only catch the ball moving forward (towards the ball) (a).
- Players may only catch the ball moving towards the post (b).
- No flat runs to the side-line (c).
- All passes must be into space i.e. not at the player.

- If an attacking condition is broken the ball is given to the opposition as a free pass.
- Defending successes are rewarded with points
- Use conditions on their own or appropriate combination

(a)



(b)



(c)

