



Getting Free for Backlines and Sidelines



AIMS & OBJECTIVES:

Attacking through court (sideline passes and backlines).

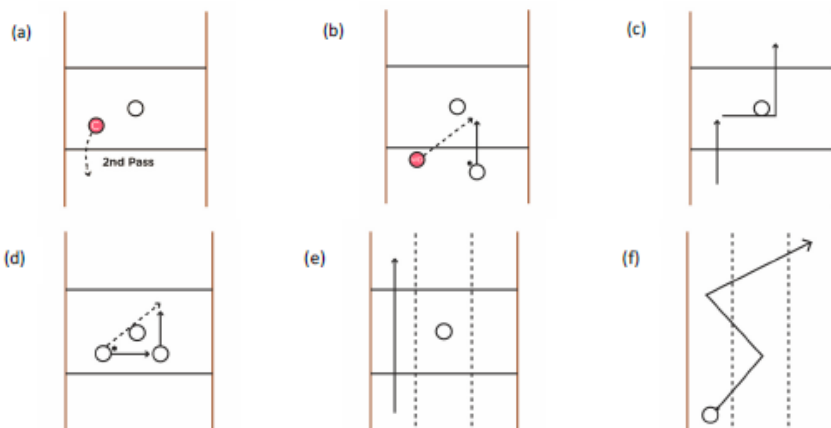
ACTIVITY CONTENT (Including Progression)

COACHING POINTS

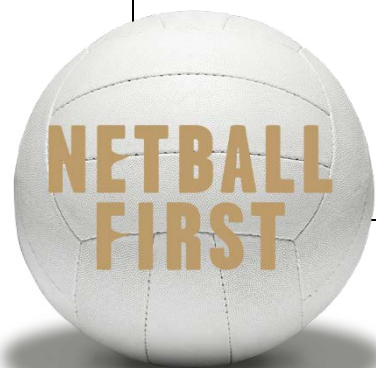
PREPARATION

TOP TIPS: SIDELINE AND BACK LINE THROW-INS THROUGH COURT CONDITIONS

1. C must receive 2nd pass out from a backline (a).
2. WD to receive 1st ball in the middle third (b).
3. One lateral ball in the middle third (c).
4. One 1-2 through the court (d).
5. Ball must travel in the same channel through court (e).
6. Ball cannot be passed in the same channel (f).



- Try to have someone ball side/force away from the person with the ball
- Player taking the throw in, chooses when to step up to the line. Is your team ready?
- Step up to the line and remain balanced. Attackers try to be free when the player steps up to the line, this is not the signal to start getting free.



PRACTICE AND PROGRESSION

Side and back line throw-ins (refer to diagrams above).

Each team to come up with

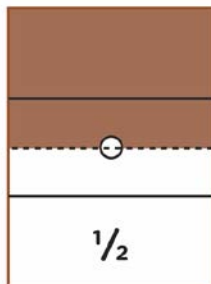
2 x attacking backlines

2 x defence backlines

2 x side lines

Two groups of 10 (split into 5 x attack and 5 x defence).

Each team to have $\frac{1}{2}$ court.



- Coaching points as above.

CONDITIONED GAME

No centre passes only back lines /side lines

Penalties and free passes go to the side/backlines

Athletes/teams looking to apply the backline and side-line strategies as discussed

Bonus points given if strategies used and completed well.

Can you spot any patterns of play that the opposition are using?

THROUGH COURT CONDITIONS

1 C must receive 2nd pass out of backline (a)

2 WD to receive 1st ball in the middle third (b)

3 One lateral ball in the middle third (c)

4 One 1-2 through the court (d)

5 Ball must travel in the same channel through court (e)

6 Ball cannot be passed in the same channel (f)

FULL COURT GAME Coach to blow whistle randomly and team in possession to become the defending team. Attacking team to set up for back line or free pass.

- Maintain intensity levels during match play.

