



# Turning & Passing Release Points





### AIMS & OBJECTIVES:

Develop mental toughness and Turning equally well on both sides and in both directions (in and out). Improve passing accuracy and release points.

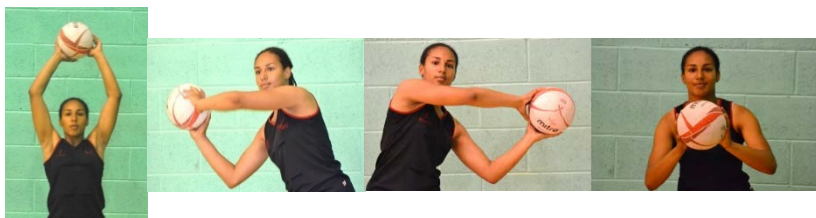
### ACTIVITY CONTENT (Including Progression)

### COACHING POINTS

#### PREPARATION AND WARM-UP

#### INTRODUCTION

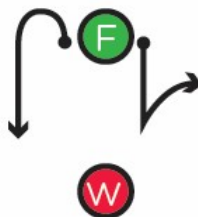
- Review catch release points; overhead, shoulder, chest. Question first to check learning. Ask them to draw or demonstrate to group.



#### PRACTICE AND PROGRESSION

#### IN PAIRS: SINGLE ANYWHERE'S

The feeder passes the ball into space forcing the worker to move their feet onto the ball to retrieve it. As the worker passes the ball back, the feeder passes a 2<sup>nd</sup> ball into space. Vary height and position of passes. Aim to catch the ball before it hits the floor, or maximum of one bounce.

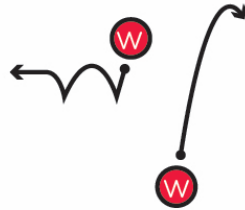


- Narrow base & weight over feet; no lunging
- Quick feet
- Two hands for secure catching
- Catch release
- Deliver accurate pass back



### IN PAIRS: DOUBLE ANYWHERE'S

Each player is a worker. Each has a ball and releases anywhere for the other to retrieve at the same time. This can be a competition. A player is 'out' if their ball drops onto the floor first.



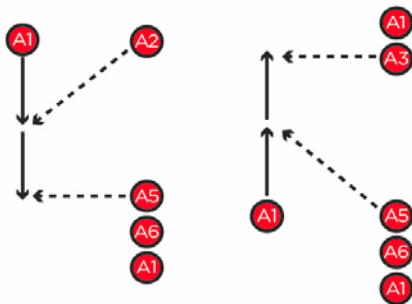
- Step into pass
- Opposite foot forward
- Drive through hips to generate power
- Follow through straight to minimise spin

### LONG RANGE PASSING

Pairs stand on opposite side-lines and complete 20 flat shoulder passes on the left and right side.

### TURNING IN AND OUT

In groups of six or more. A1 starts with ball; A2 drives into forward position takes ball and passes to A4, who has moved into forward position from opposite line. A1 returns to 2<sup>nd</sup> place in line (behind A3). Repeat from other end A4-A5-A3. A4 goes to 2<sup>nd</sup> in line. Continue.



- Timing
- Turn head, shoulder and hips quickly & fully
- Bend knees and hips on landing with weight over feet so they receive in a balanced position



### TURNING AND PASSING TO A MOVING PLAYER

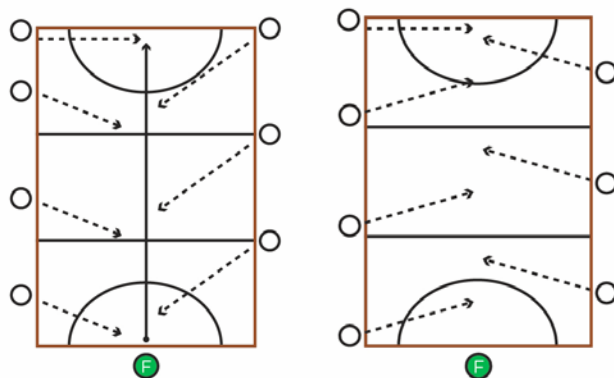
Players spread out evenly on the markers. The ball starts on the baseline and the closest attacker drives towards the ball carrier into the middle of the court covering half a third. Player receives the ball and turns to pass to the next one in order. After passing the player sprints to the marker on the other side of the court. When the ball reaches the opposite baseline, the receiver turns fully to initiate continuous play in the opposite direction.

#### PROGRESSION 1

Same as above but the players are moving away from the ball carrier.

#### PROGRESSION 2

Add defence in certain areas or onto specific players, or introduce 1 second release.

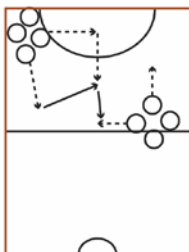


- Single lead on a sharp 45 degree angle
- Catch securely with 2 hands
- Catch release
- Pass off 1 hand – the hand behind the ball even if non dominant side
- Timing of offer
- Land on outside foot



### PASSING TO A MOVING LAYER AROUND A DEFENDER – SPLIT LEAD PRACTICE

Split into two groups using half the court each. The front two attackers split and drive out from the line. The ball can be passed to either attacker. The other attacker should re-offer gaining ground. The second attacker then chooses to pass to either attacker who is repeating the same on the opposite line coming towards them. Once the ball is delivered, the attacker moves quickly to provide Stage 2 Defence on the attacker who they opted to pass to. After Stage 2 Defence, the player re- joins the nearest line.



- Timing of offer.
- Strong angled runs.
- Sharp, quick change of direction to re-offer.
- Deliver long pass using shoulder pass into space.
- Step or fake to pass around the defender.

### PROGRESSION

Both attackers defend after having received the ball. They defend for one pass and re-join nearest line. Both attackers defend after having received the ball. They defend for both passes and re-join nearest line

### CONDITIONED GAME

#### 7V7

The attacking players spread out through the court. The ball is played from a backline to a goal and then restarts at the backline. (Have a bag of balls at the start and an empty bag or spare players to collect balls at the end). The defence are stood off court. When a shot is taken, one defender sprints on court. The defence drip feed in till it is 7v7. Keep score of how many backlines were taken to a shot successfully. Teams swap over after 5 minutes.

- Choose appropriate pass for distance
- Step around the defender to pass

### Working with others

As well as allowing players to decide who they work with, be sure to mix them up as well. They could go to school together, play at club and Academy with the same players regularly. Learning to work with others and being adaptable are valuable skills. Group by: Height/size, Ability (mixed or the same), Positions/court areas, Personalities (loud/quiet), Friends/buddies, Fitness level (same/mixed), New players with established players

