



# Receipt of a Centre Pass





### AIMS & OBJECTIVES:

- Getting free and reading off each other at centre pass to ensure availability on the first and second phase.
- Receipt of centre pass and using the 'Give and Go' at the appropriate time.

### ACTIVITY CONTENT (Including Progression)

### COACHING POINTS

#### PREPARATION AND WARM-UP

#### INTRODUCTION:

Today we will be looking at the role of the attackers on a centre pass. The centre ideally has to penetrate the goal third after releasing the ball. This allows GD or WD to back up with the lateral option. The centre can then move into the attacking third and overload the defence, or create a good position enabling her to see options of where to go.

#### PRACTICE AND PROGRESSION

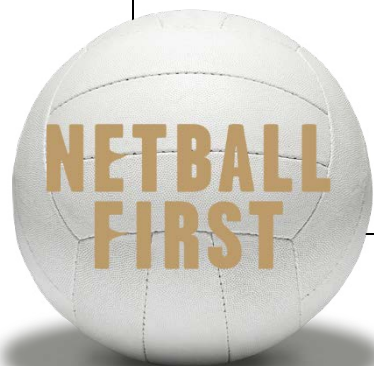
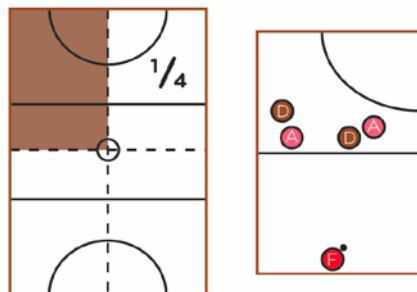
#### READING OFF EACH OTHER AT CENTRE PASS:

Two attackers, two defence, one feeder. Attackers to get free as a pair in 3 seconds. Feeder starts with their back to attackers. When she catches and turns – attackers must be free. Players to find three or more ways to get free. Encourage them to work together and let them explore patterns of play.

After each player has had at least one practice at attacking, ask questions to draw out which methods they used. Each attacker should then repeat the practice until they have effectively used:

- Role/reverse pivot
- Change of direction
- Change of pace
- Front/Back cut

- Attacker closest to ball moves first
- Read off the attacker in front to balance space
- See the ball – head up and angle body.
- Read defensive cues to select best methods of getting free
- Ball side in attack



### PROGRESSION:

Time limit of 20 seconds to receive 'x' number of passes (will vary depending on the strength of the player). Explain transfer to centre pass. Players to apply previous methods of getting free as a pair to centre pass situation. Stipulate start positions; on the line, both off, sides (wide), 1 on 1 off, stacked.

- Development of tactical play

### 2ND PHASE CENTRE PASS:

Where does the ball need to go after the first catch? Practice getting free as a pair at centre pass as before), but now look at where and who are the best options for second catch.

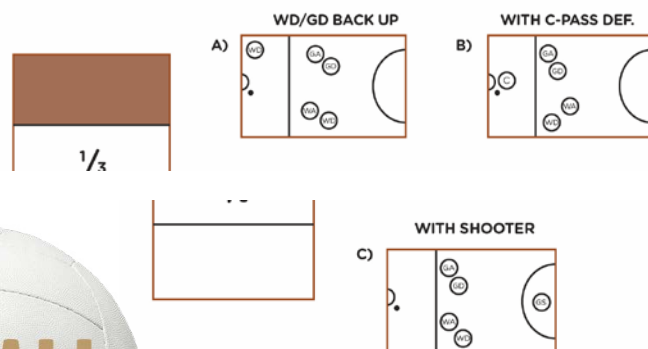
Feeder to step into circle, attacker to be free when she is ready to pass on the whistle! Not starting to get free. Ball to get over backline or to shooter to finish. Set up task and give options of where defence can go:

- Forward on 2nd phase
- Top of circle on 2nd phase
- If the ball goes lateral, state that it must be a 1-2 on 2nd phase

Questions to help players review:

- How early can you anticipate going for 2nd ball?
- What happens if you do not commit to the defence?

- Get free before crossing the line
- Cut off the defender/ play off the defender
- Quick transition to 2nd phase
- Play towards goal – penetrate space on 2nd phase



### PENETRATION AND ATTACKING WITH OTHERS:

Set up three boxes (using spots) with a defender in each.  
Two attackers allowed in and out of boxes (2v1)  
defence can come out to intercept.

### ADAPTATIONS

Two catches per box.

One catch per box.

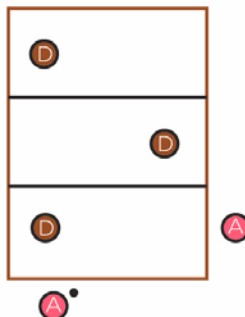
Only one attacker allowed in a box at any time.

### PROGRESSIONS:

Make the boxes smaller to make it harder for attack

Make the areas bigger to make it harder for defence

Put the boxes in the context of the court –  
areas relevant to positions



- Attacker to come away from the line of the defender - completely free so a flat pass can be given
- Strong angles at speed

## CONDITIONED GAME

### TIMING OF CENTRE PASS:

Half court

Be free at the right time; get free as a pair, Lateral pass – equals 1-2.

Complete 8 passes then change positions.

Must have two 1 – 2's before shoot.

Shot must be taken when ball is received in the circle.

- Stipulate players must be getting free before the whistle.

