

Movement in and Around the Circle



AIMS & OBJECTIVES:

- Mid court players move on/off circle edge to reposition and gain good feeding positions.
- Shooters use sharp moves out and back to post to gain good shooting positions.

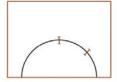
ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PRACTICE AND PROGRESSION

WORKING WITH OTHERS ON/OFF CIRCLE EDGE:

These are two positions that mid court use to control the circle edge and offer effectively in a game. As a rough rule, when the ball is in motion one mid court should be on the edge, the other off. When the shooters have the ball in the circle they need a





good strong hold and offers on the edge. There are some key areas that are useful when moving off the edge; top, corners and pockets.

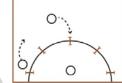
MOVEMENT ON/OFF CIRCLE EDGE

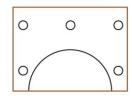
One post in circle, acting as a coach. Two players moving on and off the circle edge at speed.

Balancing top and sides and ten and two.

Move the ball fast. Perform 6 catches then rest for 30 seconds. Carry out 5 times. Two players on side line ready to rotate in.

- Narrow base working on balls of feet
- Positive drives on/off
- Land quietly and balanced

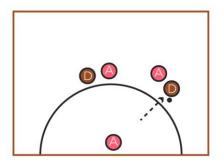


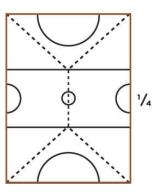




PROGRESSION

Same as above but with 2 x attack and defence, 1 x shooter.





SHARP MOVES OUT AND BACK TO POST

One player (shooter) walking, running and changing direction in the circle to practice how she might move in a game.

Work for one minute showing variety in movements (e.g. rolls). Trying to cut back to post. Have two goes each.

Add the ball to be fed on post drives.

Shooters get one shot then go again. Have two goes each. After each shot ensure the player rebounds before the ball hits the floor (even if the goal is scored they must practice following shot to rebound)

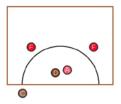
Spare feeder behind post coaching and keeping a score.

- Use a variety of moves to get free before driving to circle edge.
- Head up making sure you can always see the ball.
- Quick feet.
- Keep moving feet onto the ball.
- Do not receive when static.
- Sharp, dynamic changes of direction.



CONDITIONED GAME

2 Feeders, 1 Attack, 1 Defence and 1 Coach/score keeper Shooter working to get free in the circle. Six catches in and around the circle before a shot must be taken - mid court feeders moving on/off circle edge. Shooters and defence to challenge for rebound before the ball hits the floor (even if a goal is scored).



PROGRESSION

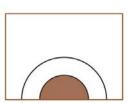
Change coach/scorer to mid court defence.

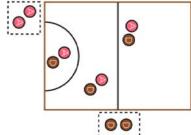
Shooters

- Turn fully to post
- Balance when shooting
- Turn Left/Right
- Timing
- Read the movements of attackers in front
- Balance the space
- Aim for 'clean' shots i.e. do not hit the ring.

ONE VS. ONE IN CIRCLE - FEEDERS MOVING ON EDGE

Six players working and four ready to rotate on quickly, mid court and Shooter/defence groups. Ball starts at half way and is brought through the court. Shooter trying to receive ball in inner circle (see left). They can feed early or mid-court can work the ball to the circle edge. Shooter to use variety in getting free (baseline drives, changes of direction Etc.) but must complete one or more cut out and back to post before taking a shot.







POINTS AVAILABLE:

- Two points for a goal that does not touch the ring.
- One point for a goal that touches the ring.
- If attack rebound a missed shot one more shot at goal.

 If defence rebound the shot and deliver an accurate pass to a midcourt player they are awarded a point.

PROGRESSION

Half court starting from random positions as well as centre pass.

