



Circle Entry



AIMS & OBJECTIVES:

- Catching the ball in the inner circle
- Use vision when entering the circle

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PREPARATION

INTRODUCTION

This session is looking at shooters entering the circle and the positions they take their shots from.

Remember to always think about things from both sides e.g. - the opposite of what we are doing is relevant to defenders. Tell them you will collect stats on shooting throughout the session.

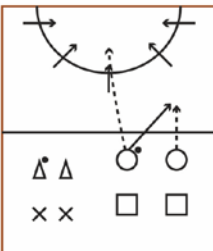
PRACTICE AND PROGRESSION

CIRCLE ENTRY RUNS

Four pairs waiting at half way line. Pairs take it in turns to bring the ball down. One person enters the circle, other works as mid court support.

Which group work best?

- Add 2 defenders 1 out and 1 in circle
- Add shooter in the circle for attackers to react to
- Two pairs work at a time. offset space/timing



If the entry is in the same place every time, place spots on the floor in the pockets so they also practice wide entry. This is the longer route, so players may not like entering here. However, if the other shooter is moving to the top of the circle, the entry will need to be wide.

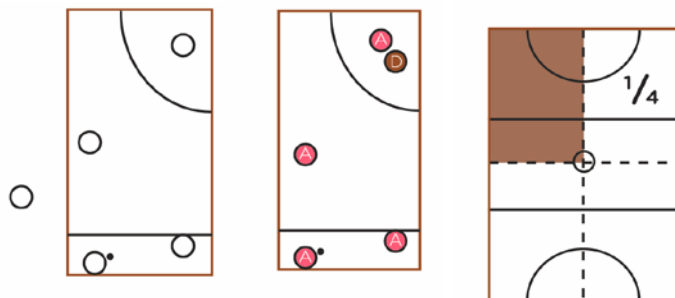
- Attackers feed the ball into space
- Strong dominant movement when entering the circle
- Head up = eyes up to see early options
- Back up movement – good angles on/off and around the circle
- head up , Eyes scanning to
 - Read visual cues
 - Select appropriate option
 - See defender
- Dominant movement – drive, roll, change of direction when entering the circle.
- Communication between



GROUP DISCUSSION: EITHER ONE BIG GROUP OR 2 GROUPS OF 10

When does the shooter enter the top? Diagonally? Baseline/corners?
(Positions of shooter, centre court & ball).

When should the shooter stay out? What informs these decisions?

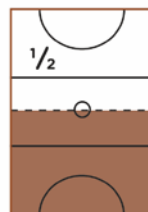


CIRCLE ENTRY REACTING TO OTHERS

2 groups of 10 OR 4 groups of 5

Ball starts at half way line. Players attack and bring the ball through to post, GA to enter circle before a shot can be taken.

If using two mid court players, ensure the GA does not run through the path of the ball preventing them passing between them.



HALF COURT MATCH – SAME RULES AS ABOVE

10 centre passes or 10 random start points.

1 point if a goal if a goal is scored, 1 point if defence work ball to half way line.

Shooters must shoot where they catch in the circle.



CONDITIONED GAME

MATCH PLAY: CHOOSE CONDITIONS AS APPROPRIATE

- Shooters can only shoot from the inner circle. Teams to work out how to get the ball into a good position (do not have to shoot on first catch, can work around the circle).
- Shooters only enter the circle at the top or baseline
- There must be two triangles before a shot is taken.
- Must use a 'shooter to shooter pass' before a shot is taken.
- Have to shoot from inner circle and on first catch. Turnover to other team if caught in wrong position
- Only one shooter in the circle at a time.

Finish on fun game: - 21s, killer etc.

- As above
- Shooters aim to receive the ball in the same half of the circle that the feeder is on (near side)

