

Attacking Skills

When teaching attacking skills, the components that are involved are:

Initial Stance

- Feet shoulder-width apart
- Body upright
- Knees slightly flexed and out over the toes

Footwork

- Acceleration
- Take off step/foot
- Pivot/rotation – outside and inside

Vision

- Seeing own team's leads as well as seeing opposition moves/positioning

Ball Handling

- Catching, throwing and ball placement

Timing

- Timing of any movement, throwing or leading is crucial to establishing patterns of play
- When to lead and when to throw

Leading

- The type of lead, including starting position, where to lead and the speed of the lead
- What the next move will be if the first lead fails

Space Awareness

- Before moving, the attacking player must take into consideration:
 - Using available space – where to lead
 - Space limitations that may require a preliminary movement to create space
 - Using clearing leads to create space for teammates
 - Position of teammates and their likely movements
 - Position of defenders

The attacker must:

- Concentrate on the play as the ball is being brought down the court and anticipate the ball's movement
- Move to the free space
- Common errors include getting to the space to take the lead too soon or delaying the lead too long so that the thrower holds the ball more than three seconds

The thrower must:

- Concentrate on the movements, speed and capabilities of the attacker (and their defender)
- Pass the ball so that it reaches the right spot at the right time
- Common errors include passing the ball too early or delaying the pass allowing the defending player to intercept the ball

STRAIGHT LEAD

TEACHING POINTS

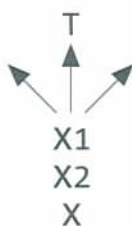
- Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle to the free side
- When the lead is to the right, take off with the right leg and vice versa
- Emphasis should be on strong first three to four steps with shoulders in direction of lead
- When leading to the right, land on the right foot and pivot to the right
- When leading to the left, land on the left foot and pivot to the left
- Strong arms to accelerate
- Maintain lead onto ball

COMMON ERRORS

- Leading too soon
- Step back before driving forward or taking off with the incorrect leg.
- Run with body 'flat' to ball
- Arms swing across body or not at all
- Lead is to the side but not towards the ball
- Slowing down before the pass is taken
- Landing on the inside leg

CHANGE IT

- X1 passes to T then makes a straight lead left or right (at a 45-degree angle) or forward
- Receive a pass from T, pivot and pass to X2
- Return to end of line



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Straight Lead Lines

- Six players form a line, three metres apart
- X1 starts with ball, throws to self (for timing), X2 makes a straight lead forward to receive pass, pivot and pass to X3 on lead
- Work ball up and down court
- Change straight lead to left or right
- Repeat other side, then give players choice of which lead they perform



Variation:

- Use preliminary moves before leading, e.g. dodge

CHANGE IT

- Add defence to every second attacker
- Increase number of defenders until all attackers are defended

SINGLE DODGE

All movements when dodging should be quick and decisive. Good balance, footwork and quick decision making help to execute this skill.

TEACHING POINTS

- Eyes on thrower
- Body upright, feet shoulder-width apart, slightly bent knees and hips
- Move a few steps away from the intended catching position
- Place outside foot strongly on ground and push off in the desired direction, turning hips to face towards direction of travel
- Use arms to accelerate and extend to receive ball

COMMON ERRORS

- Feet too far apart
- No weight transfer onto the outside foot
- Push off on the inside foot
- Dodge not a definite movement – just a sway
- Movement too slow, allowing the defender to hold the attacker's position
- Moving head and losing sight of the thrower
- Eyes and head looking down
- Arms beside body and not used to increase power

CHANGE IT

- X1 passes to T then makes single dodge left then right (or vice versa), receives pass from T, pivots and passes to X2
- Return to end of line



- A cone may be used initially to ensure first move is definite

Dodge

- Work in groups of three
- Player with ball stands in front of other two who take role of an attacker and defender
- T throws ball to self (for timing), then passes to attacker (A) who uses a dodge to free themselves from the defender



CHANGE IT

- Eight players divided into two teams
- Playing area should be divided into four with a player from each team in each square
- Team in possession of ball passes to any of their teammates in other squares, trying to avoid an interception
- Players must remain in own square and should use dodges to get free from defender
- If a defender intercepts or tips ball they become attacking team



- It is easier for As if area is bigger and easier for Ds if area is reduced

Can make it competitive:

- Most number of consecutive passes
- Longest time to retain possession

CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

Being able to change direction quickly will assist the player to create space for themselves or teammates. The initial move must be convincing enough to elicit a response from the defender.

TEACHING POINTS

- Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle, shoulders should be in direction of movement
- Emphasis should be on strong first three to four steps
- Push off strongly on outside foot and use inside foot as take-off foot to move into a new space
- Emphasis again on strong first steps when moving to the new space

COMMON ERRORS

- Leading too soon
- Shoulders not turned in direction of lead
- Push off on the inside foot
- Movement onto second move not definite
- Not changing direction into a free space
- Arms beside body and not used to increase power
- Eyes and head looking down

CHANGE IT

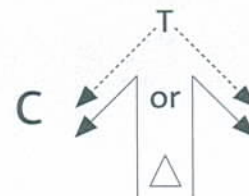
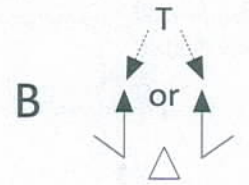
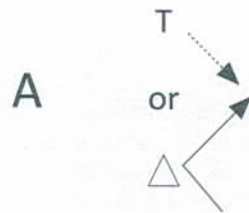
- Players drive through cones focusing on a strong change of direction



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Change of Direction

- Drive to cone, change direction, receive pass
- Complete a variety of movements and ensure type of pass selected is appropriate



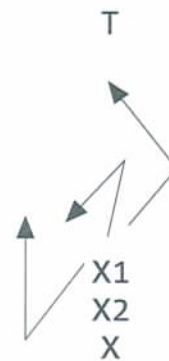
Variation:

- Add second cone to indicate to players which direction to lead. A should lead in front of second cone to receive ball. B should lead beside the second cone, C should lead outside the second cone

CHANGE IT

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- X1 makes an initial lead, changes direction and makes a second lead to receive a pass
- Complete variety of movements and receive variety of passes See diagram for examples



Variation:

- Add defence
- Could use Shuttle Ball from two foot land and pivot, but add change of direction before player receives pass