

OTHER DRILLS

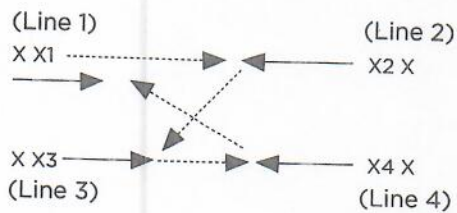
Remember that each of these drills can be made easier or more challenging using the CHANGE IT principle.

Z DRILL

(ALSO CALLED BOW TIE DRILL)

Can be used to practise the following skills: Chest, shoulder, lob or bounce pass, catch, take off.

- Players form four lines, two lines facing each other
- X1 passes to X2 and joins the end of line 2, X2 passes to X3 and joins the end of line 1, X3 passes to X4 and joins the end of line 4, X4 passes to X1 and joins the end of line 3.



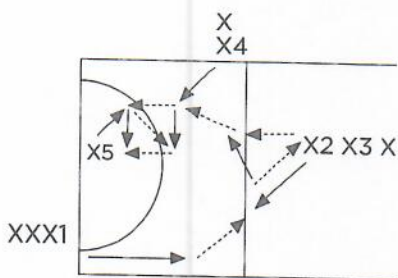
Variations:

- Type of pass e.g. straight is a lob, diagonal is a chest pass
- Distance of pass

100 POINT DRILL

Can be used to practise the following skills: Chest, shoulder, lob, bounce pass, fake, catch, straight lead, double play and shooting.

- Players stand in equal lines at each point indicated
- X1 receives lob from X5, passes to X2 who looks and fakes down court and then double plays the ball to X3, X2 passes to X4 on the drive to the top of the circle, X4 passes to X5 who double plays back to X4, X5 shoots after receiving the ball the second time or passes a lob to X1
- Each person moves to next line after playing ball, X4 becomes worker in goal circle
- This type of drill can be repeated using many variations



REBOUNDING

TEACHING POINTS	COMMON ERRORS
<p>Shooters</p> <ul style="list-style-type: none"> • Watch the flight of the shot and judge its likely rebound direction • Follow through shot and move quickly around defender to drive strongly to post • Strong movement towards ball and good position to gather tips from aerial contests • Other shooter tries to position on goal post side of defender (but not directly under post), so they are ready for a pass or catch the rebound <p>Defenders</p> <ul style="list-style-type: none"> • The defender on the shot should recover quickly, turn and deny the space of the shooter to contest a rebound with a wide balanced base. • Defender of non-shooter tries to position on the side of the shooter facing the baseline (not directly under the post) so that they can use either hand to prevent an easy shooter to shooter pass or contest a rebound. • If shot hits the ring and bounces back towards the shooter it is normally rebounded by the defender over the shot, if shot bounces over the ring it is normally rebounded by other defender. • Take the ball early in front of the head with extended arms to prevent a contest from the shooter behind. Pull ball in. • If rebound is going out of court, defender should protect space and let ball bounce out. If there is a possibility that the attacker may be able to rebound, it is better to tip the ball out of court. 	<ul style="list-style-type: none"> • Not completing the follow through on the shot before moving for the rebound • Slow movement into rebounding position after the shot • Contacting the defender by not moving around the opponent • Non-shooter positioning too close to goal post <ul style="list-style-type: none"> • Not turning and denying space effectively after the shot is taken to contest a rebound therefore letting the shooter move around the defender easily • Slow movement into rebounding position • Contacting the shooter on the turn to deny space when contesting for a rebound • Not covering the shooter to shooter pass • Rebounder on the non-shooter positioning too close to goal post • Not snatching the ball into the body • Not communicating with the other defender and spoiling each other • Thinking the ball is going to bounce out of court

1. Explanation and Demonstration

2. Basic Movement / No Equipment

Stand facing partner, jump as high as possible, "high five" with both hands with partner.

Wall jumps; standing side on to a wall, swing arms and jump as high as possible to touch wall. Repeat 10x each side, try to beat previous height.

3. Basic movement with equipment

Work with a partner. Defender to recover from defence of shot, step across body and turn to deny space to contest a rebound, work to keep partner behind. Shooter pretends to shoot then try to move around defender.

4. Add a ball.

Thrower (T) out-side the circle to pass the ball to the goaler on the move within the circle, defender to contest the first ball; if unsuccessful they defend the shot (using a variety of techniques) and turn to deny space to contest a rebound. If they are successful at the first intercept or if they rebound the ball, pass an outlet pass to T leading in transition.

5. Add an opponent

Goalter 1, from outside the circle, passes the ball in to goaler 2 (who takes a shot).

Goalter 1 works to enter the circle to get a quick pass or a good rebound position.

Defender 2 defends the shot and turns to deny space to contest a rebound.

Defender 1 defends to deny a goaler to goaler pass and works to set a good rebound position.

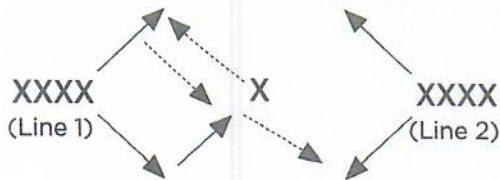
Once the ball is rebounded by a:

- goaler; a second shot is taken
- defender; an outlet pass is given to the other defender who is leading out of the ring in transition.

SPLIT AND REOFFER

Can be used to practise the following skills: chest or shoulder pass, catch, take off, timing, split and reoffer.

- Players form two lines facing each other
- Ball starts in middle but drill becomes continuous after first pass
- First two players in line (Line 1) split lead and reoffer for ball, second person to receive ball passes to split lead in other line, players then join end of line opposite



Variations:

- Type of pass
- Distance of pass

PINGS

Can be used to practise the following skills: chest, shoulder or bounce pass, catch, take off, timing and dodging.

- Players form two lines facing each other
- Each line alternately leads for ball, then passes to next person in other line, player then joins end of line opposite



Variations:

- Type of pass
- Distance of pass
- Preliminary move prior to receiving ball - e.g. dodge

ATTACKING OPTIONS DRILL

Can be used to practise the following skills: chest, shoulder and lob pass, fake, catch, straight lead, preliminary moves (e.g. dodge, roll etc) hands over, split and reoffer and double play.

This drill can be gradually built up. Initially start with two lines facing each other either side of the centre third, each line alternately leads out (forward or either side) receives the ball, pivots and passes the ball to their own line, rejoining own line. Can add preliminary moves.

- Add players who pass the ball back to own line, then runs to defend pass.
- Add split-lead, one attacker receives pass, pivots and passes to other attacker on drive back towards own line, attacker passes to own line and defends next pass
- Add one defender on to split lead - first pass goes to undefended player
- Add the attacker trying to do the reoffer cannot get the cut; they therefore receive a parallel pass and double play the ball back to the first attacker.
- Add 2 defenders, attackers can compete a straight split and reoffer or include the double play.

