

## CIRCLE SKILLS

### SHOOTING SKILLS

REFER TO THE FOUNDATION COACHING MANUAL FOR TEACHING POINTS AND COMMON ERRORS OF THE AUSTRALIAN HIGH-RELEASE SHOOTING TECHNIQUE.

#### Stance

The feet should be shoulder or hip width apart in a comfortable balanced position. A narrow stance can cause the shooter to be off balance whereas if the stance is too wide the shooter will find it difficult to move quickly if necessary. Feet and hips must be in line to the centre of the ring.

#### Rhythm

The way to encourage fluency in the shot from the feet is to dip through the legs bending gently at the knees and push up strongly as the legs straighten. As the legs straighten the shooter extends up onto the balls of the feet to their full height and the thrust of the shot is achieved.

The shot should not change in the upper body whether the shooter is in close to the post or out further. The difference will occur in the lower body in order to get more power through the legs.

#### Arms

The shooting arm is beside the head with the elbow close to the ear. Ensure that the elbow is pointing towards the ring, not outwards away from the ring. The other hand is placed on the ball from the beginning of the shot but it has no influence on the ball.

The shooting arm drops back slightly. If the arm drops down too low with a great deal of elbow bend there is a good chance the elbow will swing out and the release of the ball will be away from the ring.

#### Fingers and Wrist

The fingers should be spread wide and the ball should sit neither flat on the palm or up on the fingertips; the ball rests on the base of the fingers and the thumb. Two fingers should be able to be placed under the ball as it sits on the shooting fingers. If it is flat on the palm, the shooter will not have the strong finger control and the shot will become a throw.

#### Back and Hips

The hips and stomach region must be stable. If a back arch develops the shooter should push the hips forward by squeezing the buttocks together and contracting the abdominal muscles. An arch in the back can cause damage to a shooter's lower back and cause shot to become a throw.

#### Aim of Shot

The ball travels in a high arc from the release point above the shooter's head to a downward path when it approaches the ring. As the ball is brought up into position the eyes focus on the aim point. There are three main areas a shooter can focus on:

1. The front of the ring
2. A spot 15cm above the middle of the ring
3. At the back of the ring

Whichever aim point is chosen, the shooter must be consistent and not change from one to the other.

#### Timing

The ball should be brought up to the shooting position quickly. This will give the shooter more time to concentrate on the shot. As the shooters gain more control they can practise releasing the ball at different times.

#### Young Players

Young players will not have enough power in their legs to use the high release shot immediately. They should be encouraged to raise the height of their shot slowly as they get older. Encourage the same leg power right the way through.

## GOALERS WORKING TOGETHER

The two goalers need to work together as a unit to receive the ball as close as possible to the goal post.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• There needs to always be one Goaler in the ring at all times to pass to for a shot at goal.</li> <li>• If the shooter leads out then the Goal Attack needs to lead in and visa versa unless they are playing a closed circle.</li> </ul>	<ul style="list-style-type: none"> <li>• Both goalers are out of the circle at the same time</li> </ul>

## ROTATION BETWEEN GOALERS

A rotation movement pattern is 'reading off' the movement pattern of a team mate. Rotation can be circular or triangular.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• For the rotation to be effective the goaler in front determines the rotation movement (front position determined by position of the ball)</li> <li>• The back goaler (who has vision of both the ball and other goaler) needs to move to balance the goal circle and re-position based on the front player's movement</li> <li>• Movements from both goalers are strong leads for every ball with one move always heading towards the post</li> <li>• As the ball is swung across to the other wing player so the role of the goalers may change, creating a new front goaler</li> <li>• Maintain vision of the ball and an awareness of the teammate's movement</li> </ul>	<ul style="list-style-type: none"> <li>• Back goaler not reading off the movement patterns of the front goaler</li> <li>• Lack of communication between goalers</li> <li>• Front goaler indecisive of lead option</li> <li>• Both goalers leading away from the post</li> <li>• Using clearing leads instead of both goalers always offering strong leads</li> </ul>

### 1. Explanation and Demonstration

#### 2. Basic Movement / No Equipment

Players work in pairs within a square 4-5metres (outside goal circle). Agree on the TOP of the square. Players practise split leads, front player leads straight, right or left and back player leads in the opposite direction. Players now decide who is in front and split again with one of them driving to the base. Repeat with varying size rotations; wide and close.

Movement sequence:

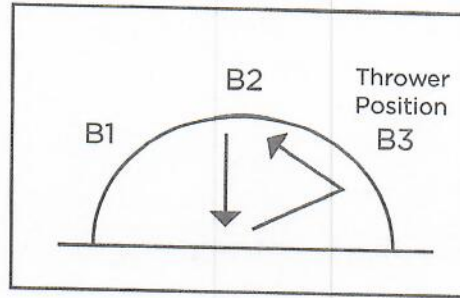
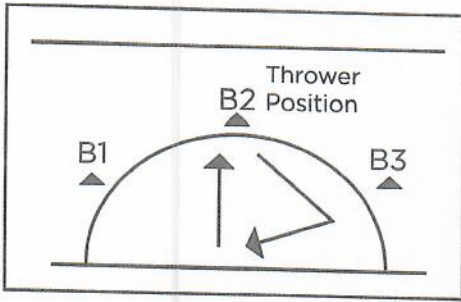
- front player sprints 2-3metres right and wide whilst maintaining vision of the ball (without ball in this step but with open vision and looking forward)
- back player (with vision of both ball and front attacking teammate) sprints to the left
- front player maintains open vision of the goal circle and teammates movement response enabling them to sprint base (to the area vacated by their teammate)
- original back player maintains open vision of the goal circle and teammates movement response before sprinting to the front /towards top position
- the new 'front' players is now the decision-maker regarding the next lead and can sprint either forward or back, right or left

#### 3. Basic movement with equipment

Groups of three

Move the same set-up into the goal circle to enable each pair to develop the skill using the court-specific space. Coloured markers are placed in position B1, B2 and B3 to represent the position of the ball. The third player (can be the Coach) calls the colour of a marker and the players lead and rotate in relation to that marker (position of the ball).

Repeat with varying size rotations; wide and close to the post. Players can swap positions and practise working with a different partner. Once demonstrated two groups could be working at opposite ends of the court.

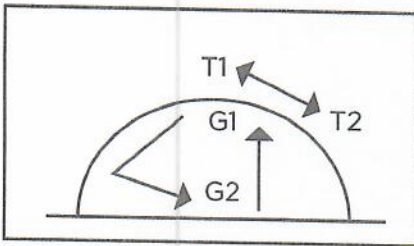


#### 4. Add a ball

T1 and T2 replace coloured cones. Goalers to continue rotating as above. Goalers are encouraged to look to their teammate as a passing option but it may be necessary for the ball to return to (T1) or to be passed to (T2) on the edge of the circle and another rotation made.

Throwers to pass ball into the goalers using the following guidelines;

- Both goalers are an option and should be driving strongly.
- Whenever possible pass to the best option closest to the post
- When the ball has been received the goaler turns to the post to shoot but must also know where the other goaler is in case a goaler to goaler pass is beneficial

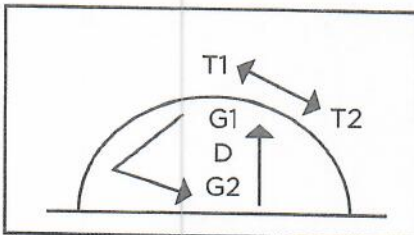


#### 5. Add an opponent

The addition of a passive then active defender in the goal circle will challenge the decision-making and passing options of the throwers and goalers.

Extension option:

Begin T1 and T2 on transverse line to double play the ball onto edge of goal circle (not always to the top). The goalers can rotate as the ball lands on the edge of the circle. T1 can either pass in to the goaler on the drive to the post who attempts a shot at goal or pass to T2 allowing the goalers to execute another rotation.



### 4. Add a ball

Shooter facing away from the post, bounces ball to self and turns to hold the ball in a shooting position. Defender to move back 0.9m as the shooter turns, defends the actual shot at goal (using a variety of techniques) and turns to deny space as both players contest any rebounds.

### 5. Add an opponent

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.



# REBOUNDING

TEACHING POINTS	COMMON ERRORS
<p><b>Shooters</b></p> <ul style="list-style-type: none"> <li>• Watch the flight of the shot and judge its likely rebound direction</li> <li>• Follow through shot and move quickly around defender to drive strongly to post</li> <li>• Strong movement towards ball and good position to gather tips from aerial contests</li> <li>• 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</li> </ul> <p><b>Defenders</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• Take the ball early in front of the head with extended arms to prevent a contest from the shooter behind. Pull ball in.</li> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Not completing the follow through on the shot before moving for the rebound</li> <li>• Slow movement into rebounding position after the shot</li> <li>• Contacting the defender by not moving around the opponent</li> <li>• Non-shooter positioning too close to goal post</li> </ul> <ul style="list-style-type: none"> <li>• Not turning and denying space effectively after the shot is taken to contest a rebound therefore letting the shooter move around the defender easily</li> <li>• Slow movement into rebounding position</li> <li>• Contacting the shooter on the turn to deny space when contesting for a rebound</li> <li>• Not covering the shooter to shooter pass</li> <li>• Rebounder on the non-shooter positioning too close to goal post</li> <li>• Not snatching the ball into the body</li> <li>• Not communicating with the other defender and spoiling each other</li> <li>• Thinking the ball is going to bounce out of court</li> </ul>

## 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

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

Goler 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.