

LOB PASS

The lob is a high pass used to lift the ball in a high looping arc over the arms of the defending player.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> • Stand with feet shoulder width apart • Begin with ball at shoulder height with elbow bent • Step forward, transfer weight onto front foot • Throwing hand extends up and slightly forward with the ball released at full extension • The wrist and fingers direct the ball into a high arc from head height into the space ahead of the receiver • The throwing arm stays extended during the follow through • Ensure receiver jumps or leaps up to receive pass once it has passed over head, away from the defender on free side ('pick the ball out of the air') 	<ul style="list-style-type: none"> • Not stepping forward with opposite foot to throwing arm • Incorrect placement of ball (for example; height of pass) • Low release (for example; in front of chest) • Ball is released forward instead of in a high arc • No follow through, arm action 'stabs' pass

1. Explanation and Demonstration

2. Basic Movement / No Equipment

In an area 3m x 3m drive up the sides, angle back to other corner and repeat. Face down the court for the entire movement.

3. Basic movement with equipment

One cone for each pair. Each person in turn starts at the varying points, as per the diagram, and move as if to take a lob.



4. Add a ball

Repeat moves in 3 and add ball.

5. Add an opponent

i. Add hands over the pass, and repeat 4.

ii. Add pass to 1 v 1 in 4m x 4m area - defender must stay in front so a lob must be used.

