

# ATTACKING SKILLS

## DOUBLE DODGE

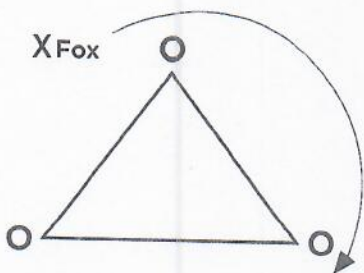
A player executes the double dodge usually behind a defender, by adding an additional dodge to a single dodge. This is done to create space, or if the single dodge is not successful. For a double dodge to be effective the attacker needs to use a few strides in each phase of the movement

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Eyes on thrower</li> <li>• Body upright, feet shoulder-width apart, slightly bent knees and hips</li> <li>• First movement should be definite with hips facing toward direction of travel</li> <li>• Place outside foot strongly on ground and push off in the opposite direction, turning hips to face toward direction of travel, perform a second dodge by placing the other foot on ground and pushing back in the other direction</li> <li>• Use arms to accelerate and extend to receive ball</li> </ul>	<ul style="list-style-type: none"> <li>• Feet too far apart</li> <li>• No weight transfer onto the outside foot</li> <li>• Push off on the inside foot</li> <li>• Initial movement not definite - just a sway</li> <li>• Initial lead is too long</li> <li>• Movement too slow, allowing the defender to hold the attackers position</li> <li>• Moving head and losing sight of the thrower</li> <li>• Eyes and head looking down</li> <li>• Arms beside body and not being used to increase power</li> </ul>

### 1. Explanation and Demonstration

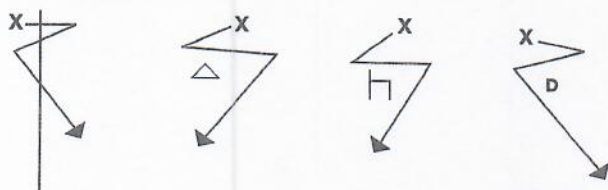
#### 2. Basic Movement / No Equipment

Fox and Geese - 3 players join hands to form a circle, with an extra player nominated as a tagger or 'fox'. The 'fox' aims to tag the player in the circle designated the 'goose'. The players keep the circle intact and aim to move around and reposition to protect the goose from being caught by the fox. The fox needs to make quick double dodges to move around the group and try to catch the goose. The fox cannot push through nor go under the arms of the players protecting the goose. After a designated time frame (for example; 30 seconds) or after tagging the goose. Players change roles.



#### 3. Basic movement with equipment

Work a double dodge over a line, from behind two cones, a chair and a stationary player before driving forwards on an angle.



#### 4. Add a ball

Add a pass thrown by T. T throws ball to self before the pass (assists with workers timing).

#### 5. Add an opponent

Remove cones and add a defender on the dodge. First a passive defender then a more active defender

## LEAD AND DROP BACK

The lead and drop back is designed to create space behind the initial drive, with the leading player's eyes remaining on the thrower throughout the movement. The first movement is a strong sprint to the ball, either directly forward or diagonally at a 45 degree angle to the free side. Emphasis should be on strong first three to four steps. The player then pushes off strongly on the opposite foot to the direction of the drop back, angling the body to move back into the drop-back space behind the first movement. The emphasis again is on strong first three to four steps keeping eyes on the thrower.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side</li> <li>• Emphasis should be on strong first 3 - 4 steps</li> <li>• Push off strongly on opposite foot to direction of drop back and angle body to move back into space behind first movement</li> <li>• Emphasis again on strong first steps when returning to back space</li> <li>• Keep eyes on the thrower</li> </ul>	<ul style="list-style-type: none"> <li>• Changing direction too soon</li> <li>• No definite strong movement onto second move</li> <li>• No definite strong movement to the space</li> <li>• Not angling body on backwards move</li> <li>• Not watching thrower during the entire move</li> </ul>

### 1. Explanation and Demonstration

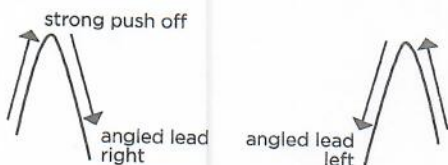
#### 2. Basic Movement / No Equipment

10 players are spaced evenly within the area of two thirds of the court.

With an awareness of other players' position on court and the space available to move, all players make a sprint forward then use a strong push off and change of direction to lead back into the space created (no indication of position of ball at this stage). Remembering,

- when dropping back to the left, turn to the left side with the left shoulder leading (right foot push-off)
- when dropping back to the right, turn to the right side with the right shoulder leading (left foot push-off)

Repeat with various combinations leading forward on an angled drive left or right (can use a line as a reference point)



#### 3. Basic movement with equipment

Groups of two: players work independently (W:R ratio 1:1)

Repeat STEP 1 with the player driving to a cone/marker then dropping back into the space created. Practise left and right side and with straight and angled drives.

Players experiment with a variety of starting position relative to the cone/marker and length of initial lead, still maintaining vision of the ball and dropping back into the space



## HOLD

The hold is where a player uses their body position to protect a 'free' space to receive a pass.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Keep body upright and maintain a balanced stance</li><li>• The body is positioned close to the defending player protecting the space where the ball will be placed</li><li>• Two techniques can be used to maintain and protect the space: set up flat on to the defender or in 'T' formation</li><li>• If the defender changes position the attacker must be ready to re-position</li><li>• Hold space until after the ball has been released by the thrower - wait until flight of ball is directly overhead before moving to receive the pass</li></ul>	<ul style="list-style-type: none"><li>• Feet too far apart</li><li>• Unable to maintain a controlled and balance holding position</li><li>• Moving out of the hold too early before ball has been released</li><li>• Not repositioning to maintain holding space if the defender changes position</li><li>• Hold does not create space for pass</li><li>• Repositioning too slow, allowing the defender to move off the hold to contest the pass</li></ul>

### 1. Explanation and Demonstration

### 2. Basic Movement / No Equipment

Hold a controlled and balanced position while being pushed by a partner. Bend knees slightly and tense muscles.

### 3. Basic movement with equipment

Add defender to move once a position is held so the attacker must readjust position. Ensure vision is maintained up court.

### 4. Add a ball

Defender is passive. Practise holding in front, at the side and behind the defender. T to throw an appropriate pass into the space where the attacker is holding; lob for hold to back space, bounce or flat pass for front hold and a lob or bounce for a side hold.

### 5. Add an opponent

Defender becomes more active in their defence.

i. Defender to maintain one position.

ii. Defender to adjust position so attacker has to alter hold and thrower needs to read the space.

## SPLIT LEAD AND RE-OFFER

The split lead and reoffer provides quick passing options to move the ball down court. Two players provide a split lead, moving in separate directions for the one pass. Then the player who did not receive the ball reoffers, making another lead to receive the second pass.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Refer to teaching points provided for the straight lead, either directly forward or at an angle (Foundation Course)</li> <li>• The back person must maintain vision of the front person and lead in a different direction</li> <li>• The reoffer is a change of direction (Foundation Course)</li> <li>• Once the pass has been taken, the player without the ball changes direction and reoffers for the next pass</li> </ul>	<ul style="list-style-type: none"> <li>• See errors provided for the selected attacking move</li> <li>• Back player leads before the front player and therefore leads in the same direction</li> <li>• Back player does not 'read off' the front player and therefore leads in the same direction</li> </ul>

### 1. Explanation and Demonstration

#### 2. Basic Movement / No Equipment

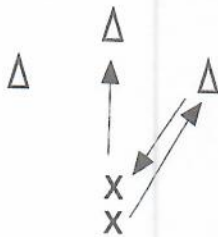
In pairs, one person stands behind the other.

Front player makes a lead either forward or to the left or right; back person reads off the front player and makes a lead in a different direction. Ensure that the front person does not take too long to lead, as the thrower only has 3 seconds to deliver the ball. Reset, working down the court and changing positions.

#### 3. Basic movement with equipment

Split and reoffer.

- i. Front player makes a lead either forward or to the left or right and drives to the cone; back person reads off and makes a different lead to a different cone. The back person then changes direction at the cone and drives back towards the initial starting position



- ii. Repeat with the front person making the change of direction at a cone. Driving back could be to the initial starting position or more to the side space down court or even up court if it was a defenders lead.

#### 4. Add a ball

Place a thrower in front of the pair, and remove cones. Players to perform a split lead, player who does not receive first pass must reoffer down court. Vary the angles of leads and which player receives the first ball.

#### 5. Add an opponent

- i. Add one defender. First pass must go to the undefended player; this player must then reoffer and beat the defender with a strong change of direction. Defence to start passive and increase to active.
- ii. Add a second defender.

## CLEAR AND DRIVE

A player uses a clear to move out of the area of play and create space for another player, and drives when space is created or a teammate has the ball.

### When does the player turn the drive into a clear?

- When the player is too close to the person with the ball
- When the player has made a drive and not received the ball
- When the area the player has driven into is too crowded

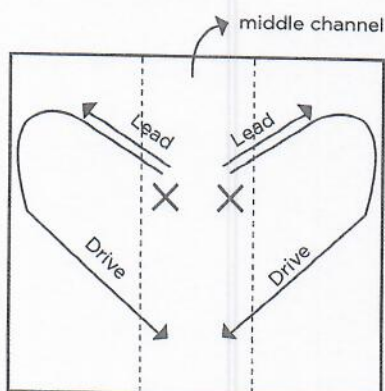
TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Clear is most often a jog or side step.</li> <li>• Player should maintain vision of the play</li> <li>• Player should move out of the area of play so it can be utilised by other players (i.e. into another channel)</li> <li>• Player to read cues when to lead again and drive for the next ball - when space is created and team mate receives the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes taken off the play</li> <li>• Player does not move out of area sufficiently and therefore crowds the play (i.e. stays in the same channel)</li> <li>• A player does not read when they are needed and either drives into a crowded area or does not drive when required.</li> </ul>

### 1. Explanation and Demonstration

#### 2. Basic Movement / No Equipment

Players spaced evenly within two thirds of the court (half each side within the middle channel). Emphasising space awareness, all players make a sprint forward or 45° on a straight lead then clear wide using a jog or side step, before another strong drive towards the middle of the court.

NB. Players' use a wide clearing lead then drive strongly in anticipation of the next pass. The transition from initial lead to clear to drive involves variations in speed (change of pace) but each movement should be linked together without stopping.

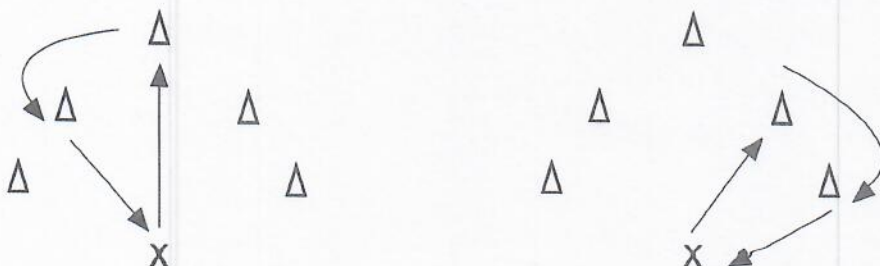


#### 3. Basic movement with equipment

Groups of two: A central marker is placed at the top with cones down the outside channel.

Attacker drives to the top marker then clears wide and deep to right or left sides. Clear various distances down court before the next drive. Repeat with wide clears practised from an angled lead right or left (not leading directly to the top marker but on an angled drive to the right or left side).

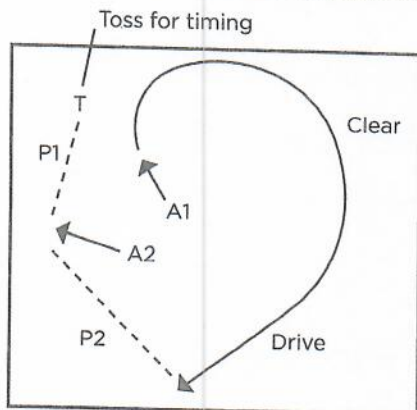
NB. Ensure players look into the area before driving into the space. This is important as the decision in subsequent progressions about when and where to drive will be determined by their awareness of the attacking cues around them.



## 4. Add a ball

i. Thrower (T) is off-set slightly to the left of top marker

In this set-up and to replicate the mistimed lead and the need to clear (T) initially faces away, throws the ball up and lets it drop to catch after the bounce. The attacking player (A1) leads on the anticipated throw/catch then clears right or left to create space for (A2) to receive the first pass. The wide, slow clear is designed to create the space for the teammate and the next drive to receive the pass back from A2 further down the court.



## 5. Add an opponent

Add one defender to cover either A1 or A2 on a split lead. Whoever is undefended should receive the first pass from T. The attacker with the defender clears wide then drives in to receive the next pass from the attacker with the ball. Add another defender so A1 and A2 both have defenders.

- Against passive defence the attacking player can use change of pace on the clear to receive pass on the drive.
- Against active defence the attacking player may need to use other attacking skills prior to the drive to receive the ball (ie., dodge, cutting in front of defender to receive the pass)

## DOUBLE PLAY (GIVE AND GO)

In the double play, a player passes the ball, then immediately drives to retake the pass.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>First pass must allow the receiver to complete an inside pivot. Refer to teaching points provided for the inside pivot, ball must be able to be caught in a controlled manner close to the body</li> <li>See coaching points for the inside pivot</li> <li>First pass must allow the receiver to control the ball</li> <li>Receiver performs inside pivot</li> <li>First player drives to take pass from receiving player</li> </ul>	<ul style="list-style-type: none"> <li>See errors provided for the inside pivot</li> <li>Lateral ball given to set up the double play is too predictable - should look down court before this ball is passed</li> <li>Ball is placed too far ahead of the player so an inside pivot is not possible</li> <li>There is not enough space to drive down court for a double play</li> </ul>

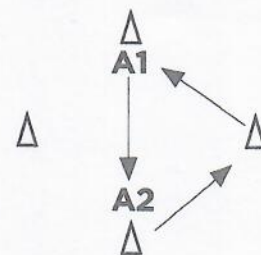
### 1. Explanation and Demonstration

#### 2. Basic Movement / No Equipment

Players are spaced evenly within half of the court area. The Coach signals left and right using a hand signal or loud voice from the middle channel of the court. For example; on the signal of right players are required to drive strongly on an angled drive to their right for 2-3 meters then perform an inside pivot.

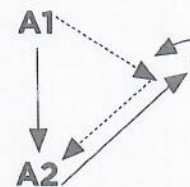
#### 3. Basic movement with equipment

Groups of two:- Four markers per pair set up in a diamond formation. A1 starts at the top of the diamond and A2 at the bottom. A2 leads left or right to a marker and performs an inside pivot to watch A1 drive down the middle of the diamond. As A2 moves to the top of the diamond A1 and A2 have now swapped places. Repeat and continue to rotate positions.



#### 4. Add a ball

As for step 3 but remove the markers and add a pass from A1 to A2 who does an inside pivot and passes back to A1 driving.



#### Extension possibilities:

Set-up the double play practice on court in the following scenarios;

- Set-up 1: C - WA on centre pass back to C driving to receive the double play past the transverse line
- Set-up 2: GK - WD defence throw-in back to GK driving to receive the double play past the goal circle
- Set-up 3: WA - GS on lead out of circle back to WA driving to receive the double play on the edge of the circle
- Rotate through each area of the court. Ask players to create other examples (player centered approach)

#### 5. Add an opponent

Split lead formation with one passive then active defender on the two splitting players. Thrower (T) passes to the undefended splitting attacking player on the lead. On receiving the ball close to their body using an inside pivot the attacker passes back to the original thrower on the drive to receive the double play. Add a passive then active defender to (T)

NB. When receiving a pass at full stretch in front of the body, the player should continue their natural body movement using an outside pivot and not look for a double play.

