

BALL SKILLS

Players need to develop the basic components of each throwing technique as well as timing, balance and control. The player must decide when and where to pass the ball and the height and speed to release the ball. When teaching ball handling skills the following variables will affect the type of pass selected

VARIETY OF RELEASE POINTS

- Note the variation in release points for selected passes. For example; the difference between the high release for a lob pass compared to the low release for a bounce pass.
- Consider how different release points can be used to advantage when passing. For example; the lob pass is used to lift the ball in a high looping arc over the arms of the defending player whilst a low release bounce pass aims to pass under the outstretched hands of the defending player

BALL PLACEMENT

- Take into account the player's position; the spaces available, the starting position and space limitations
- Awareness of the positioning of the opponent relative to attacking players. For example; if the defender is behind the player the attacker may lead forward to receive the pass. Against a defender in front, the throwing target may be up, over and behind the attacker. When a defender is on the side the opposite side will be the free side to throw to the attacker

STRENGTH VERSUS ACCURACY

- Practise sessions should allow the players to execute ball handling skills under pressure and at match speed
- When strength and speed are required to successfully perform the skill it should be practised from the beginning. This will result in an initial 'trade off' with the accuracy of the pass. For example; when developing the powerful, strong shoulder pass used for longer passing distances the learner will initially have reduced control over the accuracy of the pass. The coach should focus on the key teaching points identified for the shoulder pass and reinforce the technique rather than the accuracy of the pass. As the player begins to consolidate the skill, increase focus can be directed towards the accuracy of the pass.

OVERHEAD PASS

The overhead pass is a powerful two handed pass used to move the ball quickly past the hands of the defending player.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• Both arms extended above head with elbows slightly bent• Fingers and thumb behind ball• The ball is moved a short distance back behind head• Release with a strong thrust extending the arms forward and up to the point of release slightly forward of the head• Step forward, transfer weight onto front foot• The ball is directed to the receiver with forearms, wrists and fingers; elbows straightening on the follow through	<ul style="list-style-type: none">• Excessive back arch to gain power• Ball drops too far behind head• Throwing in a high looping arc

1. Explanation and Demonstration

2. Basic Movement / No Equipment

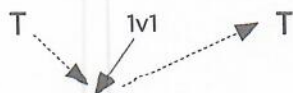
3. Basic movement with equipment

4. Add a ball

Stationary overhead pass to partner.

5. Add an opponent

- i. Add hands over the pass, defender should have hands wide so pass can be placed between the hands of the defender.
- ii. Add drive to take ball, turn and pass to stationary player.



iii. Add a moving player to lead for the overhead pass

iv. Add a defender to the moving players lead

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.



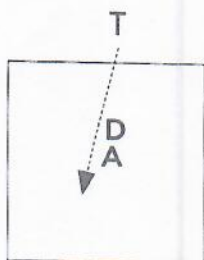
4. Add a ball

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.



FAKE/BAULK

The fake or baulk aims to create space to pass by deceiving an opponent with a 'dummy' pass.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> • Hold the ball firmly with two hands • If possible step forward towards direction of fake pass (may be restricted by position of court i.e., edge of goal circle) • Give a short, sharp passing action in the direction of the fake pass • Eye contact should be in direction of the fake pass • The sharp baulking movement with the ball, up, down, left or right must be convincing enough to make the opponent attempt to cover the fake pass • Recover from fake pass to deliver the next passing option 	<ul style="list-style-type: none"> • Ball not held firmly (ball falls from throwers hands on fake pass) • Initial passing action not convincing (weak or slow pass) • Eye contact made with intended rather than fake pass • Difficulty in transferring fake pass' into pass

1. Explanation and Demonstration

2. Basic Movement / No Equipment

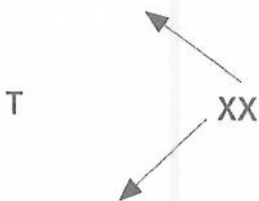
Players each have a ball. Practise the footwork of faking then looking to pass in another direction. Ball is not released.

3. Basic movement with equipment

Players stand in a triangle. Player with the ball throws it to them self, pivot and fake to one but pass to the other.

4. Add a ball

Add a split lead option, T to fake to one lead and pass to the other.



5. Add an opponent

i. Add hands over the pass.

ii. Add pass received while defended, turn and pass to the split lead - fake to one and pass to the other.

