

## TEAM SYSTEMS

Systems are intended to provide a framework to build team cohesion and team strategies. Players need to be given guidelines to assist them in making appropriate player and pass selections however, it is not intended that players merely learn a pattern of play without understanding why they move or lead in a particular way.

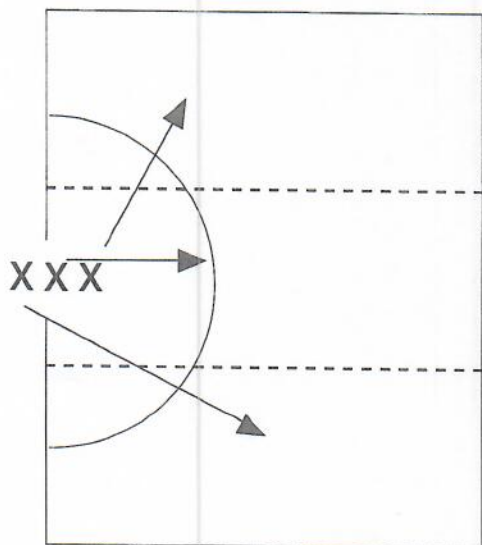
Continually emphasise to participants that patterns of play are intended as dynamic movements that involve linking correctly timed leads in relation to your team mates. The key is not the ability of the player to make a straight lead rather the ability to time the lead in relation to an attacking team mate. It is important that a player does not lead to the intended position then stop and wait for a pass. Players need to be ready to turn one lead into another if the first lead was unsuccessful.

Reinforce that positions and movements on court should not always be considered simply 'right' or 'wrong'.

## COURT BALANCE

Balancing the court is the underlying principle of systems, it ensures there is enough space for players to drive and pass into. It is easy to see when the court is not balanced, when players are grouped in a similar area and there are large spaces where there are not players. Court balance is about reading the play to create and use space and having an awareness of where spaces and other players are on court.

1. Divide the court into three imaginary channels. Players line up one behind the other behind the middle channel. The first three players perform a split lead, making sure that each enters a different channel. Reset at each transverse line and repeat. The next group can start when the players in front have crossed into the centre third.
  - a. Start behind a different channel.
  - b. Start off line so players are not directly one behind the other.



2. T pass to one of the attackers who drives into the third.
  - a. Add players to start in a different channel or off line.
  - b. Add player who receives the first ball passes to another attacker; other attackers must reoffer and may change channels, two attackers with three channels available. Discuss the risks of passing from one outside channel to the other.
3. This drill could become continuous. Players line up at each end, after the initial pass T joins a line, each group of attackers work the ball down to approximately the centre circle and then look down court to pass to the next group of attackers offering one option in each channel.

# THROW-INS

Teams should practise taking throw-ins from a variety of positions so that players have framework on which to build their attack.

## DEFENCE THIRD

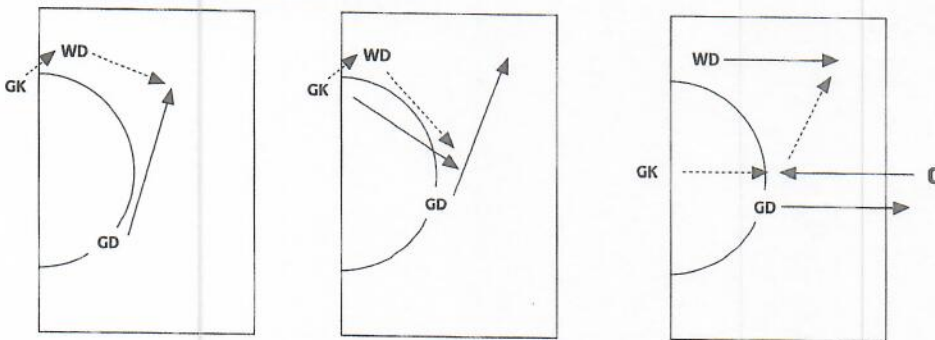
### Short Pass from Base Line

The GK will generally pass to either the WD/GD as the first option, with the C as an alternative.

If the WD receives the ball they will generally look down court and pass to either the GD cutting across the court, or if the GD is covered they may pass back to the GK.

These options can be repeated if the GD receives the initial ball from the throw in.

If the centre receives the ball, often more of an option when the GK is in the centre of the court, they will look for generally pass to either the WD/GD.

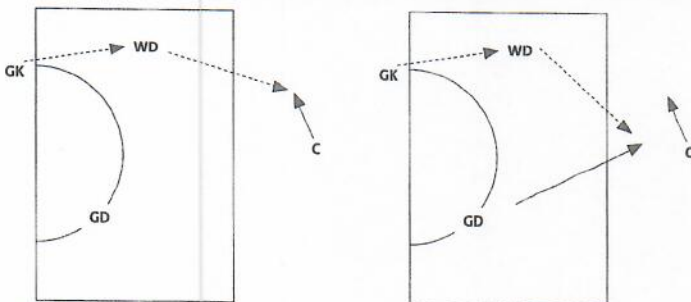


### Deep Pass from Base Line

The GK will generally pass to either the WD/GD as the first option, with the C as an alternative.

If the WD receives the ball they will generally look down court and pass to either the C or the GD cutting through the middle of the court.

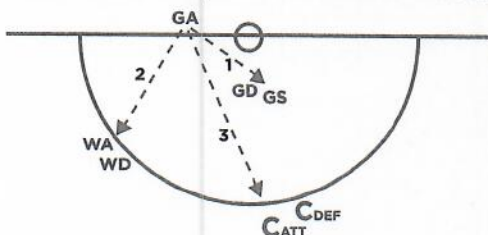
These options can be repeated if the GD receives the initial ball from the throw in.



## GOAL THIRD

### Goaler

The shorter or fast moving goaler will generally take the throw-in. The first option is the GS, followed by the WA/C on the edge of the circle. The WA/C should set up around the circle so that one is close to the throw in and the other is also in a position which can be used at the top of the circle.



- Option 1 - lob to other shooter
- Option 2 - pass to WA/C close to throw in
- Option 3 - pass to C/WA at top of the ring

### Side line

When a pass is taken by a centre court player on the sideline, generally the first option is to the other centre court player or to a goaler leading out of the circle. The next pass is straight into the other goaler in the circle for a shot at goal or to a centre court player on the edge of the circle for a pass into either goaler.

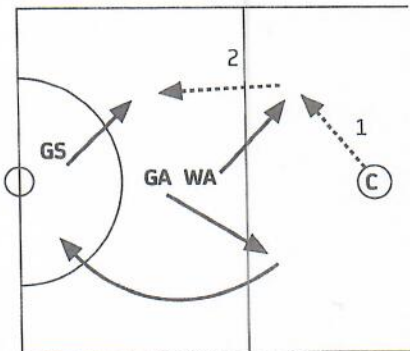
## CENTRE PASS

The following three set ups can be used as an initial starting position. The essential component in all attacking strategies is the reading of the play. Regardless of the strategy employed players will need to read the spaces and offer accordingly.

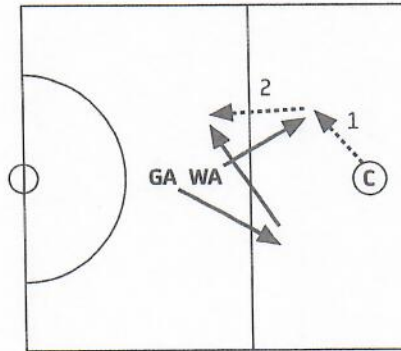
### One behind the other

The WA and GA can set up in a variety of positions. The most common position is the WA in front and the GA behind. The GA then reads off the WA and offers a lead to the opposite area. They do not have to be directly lined up as long as the GA can read off the WA.

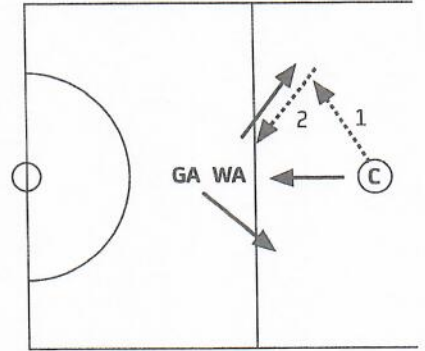
If the WA receives the ball they will generally look down court and pass to either the GS leading out of the circle, the GA cutting across the court, or if the GA is caught wide the C may offer down court to receive the ball back again and look for either shooter.



**C > WA > GS**



**1. C > WA > GA re-offer  
2. C > GA > WA re-offer**



**1. C > WA > C re-offer  
2. C > GA > C re-offer**

These options can be repeated if the GA receives the initial ball from the centre pass, although generally the GS would stay in the circle so that when either the WA or C receives the next pass there is a shooter in the circle.

The set up can also occur with the GA starting in front of the WA for the centre pass.

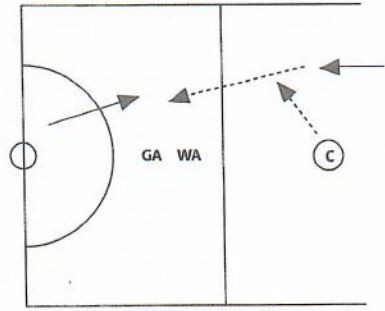
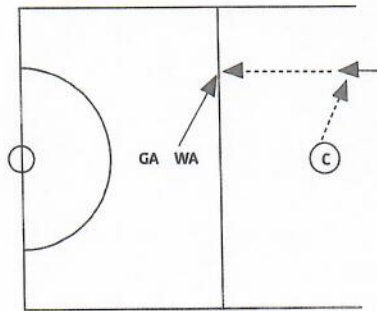
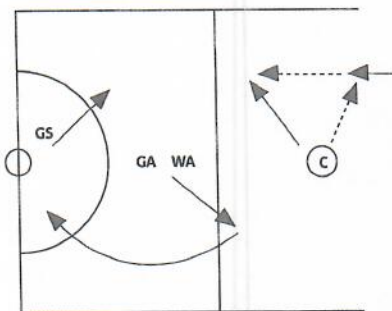
### Wide

The WA and GA could also start in a wide position. It is important that they have eye contact to ascertain who has the best position and therefore is the first option, the second option can then begin to position for the next move or move for the centre pass if the first option is covered.

If the WA receives the first pass the passing options are the same as above although the GA may be caught wider and therefore find it difficult to get the cut.

### Back

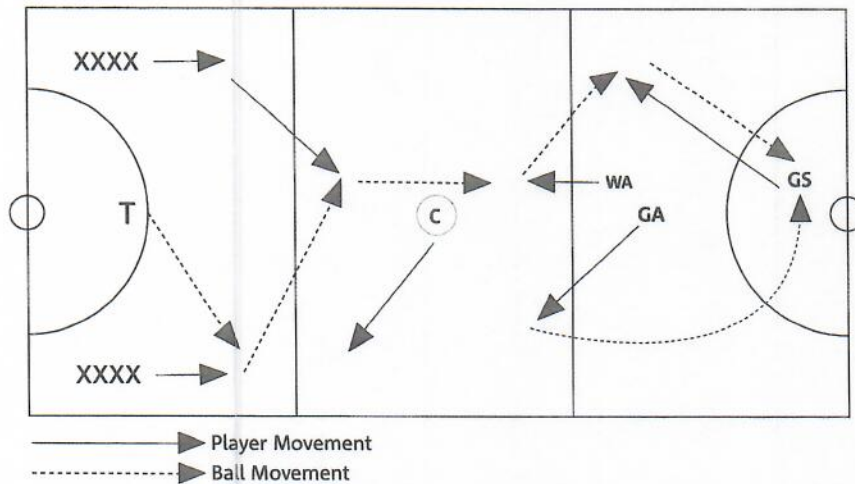
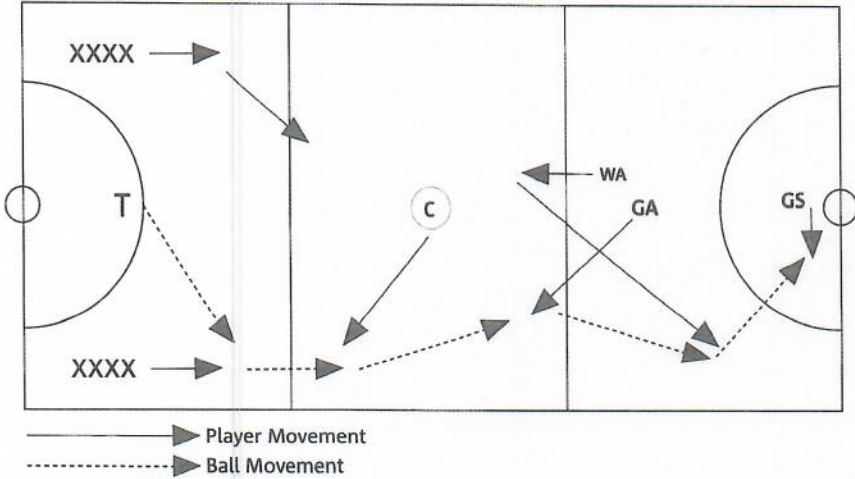
The back option is used as either a third option when the WA/GA are covered or as a stand alone strategy. Depending upon the skill level of the players, generally if the ball is caught behind the centre circle the next option will be to double play the ball back to the centre or pass to the WA/GA. If the ball is caught in front of the centre circle the next pass will be to either the GS/GA/WA.



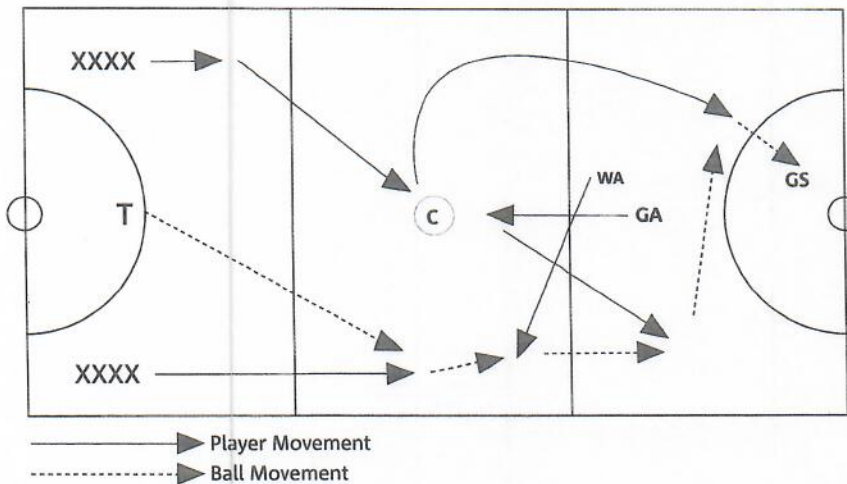
# FULL COURT SYSTEMS

This drill can be used to develop systems.

- i. Ball starts with a T inside the goal circle. One player from each line either side of the thrower leads down court (WD/GD). The ball is passed to them inside the goal third. This player looks for the centre and then the person from the other line (same as when the GD/WD receives the ball from a deep pass from the base line). They would then pass to the WA/GA on a split lead and read the spaces available to work the ball into a shot. The ball can take any path down court as long as players are seeing all options and showing space awareness.



- ii. Ball is now passed to either the WD/GD once one of them has entered the centre third. The centre therefore clears and the WD/GD passes to the WA/GA split.



- iii. Ball is passed to either the WD/GD in either area and then to players down court who need to 'read the play'. Add defence as required.

- iv. Full court systems from the GK throw-in.