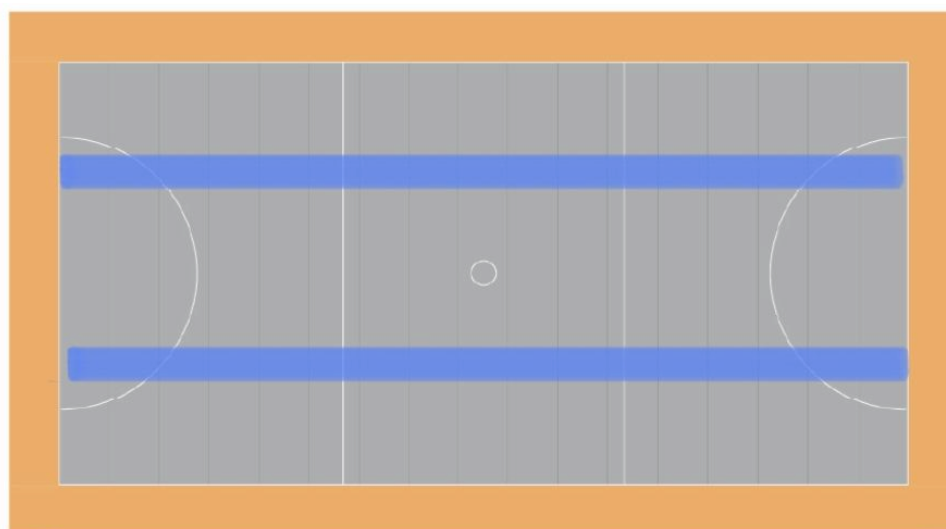


Introducing Court Balance - Home/Street/Address

How to improve your team's performance without even catching a ball, sounds good? Well it is, this concept is for when your team is in attack mode (has possession). This is important to remember. When defending your team plays one on one and goes where their opponent goes. Maximise your team's space on the court, minimise turnovers and increase passing strength and accuracy with this simple to coach concept.

Home	The GS lives there when attacking	If the GS is away the GA should be home - we always have a goaler Home
Street	Our position lives in one of these and we play mostly there	There are 3 Streets on Court (Channels) - in attack we play in these, moving only to another Street if it is vacant and I am needed
Address	My position location and area of play as shown on the Bib I wear	Easily recognised place to go when our team has the ball



Keys - Players can change streets if there is nobody in the one next to them, or a player moves into their street and they need to move to a free space. In general play following a possession gain, players should immediately move toward or back into their address location. Coaching this is simply a matter of the player understanding the concept and then you asking them questions eg: Where do you live? (Address - move there now), Is that your Street (you are cluttering the court and need to balance the court by being in your street until the street next to me is free or I am needed).

The more they practice and understand, you will soon hear them telling each other where they should be, the game will open up and play will be more enjoyable for them (and the coach).

Other examples of how to use this concept at training or in a game;

1. During court awareness drills, your team is shooting to the right or left, ask your team to run to the WA's address, then the WD's address (for very young teams focus on two positions per session, more as they get better - older players will know their positions already).
2. During training match play give constant reminders about staying in their Street and moving to their Address, the GS needs to be at Home. You will quickly find lots of open space on court - encourage stronger longer passing - after practicing a shoulder pass you need to see them being used on court - this will not be evident if they are not practicing the Home/Street/Address concept.
3. During a game, when/or before the court becomes congested, remind players who are causing it to go to their address or to stay in their street.
4. At the beginning of a game remind them how their team plays - In attack - Home/Street/Address, in defence - one on one, stay with your player. Give simple and clear reminders on court, always acknowledge when they've done well and do what you've asked for - after a goal is scored players must run back to their addresses immediately.

NOTE: When the other team is attacking and you are defending - the rule there is to get with your player and stay with her (Home,Street,Address are for when you are attacking only).

This concept is quick to introduce and you will be amazed what a difference it creates, from there you can really get coaching!!

Craig & Tracey Marsh
Coaching Directors