

Name/Num: Look Wide, Decide Narrow

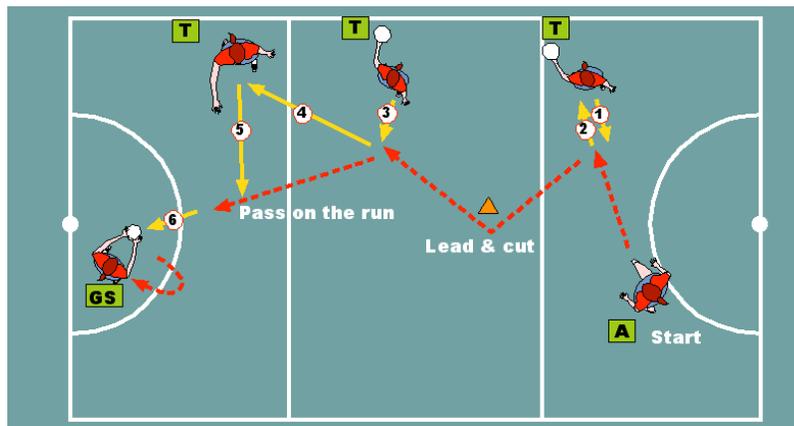
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Topic / SubTopic *Decision Making ... Reading the Play*

Requirements

Difficulty

- * Groups of 7 - 12 players
- * 1 Group to each 1/3rd
- * 1 or 2 balls to account for dropped ball **9/10**



Key Points:

- * Keep your head up and look wide, extend your peripheral vision.
- * Keep your head steady with the minimum of head swivel.
- * Let your eyes do the looking.
- * Identify the cards quickly - call colours
- * Focus narrow, wide and narrow again.
- * Keep the quality in the catch and pass.
- * Deliver into circle player accurately.
- * Maintain good form in sprint.
- * Balance in change of direction.

Extensions:

- * Introduce two more card holders in the centre third so that Player A must identify these before passing off to T3.
- * Encourage the card holders to be on the move, short, mid and long but always wide.
- * Replace one or two card holders with players who become optional catchers and throwers for Player A to create a new movement path down court.
- * A defender floating in space in the centre third will be useful too this drill when a card holder becomes an optional catcher and thrower.

Drill Description

- * Three throwers, T1,T2 and T3, stand close to the side line, approximately spaced one in each third.
- * T1 and T2 each have a ball.
- * PART 1
- * Player A starts the drill by leading down court to catch the first pass from T1, which is passed back to T1.
- * Player A then leads and cuts around cone in centre court to catch the pass from T2 and throw the ball on the run to T3.
- * T3 passes to Player A as she leads to the crest of the circle.
- * Player A then passes into the lead of the player positioned in the circle.
- * Before the next player starts the leads down court, T3 passes ball back to T2.
- * PART 2 (As shown in the movie)
- * Position colour cards wide in attack third so that player A leading down court looks wide, calls the colours, catches the ball from T3 and narrows her focus to pass into the circle player.
- * Each player to repeat three sequences in turn before changing the drill to the opposite side of the court.

Coaching Points

- * The timing of the pass from player T1,2,3 is important to the free flow of the drill.
- * The timing of the card holders flashing the colour card is critical to identify the wide vision of Player A on the move before the narrow option is passed to in the circle.

Assessment:

- View this drill from behind the player positioned in the goal circle,
- Note that Player A has looked narrow at the start to T1,T2 and T3 and circle player, then widened the view to identify the colour card before narrowing again to the set path towards the catcher in the goal circle.
- Check the quality of the ball handling, passing and footwork control.

Skill Description:

- Good decision-making depends on reading the play and anticipating the likely critical actions and reacting with the most effective skills to place the team at advantage whether in a defensive or attacking role. The keys to good decision-making are:-
- * scanning the court view long, mid, short, wide and narrow.
 - * reading the patterns of play, the path of the ball.
 - * concentrating on the major cues and filtering out those cues which won't affect the immediate set of contests.
 - * being alert to the changing spaces and player intentions.
 - * timing the execution of the skills and movements in the critical immediate contest.
 - * anticipating the likely play and play-on action after the critical contest.
 - * recognising the three seconds possession rule in timing of the action initiated by the split second decision.

Good decision making is vital to well-timed preliminary moves in attack, timing the intercept or tactical moves in defence, or the persistence in holding space or keeping a player out of the action. Reading the information in the quickly changing court view and making the right move using the right skill, or passing to the right spot at the right time, are the keys to successful decision-making under pressure.

My Notes