

Name/Num: **4 Player Cut & Drive With Defenders** 163

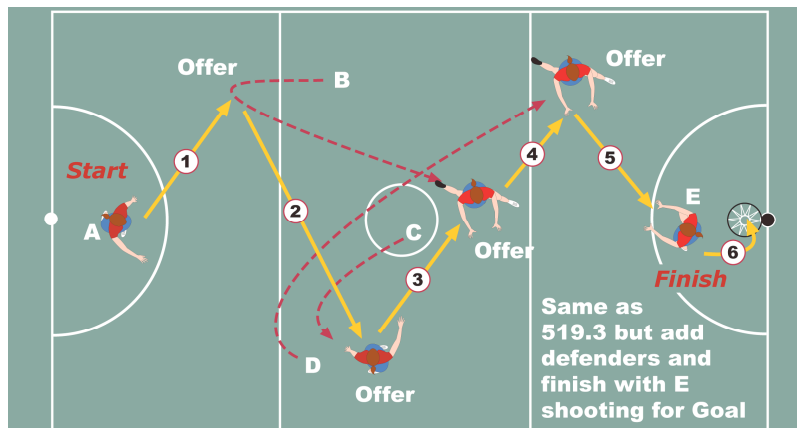
Topic / SubTopic *Passing ... Combination Passing - Basic*

Requirements

- * 1 ball
- * 2 players

Difficulty

5/10



Key Points:

- * Variety of movement dictates the variety of passes
- * Be clear with body language and positioning.
- * Read off the player.
- * Put the appropriate pass to where and when it is required.
- * Play to the strengths of each individual.
- * Keep working for team variety.

Extensions:

See Drills -

- 159
- 160
- 161
- 162

for variations/extensions of this drill.

(Use Drill Search to find the drills listed)

Drill Description

- * 5 players per group.
- * Player A starts with the ball two metres behind transverse line (in goal third).
- * Players B, C & D start in the centre third.
- * Player A throws the ball to player B who has done a preliminary move parallel to the sideline and then cuts towards the centre of the court. Player B then passes the ball to Player C who has done a preliminary move parallel to the side line and is cutting towards the middle of the court. (Player C's starting position is further down court to that of Player B)
- * Player D's starting position is in the middle of the court, one metre in front of the transverse line. Player D leads to her right and then cuts back towards the middle of the court and receives a pass as she is driving down court.
- * Player E starts in the middle of the goal circle. Player E leads to her left and then cuts back to the middle of the circle linking with Player D who is driving towards the top of the circle.
- * Repeat three times.
- * Players rotate positions. Player E moves to Player A's position.

Coaching Points

- * Leads to be short and sharp.
- * Throw the ball ahead of the moving player.

Assessment:

Skill Description:

- * Make lead definite.
- * Use outside leg to change direction.
- * Strong push off with outside leg.
- * The timing of the lead is important for the drill to flow.
- * The lead should be timed so that the preliminary move is finished and the attacker has moved on to the second phase of the lead when the ball is to be thrown to you.

My Notes