



Balancing the Circle



AIMS & OBJECTIVES:

- Accurate circle edge can feed to moving shooters
- Shooters Balance circle

ACTIVITY CONTENT (Including Progression)

PRACTICE AND PROGRESSION

Balancing the circle can be covered using the four key elements below:

ROTATION

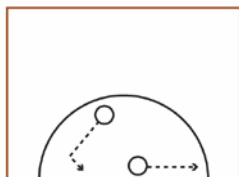
Rotation implies a circular movement, however it is anything but. Rotation requires one player moving away from the post and one driving towards, the back player needs to react to the front. The aim is to hit the post.

TOGETHER AND SPLIT

Attackers coming together and moving apart, offers the chance to force a switch, confuse defenders or screen a defender.

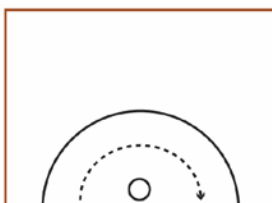
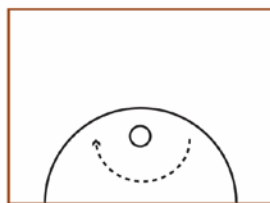
BALANCE CIRCLE

Almost the opposite of together and split. Attackers stay spread apart in the circle to isolate defenders. This can be combined with others e.g. rotation.



HOLD AND DRIVE

Usually associated with a static shooter and moving goal attack. One player holds and the other moves either top or baseline depending on where the other shooter is holding.

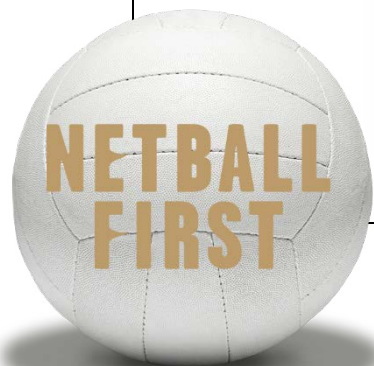


COACHING POINTS

- Head up
- Always see the ball
- Quick transfer body weight on change direction

- Sharp moves and quick changes of direction

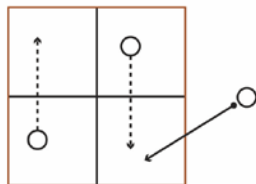
- Hip and shoulder across defender
- Shoulder width base
- Strong angled run
- Turn to post on receipt of the ball



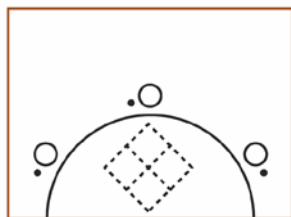
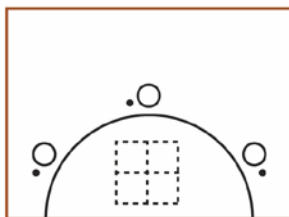
BALANCING GAMES

3's/4's

- Front player drives & changes box, back player reacts and drives to an empty box.
- Add feeder who can pass the ball anywhere.
- Once the ball has been fed, feeder moves to new side and receives ball, now there is a new 'front', which the players must react to.



If necessary explain how this fits in the circle. All work should relate to the post space as the best spot to shoot is close to the post.



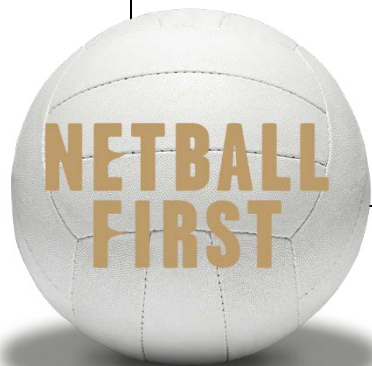
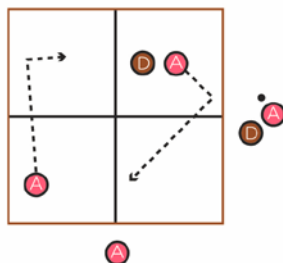
4 V 2

One defender in the box and one outside.

As above – balancing and using all space.

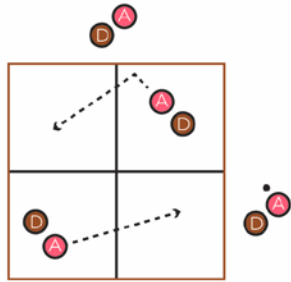
Moving feeders and changing front including sides and corners.

Defenders can drive out of box to intercept if they have read the path of the ball.



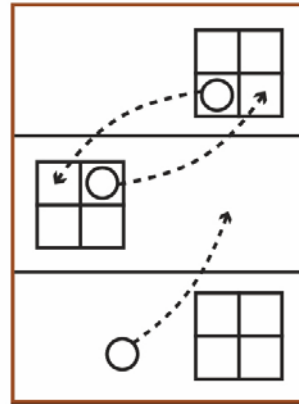
4V4

2v2 in box, 2v2 outside balancing the space, feeder moving around as above - 10 catches to score a point.



PROGRESSION

In other court areas but react to interchange, if a player drives out, feeder drives in or vice versa to react to the situation and balance the area. Players can change between groups, balance, change front and switch groups



HALF-COURT GAME

- Shooters must complete hold and drive before a shot can be taken
- Shooters must complete rotation before a shot can be taken
- Free play



CONDITIONED GAME	
<p>Match Play: Teams pick their own choice of pattern (from this session) to apply.</p> <p>Add conditions: Centre court to feed on / off the circle edge / mid court players to swing the ball</p> <p>Fit in as many 8-10 min blocks as possible.</p>	

