



# Getting Free in the Circle





**AIMS & OBJECTIVES:**

- To use a variety of methods of getting free in the circle.
- Shooters receive a variety of feeds and turn to the post on receipt of the ball.
- Getting free in the circle using a hold and lunge, T-position and movement.

**ACTIVITY CONTENT (Including Progression)**

**COACHING POINTS**

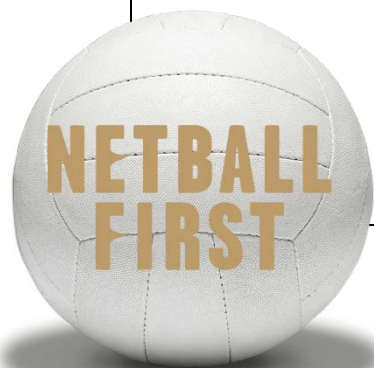
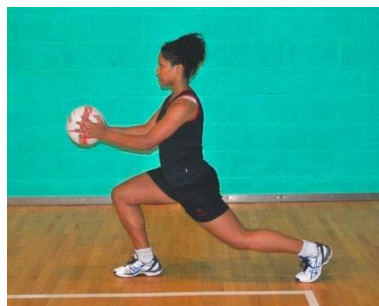
**PREPARATION**

**INTRODUCTION:** (Covering 4 areas of work)

**HOLD (T-UP):** When holding it should not be necessary to push against the defender as this shifts the centre of gravity and makes reacting to catch the ball difficult. Stand your ground but do not push (it is what the defender wants) **TOP TIP** – if the defender is leaning on you step out of their way once or twice and they will over balance they then tend to stop doing it, use this moment to get free.

**HOLD AND LUNGE:** A common mistake on the lunge is to bend over. Keep the body upright, the ball should come to you. Otherwise there is too much room for defenders to come around. This is also a stronger if you are contacted – links back to fitness training.

- Explain, draw, demonstrate, ask questions to check understanding.



**OVERHEAD CATCH:** When a shooter is holding for an overhead ball they need to keep the hold until the ball is at its highest point and above their head.

**TURN TO POST (LOOK):** Even if a shooter does not shoot, they should get into the habit of 'threatening the post' by turning and getting into a shooting position as quickly as possible. Common error is bringing the ball to belly for too long, instead of taking it up.



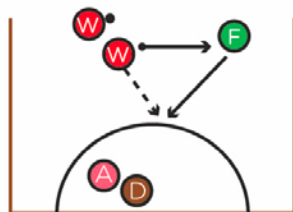
### PRACTICE AND PROGRESSION

#### GETTING FREE IN THE CIRCLE

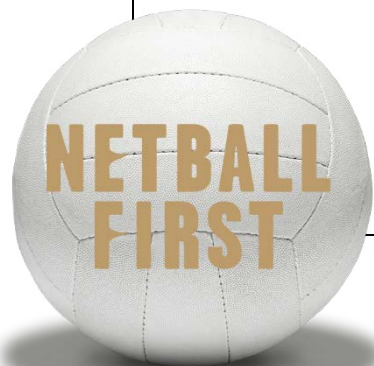
Attack and defence in the circle. Working one at a time midcourt workers pass and receive from feeder, drive to circle edge and pass into the circle. Worker collects ball and runs to start position again as the other worker goes.

- Defender mark front
- Defender mark back
- Defender mark sides
- Defender hang off to confuse worker / attacker

Attack to try and get free any way they like. Worker to feed off left and right hand, bounce, flat and lifted. Attack turns to post but doesn't shoot.



- Ensure intensity is high.



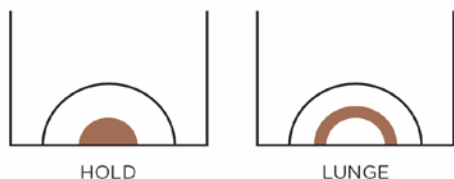
### GETTING FREE USING AN ANGLE OR ONE STEP CHANGE

Discuss and demonstrate holding in the circle and lunge (try and get players to give coaching points).

Video evidence very useful.

- Hold the front for a flat feed
- Hold a side to set up a triangle
- Hold back space ( T-Up) to receive an overhead pass

If they can hold a defender upright then great = inner circle space.  
Lunge is used slightly further out.



### HOLDING (GROUPS OF 5)

A) Practice each hold 6 times

- Hold the front for a flat feed
- Hold a side to set up a triangle
- Hold back space (T-Up) to receive an overhead pass

B) Choose which hold to use reading off defender and linking with mid court players

3v2 start at third line – 1v1 in circle , 2 v1 outside

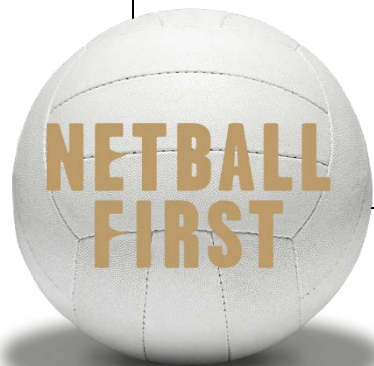
Mid court to feed when appropriate – Long , edge / short

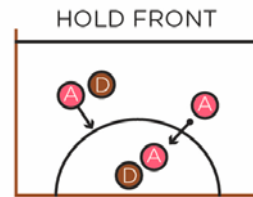
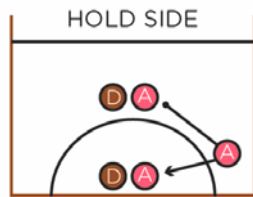
Vary feed according to position of defender

Shooter reacts and catches

X 8 and rotate

- Take ball at highest point when receiving an overhead pass
- Hip and shoulder across defender, wide base to protect space for triangle or flat feed
- Body upright and core locked in when holding
- Turn to post

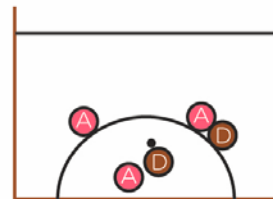
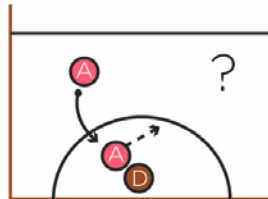




### GETTING FREE IN THE CIRCLE USING MORE MOVEMENT

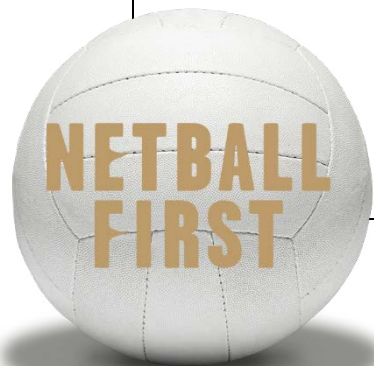
**Discuss and demonstrate getting free and catching in the circle (whole group)**

The 'ball has eyes' and the shooter needs to react – not demand the ball where she wants it. Trust the feeder. The shooter can use a pass (or step pass) to get free or gain ground in the circle e.g. in and outs to work ball closer to the post.



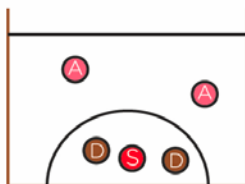
BACK UP AND OFFLOAD OPTIONS

- Lunge – knee in line with toes
- Timing onto ball (running or lunging) so player and ball meet on move not grounded
- Body upright



### GETTING FREE IN CIRCLE (10 EACH)

Overloading the shooter in the circle with 2v1 in circle. Mid-court and shooter to use all previously mentioned ideas to get free. Try to work into a good shooting position, to increase the chance of a goal.



### 4V4: 8-10 BALLS IDEALLY

Using half the court.  
Attack taking the ball to goal. Defence to get the ball to half way line to score. Must show hold, lunge, bounce and overhead pass.  
Shooters to mix up static and moving methods of getting free.  
Feeders always look to post with EVERY catch inside attacking half.

- Using body angles take out 1 defender to play self onto a 1v1 situation.

### CONDITIONED GAME

#### MATCH PLAY

Teams to choose how to use what they have been working on, always related to scoring goals and winning!  
Bonus points awarded to attack for rebounding their shot before it hits the floor, even when it is scored.

