

Throughout this booklet, you will see Task diagrams for working practices. This is the key to the various elements.

	Dashed line = Path of Player
<b></b>	Solid line = Path of Ball
	Court lines
$\triangle$	Cone
w	Letters = Players
2	Numbers = movements
R	Receiver
w	Worker
P	Player
F	Feeder
D	Defender
A	Attacker
S	Shooter

## **Practices Contents**

Movement Skills	Page 1 -5
Ball Skills	Page 6 -13
Attack	Page 14 - 25
Defence	Page 26 - 34
Shooting Technique	Page 35
Shooting	Page 36 - 38

PLAY ENC ST HOLD '