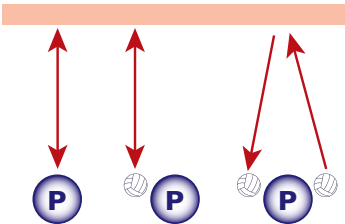
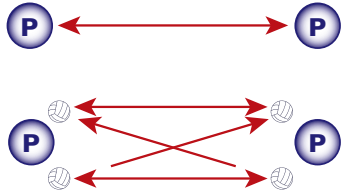




Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>B1</p>	<p>Passing against a wall</p> 	<p>Practice a variety of passes against a wall.</p> <p>Practice using both sides of the body.</p> <p>Pass ball from one side of the body, catch and send it with other side of the body. Continue using alternate hands.</p> <p><i>TIP: When the player is passing using alternate sides of the body encourage the player to move onto the ball by sending the ball wider than her extended reach.</i></p>	<p>Non specific</p>	<p>1 ball, a wall.</p>	<ul style="list-style-type: none"> • Player must be balanced and in control of the ball in preparation for the pass. • Player steps into the pass with opposite leg to passing hand. • Player follows through with passing hand(s). 	<ul style="list-style-type: none"> • vary distance away from the wall. <p><i>TIP: The further away the player is from the wall the more accurate and powerful their passing needs to be.</i></p> <ul style="list-style-type: none"> • increase the speed at which the ball is released once the player has caught it. • add element of competition with a passing count down. If the ball is dropped the count down starts. 	<p>All aspects of the game require accurate passing and a variety of passing.</p>
<p>B2</p>	<p>Passing in pairs- stationary</p> 	<p>Practice a variety of passes in pairs.</p> <p>Using both sides of the body, alternate passing to partner's left and right side.</p> <p><i>TIP: The ball should be caught with one hand. Encourage a quick release at a variety of release points.</i></p>	<p>In pairs</p>	<p>1 ball</p>	<ul style="list-style-type: none"> • Hand behind the ball. • Step into the pass. • Cushion the ball when catching it. Avoid a flat palm. 	<ul style="list-style-type: none"> • vary distance between the two players. • vary height of pass. • vary speed at which the player releases the ball after catching. 	<p>In some situations it may be quicker for the player to pass to her team mate using their non-dominant side. e.g. when tightly defended.</p>
<p>B3</p>	<p>Passing to moving players</p> 	<p>Feeder starts with the ball facing line of players. R1 drives out to receive the ball. R1 then returns the ball to F before joining the back of the line. R2 then drives out to receive a pass.</p> <p><i>TIP: The receivers dictate where they receive the ball by the move they make.</i></p> <p><i>TIP: The ball should be sent into the space the receiver is moving into.</i></p>	<p>Up to 6 players per group</p>	<p>1 ball</p>	<ul style="list-style-type: none"> • Step into pass and follow through with hands. • Receivers to drive out at speed, looking at the ball at all times. 	<ul style="list-style-type: none"> • vary side of the body pass is released depending upon which way the player is driving: 	<p>Centre pass.</p> <p>Any drive for the ball.</p>

Skill Ref

Task

Explanation and Tips

Number of players

Equipment

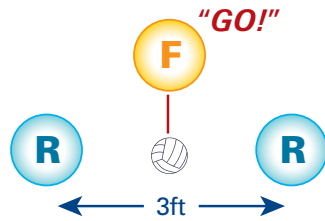
Coaching Points

Variations

Game related

B4

Taking a toss-up



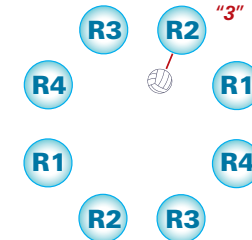
Competitive practice.
 Simulating a toss-up situation.
 Players stand 3ft apart, with a feeder in the middle who tosses up the ball on "Go". Receivers have to gain possession of the ball.
 Players should scoop the ball in rather than bat the ball away.
 Reaction exercises are also good for developing toss-up skills.

In 3's

1 ball

- Players must be on their toes, alert and keep their eye on the ball at all times.
- Snatch or 'scoop' the ball into the body quickly.
- Player should be alert and on their toes, turning their head round quickly to sight the ball as early as possible.
- Snatch the ball into the body quickly.

- Reaction exercises:
- In groups of 8 in a small circle. Number players 1-4. One player starts with the ball and shouts out a number e.g. 3. The two players numbered 3 then contest for the ball.



- In pairs standing 1m apart. Feeder drops the ball in front of the receiver at irregular intervals.

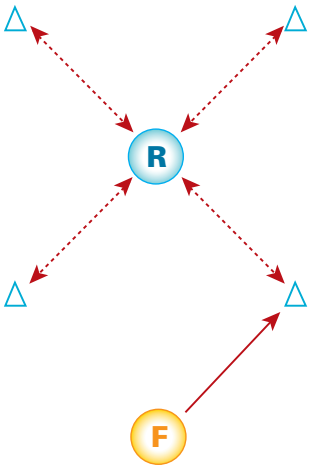

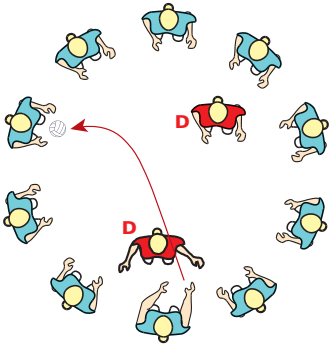


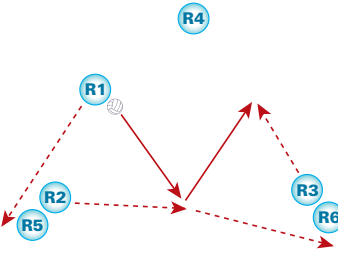
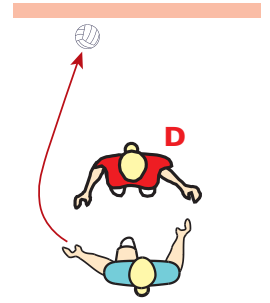
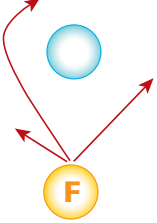
- In pairs as shown. Feeder starts with the ball. Receiver has their back to feeder. Feeder shouts "GO!", receiver turns round ready to catch the ball.

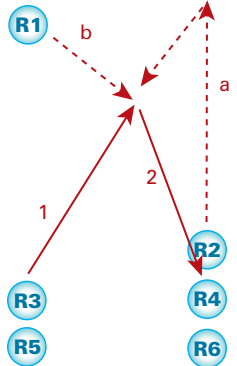
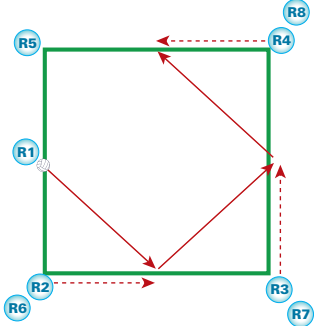


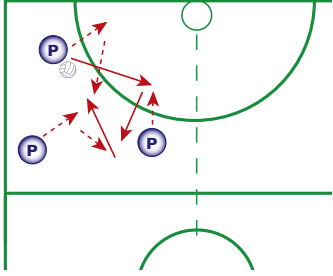
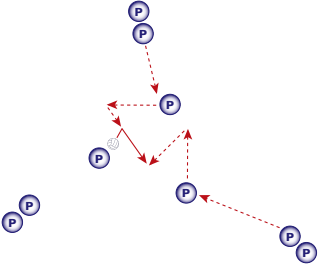
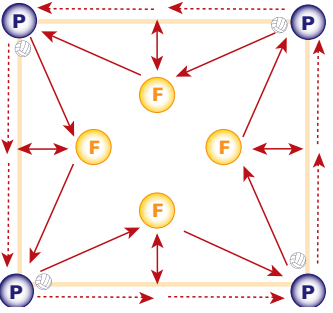
TIP: The feeder can challenge the receiver by sending the ball anywhere within the receiver's working space.

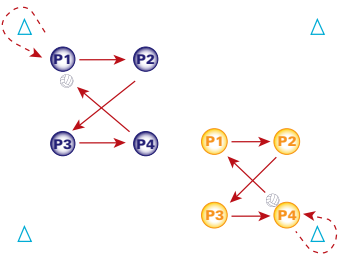
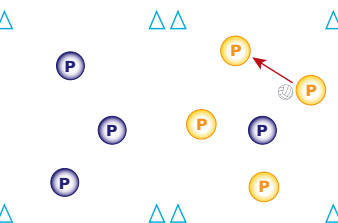
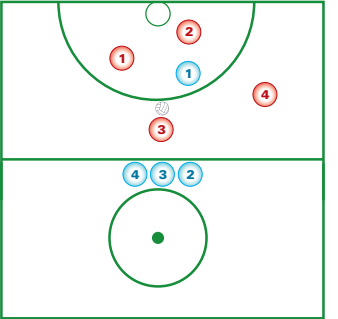
Toss-ups.

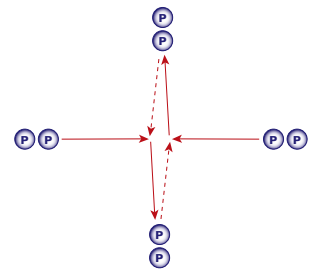
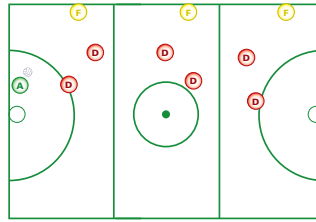
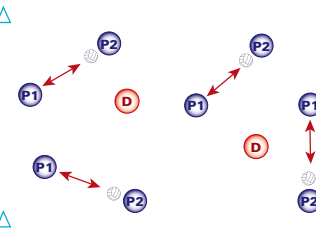
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>B5</p>	<p>Passing into space and over hands</p> 	<p>Lay out cones/dots in square with four corners as shown. Player starts in the middle of the square. Feeder stands outside the square.</p> <p>Player drives towards a corner to receive the ball. Ball and player arrive at the corner together.</p> <p>Player returns ball and then drives back to the middle before making another lead to a different corner.</p> <p><i>TIP: Encourage both players to pass the ball from the appropriate side of the body.</i></p>	<p>In pairs</p>	<p>1 ball, 4 cones.</p>	<ul style="list-style-type: none"> • Feeder must time the pass so that the attacker is moving on to it. • Strong pass over and around hands of defender. • When stepping to pass ensure the feeder is balanced and in control of the ball. 	<p>Variations</p> <ul style="list-style-type: none"> • Add a defender who marks the feeder:  <p><i>Here the players can practice passing around the hands of the defender, and the lob pass.</i></p> <p><i>TIP: Feeder can practice stepping to the side and backwards to execute a more accurate and 'safe' pass to avoid the defender.</i></p>	<p>Passing to a team mate moving into space, and around a 3ft mark.</p>
<p>B6</p>	<p>Passing around defenders</p> 	<p>Circle of players as shown, with 2 defenders in the middle. Players pass across the circle around the defenders.</p> <p>Players cannot pass to the player next to them or the player they have just received the ball from.</p>	<p>Up to 12</p>	<p>1 ball</p>	<ul style="list-style-type: none"> • Defenders must adhere to three foot rule. • Strong passes across the circle • When stepping to pass ensure the player is balanced and in control of the ball. 	<ul style="list-style-type: none"> • Add more defenders to increase pressure on attack. • Add extra ball. 	<p>Passing to team mates under pressure.</p>

Skill/Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
B7		<p>Players set up 3 points of a triangle as shown. R1 passes the ball into the space for R2 who is moving towards the next group. R2 then passes to R3 etc.</p> <p>Players move onto the next group after delivering pass.</p> <p><i>TIP: Encourage passing accuracy and timing of move. Specify type of pass (chest, bounce etc.) Specify type of release (in air, one handed).</i></p>	6 – 10	1 ball, a wall.	<ul style="list-style-type: none"> • Players drive onto the ball at speed. • Players should be balanced and in control before releasing the ball. • Players should send the ball into the space of the moving player. 	<ul style="list-style-type: none"> • Change direction of ball – either on call or when next person does not move to receive ball. • Player to lead away from triangle and cut back to receive pass. • 2 players to lead from each corner. One player receives 1st pass and other cuts to receive 2nd pass. • Complete set number of passes without a dropped ball. 	Accuracy of pass, timing.
B8	<p>Passing over hands</p> 	<p>Player passes the ball against the wall around the hands of a 3ft marking defender. Defender turns to catch the rebounding ball and passes back to player.</p> <p><i>TIP: Place targets on the wall for players to hit when throwing. The defender can change the position of her arms to further challenge the player. TIP: Player can practice stepping to the side and backwards to execute to avoid the defender.</i></p>	In pairs	1 ball, a wall.	<ul style="list-style-type: none"> • When stepping to pass ensure the player is balanced and in control of the ball. • Both players on their toes to retrieve rebounding ball. 	<ul style="list-style-type: none"> • Vary distance away from the wall. • Both players attempt to get the ball as it rebounds off the wall. • Defender becomes less static. 	Passing accurately to team mates when tightly marked.
B9	<p>Catching the ball at different heights- 'Pull-ins'</p> 	<p>Set up as shown with players no more than 2m apart. Feeder passes the ball within the space of the player so that they have to stretch, but not run or jump, to catch it.</p> <p>Vary the height at which the ball is sent to the player- above her head, down low, to the sides etc.</p>	In pairs	1 ball	<ul style="list-style-type: none"> • The working player should be on her toes and alert, watching the ball at all times. • The player should be quick to 'pull' the ball in and return it to the feeder. • To challenge the worker, encourage them to send the ball at extension (the point where they caught the ball). 	<ul style="list-style-type: none"> • Feeder must put ball further out of player's reach so that they have to take small steps or jump to catch it- 'anywheres'. • Add another ball so that both players are receiving and sending the ball simultaneously. 	

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>B10</p>	<p>Attacking the pathway of the ball</p> 	<p>Set up 2 lines of players as shown. R1 starts in the practice area anticipating the first pass to sprint on to. R3 starts with the ball, R2 makes a straight drive for the ball (a). The ball is sent to that player (1) as R1 drives onto the path of the ball and intercepts it (b). R1 then passes it to R4 (2). R3 then drives out to receive a pass while R2 drives to make an interception and passes to R5. Continuous practice. Players to join the back of the opposite line they started in.</p> <p><i>TIP: Ensure that the player making the 'interception' catches the ball and is balanced and in control before sending the ball on.</i></p>	<p>Up to 6 players per group</p>	<p>1 ball</p>	<ul style="list-style-type: none"> • Begin with sympathetic passes so that the players making the interceptions can take the ball in a controlled manner. • Increase pressure on players making the interceptions by placing the ball further out of their reach. • Players to be in control of the ball before passing it to the next player. • Players must adhere to the footwork rule. 	<ul style="list-style-type: none"> • Stretch the player going for the 'interception'. 	<p>-Making interceptions.</p> <p>-Receiving out of control passes.</p> <p>-Receiving the ball on the move.</p>
<p>B11</p>	<p>Passing accuracy</p> 	<p>Players set up on four points of a square. R1 passes the ball into the space for R2 to drive onto, who is moving towards next group. R2 then passes to R3 etc.</p> <p>Players move onto next group after delivering pass.</p> <p><i>TIP: Encourage passing accuracy and timing of move.</i></p> <p><i>Specify type of pass (chest, bounce etc.)</i></p> <p><i>Specify type of release (in air, one handed).</i></p>	<p>8 - 12</p>	<p>1 or 2 balls</p>	<ul style="list-style-type: none"> • Time movement so receive ball at speed. • Pass ahead of moving player. • Keep ball flat. • Catch ball with 2 hands release with 1. 	<ul style="list-style-type: none"> • Change direction of ball – either on call or when next person does not move to receive ball. • Use 2 balls starting at opposite points on the square. • Player to lead away from square and cut back to receive pass. • 2 players to lead from each corner. One player receives 1st pass and other cuts to receive 2nd pass. • Complete set number of passes without a dropped ball. 	<p>Accuracy of pass, timing.</p>

Skill/Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
B12	<p>Passing accuracy, Spatial awareness</p> 	<p>Ball passed between 3 players moving randomly in 1/2 a third of the court.</p>	3	1 ball	<ul style="list-style-type: none"> • Pass ahead of moving player (away from defender). • Drive onto ball. • Sharp changes of direction. • Catch/release quickly. • Move into space. 	<ul style="list-style-type: none"> • Ball passed in order. • Ball passed in random order. • Use 2 balls. • Add defender. 	<p>Movement in relation to other players on court.</p>
B13	<p>Passing accuracy, change of direction, spacial awareness</p> 	<p>3 players make a simultaneous offer for the ball, moving randomly. Ball is passed between all 3 players (each taking a pass). Ball is then returned to first receiver and the next 3 players make their offer and practice is repeated.</p> <p><i>TIP: Encourage use of space.</i></p>	7+	1 or 2 balls	<ul style="list-style-type: none"> • Pass ahead of moving player. • Drive onto ball. • Sharp changes of direction. • Catch/release quickly. • Move into space in relation to ball and team mates. 	<ul style="list-style-type: none"> • Add defenders. • Specify type of pass. • Use 2 balls. • Make it court specific (e.g centre court players to hit circle edge, shooters to receive final pass and shoot). 	<p>Movement in relation to other players on court.</p>
B14	<p>Passing accuracy</p> 	<p>8 players set up as shown. Players on outside start with a ball each. Players on the outside move around the square at the same time, passing and receiving their ball with the players on the inside.</p>	8	4 balls	<ul style="list-style-type: none"> • Pass ball into space. • Vary pass used. • Catch/release quickly. 	<ul style="list-style-type: none"> • Change direction of movement. • Specify type of pass. • Add floating defenders. 	

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>B15</p> 	<p>Passing accuracy, spatial awareness, interception</p>	<p>2 teams of 3 or 4 players. Each team numbered 1-2-3-4. Ball passed consecutively in teams as players move around set area (within cones). After passing the ball each player has to run around a cone. Player receiving the pass is not allowed to run round same cone as passer, and players are not allowed to run round same cone consecutively. Encourage players to use all of area. Move into a space.</p>	6 or 8	2 balls, 4 markers.	<ul style="list-style-type: none"> Use all the space. Pass ball accurately. 	<ul style="list-style-type: none"> Allow teams to intercept other team's ball. If successful either give it back (but count number of interceptions in set time) or continue with it and team have to win it back. 	Movement in relation to other players on court.
<p>B16</p> 	<p>Passing accuracy, interception</p>	<p>2 teams in own set area. Team 1 starts with ball and passes it to team mates in a random order. Aim to get 10 consecutive passes to score a point. Team 2 can send 1 or 2 defenders who try to intercept ball. If successful they pass ball to their team mates in their area and roles are reversed.</p>	6 or 10	1 ball, 8 markers, bibs.	<ul style="list-style-type: none"> Pass ball accurately. Time movement of interception. 	<ul style="list-style-type: none"> Change the number of passes needed to get a point. Vary the number of defenders. Change rules re the order of players receiving pass. E.g no 1-2's. Dropped or tipped passes not counted and ball passed over to other team or start 10 consecutive passes again. 	<p>Movement in relation to other players on court.</p> <p>Interception.</p>
<p>B17</p> 	<p>Getting free, Interception, Passing accuracy</p>	<p>2 teams of 4/5/6 players. Team 1 in 1/3rd of court, team 2 outside. Team 1 pass the ball 5 times consecutively, then a defender from team 2 enters area. Repeat adding a defender every time 5 consecutive passes are made and/or defender makes an interception. Continue until all defenders in area.</p>	8-12	1 ball	<ul style="list-style-type: none"> Continuous movement. Pass ball accurately. Vary type of pass. 	<ul style="list-style-type: none"> Specify order of passes. Only when an interception/tip or error is made can another defender enter. Use a stopwatch to time how quickly teams can achieve task. Compete against each other. After all defenders are in area, reduce one at a time as 5 passes are made. If an error is made attacking team have to start again – 5 passes with no defenders. 	<p>Movement in relation to other players on court.</p> <p>Interception.</p> <p>Defending.</p>

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
B18	<p>Passing accuracy</p> 	<p>Minimum of 8 players set up at points in a cross. 2 players on opposite sides start with the ball and pass to the players on their right as they move to their opposite line. They pass it straight on and join the end of the opposite line. Ensure players time their move and sprint onto ball.</p>	8+	2 balls	<ul style="list-style-type: none"> • Time movement. • Place ball into space ahead of moving player. • Catch/release quickly. 	<ul style="list-style-type: none"> • Change direction (pass to player on left). • Make the cross larger or smaller to accommodate different passes. 	Driving onto the ball.
B19	<p>Getting free, defending, interception, passing accuracy</p> 	<p>One feeder at edge of each third and 2 defenders stood randomly within each 1/2 of third. Attacker starts with the ball and works her way down court receiving 2 passes from each feeder. Feeders are permitted to move along sideline within their third. Attackers to use a variety of ways of getting free, keep moving. Feeders to put ball into space, away from defenders. Defenders to work co-operatively to try to force interception.</p>	10+	1 ball	<ul style="list-style-type: none"> • Attacker to keep moving. • Attacker to use sharp changes of direction. • Defenders communicate and work together. 	<ul style="list-style-type: none"> • Adopt a scoring system for attackers/defenders. • Reduce number of defenders. 	<ul style="list-style-type: none"> • 2 defenders working together. • Getting free from 2 defenders.
B20	<p>Passing accuracy, interception</p> 	<p>About 8 players to a third of a court. 2 players are defenders. Remaining players are attackers and have 1 ball between 2. Attackers pass the ball in their pairs, moving into space. Defenders try to intercept pass. When successful attacking pair move outside of area. Continue until all pairs have had ball intercepted or until set time is reached.</p>	8+	3+ balls	<ul style="list-style-type: none"> • Time interception. • Keep vision open. • Use all the space. 	<ul style="list-style-type: none"> • Add more defenders. • No defenders. Pairs attempt to get another pair's ball. 	