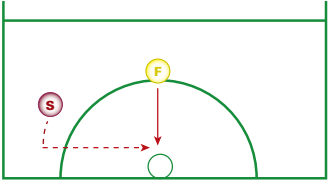
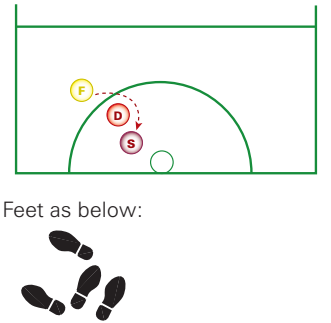
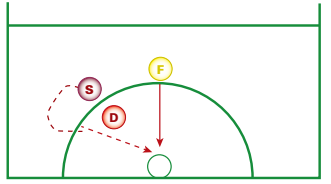
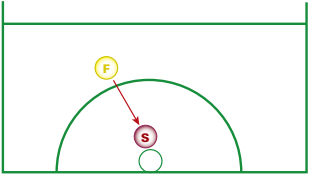
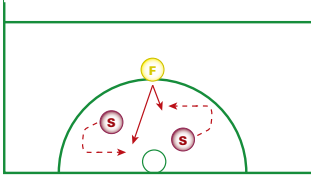
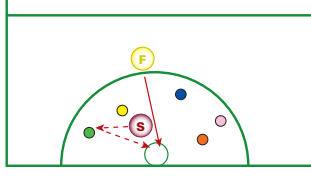


| Skill /Ref | Task | Explanation and Tips | Number of players | Equipment | Coaching Points | Variations | Game related |
|------------|---|--|-------------------|--------------------------------|--|---|--|
| S1 | <p>Taking the ball along the baseline</p>  | <p>Shooter makes a small preliminary move and drives baseline to take ball from feeder.</p> | In 2's | 1 ball, ring, circle markings. | <ul style="list-style-type: none"> Shooter always has the ball in her vision. Lands on foot closest to baseline. | <ul style="list-style-type: none"> Change the angle of the feeder. Work both sides of the circle. Add in a defender. | <p>Work from</p> <ul style="list-style-type: none"> - centre passes - through court |
| S2 | <p>'T' up on defender (angle to the post)</p>  <p>Feet as below:</p> | <p>Shooter T up on defender. Angle by putting shoulder in the middle of the back of the defender. Foot closest to defender placed behind defender's feet as shown. Stay strong through leg closest to defender. Feeder passes ball to attacker angled to the post.</p> | In 3's 4's | 1 ball, ring, circle markings. | <p>Shooter</p> <ul style="list-style-type: none"> Keep body upright Keep foot closest to defender level/between defenders foot and stay strong. Don't move until ball above head. Take the ball at the earliest point. <p>Feeder</p> <ul style="list-style-type: none"> Imagine a line through shooter/defenders headline for appropriate space to feed into. | <ul style="list-style-type: none"> Change angle of the feeder. Defender becomes more active and moves around the shooter. Attacker must change 'T' angle dependant upon defenders positioning, 2 Feeders swing the ball across / around the circle edge. The shooter has to change angle on defender dependent on the ball positioning. | <p>Work from</p> <ul style="list-style-type: none"> - dead balls (penalties etc) - centre passes |
| S3 | <p>Receive a variety of feeds</p>  | <p>Shooter works a preliminary move and drives into the circle. Feeder delivers the ball at a variety of heights, weights, bounce, flat, high. Shooter changes entry point of circle.</p> | In 2's | 1 ball, ring, circle markings. | <p>Shooter</p> <ul style="list-style-type: none"> always has the ball in her vision. Lands on foot furthest away from the ball. Drive through the ball, take it off its line and at the earliest point. | <ul style="list-style-type: none"> Feeder changes angle on the circle edge for the feed. 2 feeders driving the ball to the circle edge to mix up angles and timing of the move. Add a defender. | <p>Work from</p> <ul style="list-style-type: none"> - sidelines - backlines - dead balls (penalties etc) - centre passes |

| Skill Ref | Task | Explanation and Tips | Number of players | Equipment | Coaching Points | Variations | Game related |
|-----------|---|---|-----------------------------------|---|--|--|--|
| S4 | <p>Take and turn to the ring when high ball comes in</p>  | <p>Shooter changes angles to post all the time, imagining a defender putting on pressure. Feeder feeds ball high over towards the post. Shooter turns and takes the ball at the earliest point to face the ring. Add in defender.</p> | <p>In 2's 3's 4's</p> | <p>1 ball, ring, circle markings.</p> | <p>Shooter</p> <ul style="list-style-type: none"> • Keep body upright • Keep foot closest to defender level/between defenders foot and stay strong. • Don't move until ball above head. • Take the ball at the earliest point. <p>Feeder</p> <ul style="list-style-type: none"> • Imagine a line through shooter/defenders headline for appropriate space to feed into. | <ul style="list-style-type: none"> • Change angle of feeder on the circle edge. • Defender becomes more active. • Attacker to work defenders angle to the post. • 2 attackers work ball to edge of the circle at a variety of angles and speeds. | <p>Work from - sidelines. - dead balls. - backlines.</p> |
| S5 | <p>Balance circle with shooter</p>  | <p>Shooters move around the circle being aware of each other and keeping a reasonable distance between them at all times. Receive ball at various times. Add in second feeder to change the angle and timing. Add in a defender to shadow space / shooter to mix up the space and timing.</p> | <p>In 3's 4's 5's</p> | <p>1 ball, ring, circle markings.</p> | <ul style="list-style-type: none"> • Shooters always have the ball and other shooter in their vision. • Lands on foot furthest away from the ball. • Drive through the ball, take it off its line and at the earliest point. • Shooters not to get too wide / close together. • Work sides/top and base. | <ul style="list-style-type: none"> • 2 feeders working the ball to the circle edge. • Feeders work the ball on and off the circle edge to change the timing. • Mix up the variety and timing of the pass. | <p>Work from - side lines. - backlines. - linking through court / 2 offers / options. - Centre passes.</p> |
| S6 | <p>Uses sharp moves out and back to the post</p>  | <p>Different colour spots placed in the circle at various points. Feeder shouts a colour, shooter drives from the post to the spot, pushes off with outside foot to maintain good vision of the ball and back to the post to take the ball.</p> | <p>In 2's 3's 4's</p> | <p>1 ball, ring, circle markings, coloured spots.</p> | <ul style="list-style-type: none"> • Shooter has the ball in her vision at all times. • Keep body upright. • Strong assertive drives on both movements. • Lands on foot furthest away from the ball. • Drive through the ball, take it off its line and at the earliest point. | <ul style="list-style-type: none"> • Variety of pass from the feeder. • 2 feeders working the ball to the circle edge. • Feeders constantly change the angle of the feed. • Add in another shooter to increase the need of awareness. | <p>Work from - side lines. - backlines. - through court. - centre passes. - dead ball situations.</p> |

| Skill /Ref | Task | Explanation and Tips | Number of players | Equipment | Coaching Points | Variations | Game related |
|--|---|--|---|---|--|---|---|
| <p>S7</p>  | <p>Practices vision on entry into the circle</p> | <p>1 feeder. 1 shooter. 1 player holding coloured cards (by post). As the shooter makes her entry into the circle, player holds up a card. Shooter needs to see both the colour (saying it out loud) and the ball. Receives a pass off the feeder before shooting.</p> | <p>In 2's 3's 4's 5's 6's</p> | <p>1 ball, ring, circle markings, coloured spots.</p> | <ul style="list-style-type: none"> • Shooter always has ball and the other player in their vision. • Keep body upright. • Lands on foot furthest away from the ball. • Strong assertive drives. • Drive through the ball, take it off its line and at the earliest point. | <ul style="list-style-type: none"> • Player holding cards holds up 2 colours. • Feeder changes position on the circle edge. • Add in defender • Add in another shooter to be aware of each other. • 2 Feeders working the ball to the circle edge using a variety of moves, timing and angles. | <p>Work from</p> <ul style="list-style-type: none"> - Side lines. - backlines. - centre passes. - dead ball situations. |

