



KEEPINGS OFF

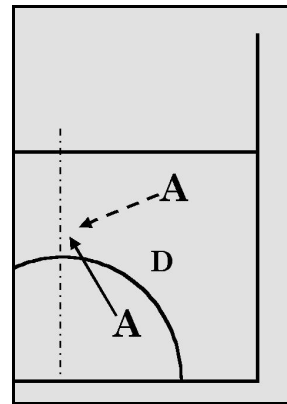
2 attackers, 1 defender, 1 ball, area is limited to half of one third.

The player without the ball leads to a space and receives a pass, then it's the other player's turn to move.

The third player, the defender, tries to stay between the two attackers.

Coaching Points

- Attackers are only allowed to use a straight lead or a double lead, this encourages them to move, lead and make space.
- Use the whole space available to them.
- Sometimes make the rule that the attackers cannot throw over the top of the defender. This forces attackers to use definite 'double' leads.



KEEPINGS OFF - DOWN COURT

2 attackers, 1 defender, 1 ball, area is limited to half of half court.

Same as 'keepings off', but this time the attackers are trying to move the ball progressively down court over the half way line.

The third player, the defender, tries to stay between the two attackers.

