

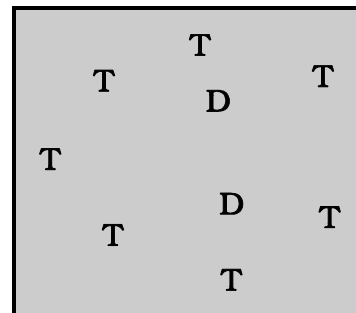


Activity 9 - Circle

2 defenders and at least 5 throwers in the circle
 Throwers keep passing the ball to each other, (except the player next to them)
 Defenders: the closest one to the ball runs up and puts hands up at three feet. The other stays back and tries to intercept the pass.

Coaching Points

- There should always be one defender with hands over the thrower.
- Throwers must hold the ball for at least 2 secs to give the defenders a fair chance, especially when just learning.

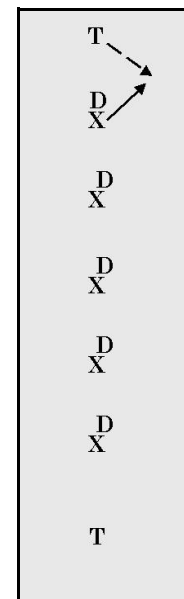


Activity 10 - Attack & defence down the line

12 players, 1 ball, whole court.
 5 defenders on 5 attackers spread out down the length of the court with a stationary thrower at each end. The ball is passed from one thrower to each attacker in turn and onto the other thrower.
 To start with, keep the width of available space quite narrow (half the court) to give the defenders a better chance of a tip, or better still, an intercept.

Coaching points

- After trying to intercept the ball then quickly get 3 feet away to try again.
- Good 'starting position' is essential.
- Defenders can also call 'left' & 'right' to help the 'hands over' defender move across to where the ball is likely to be passed.



Match Play

Cool Down - Jog & stretch