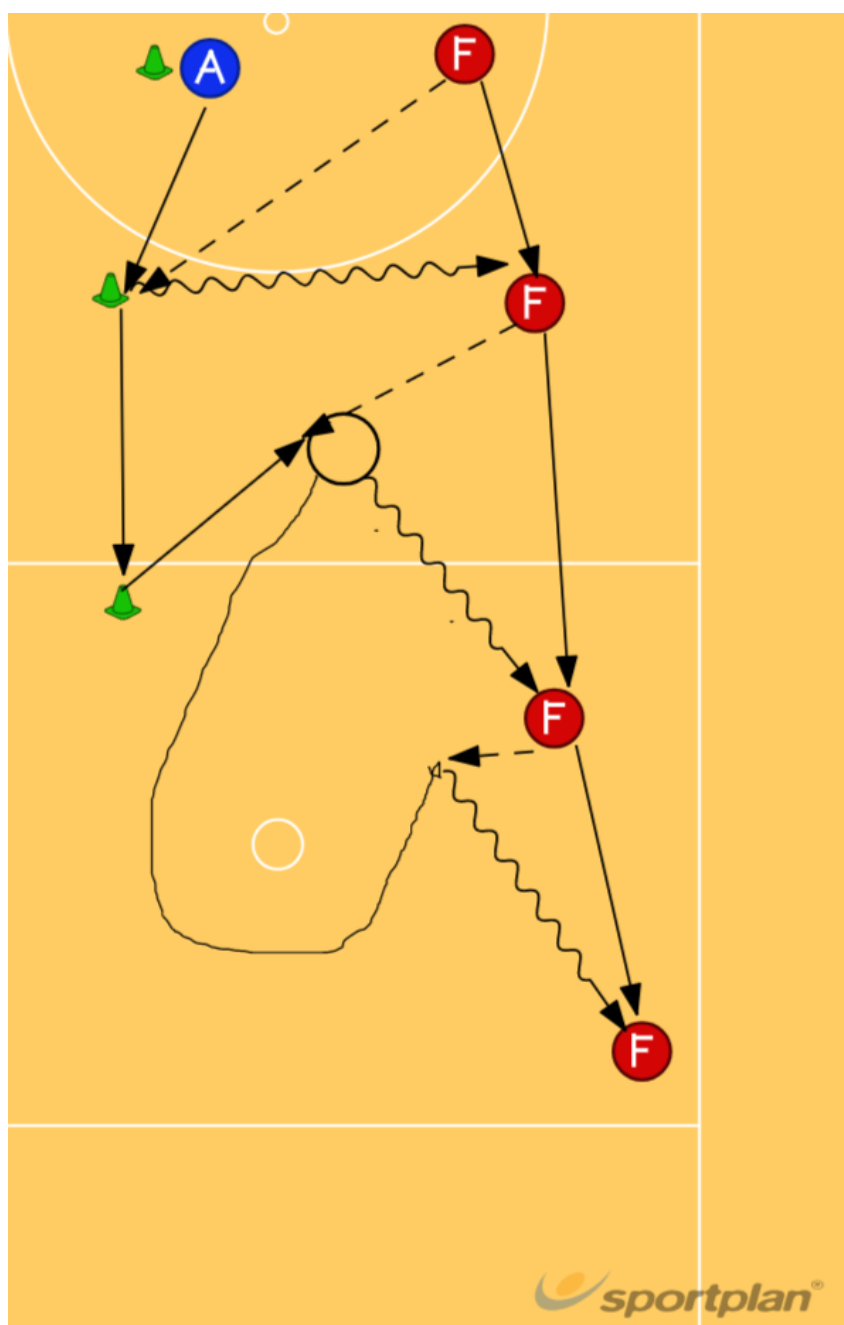


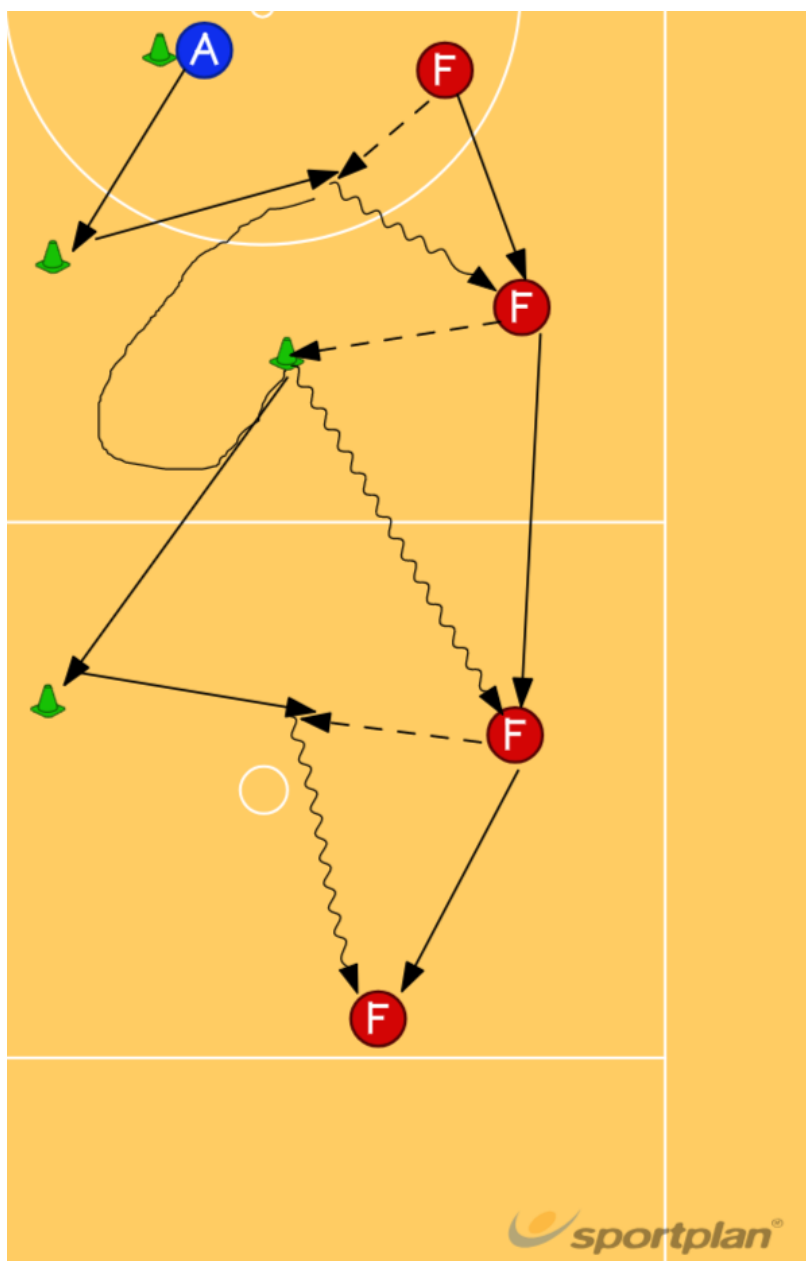
DEFENCE MOVEMENT



1. A drives to cone
2. F passes to A once ball released runs down court
3. A passes to F in new position
4. A drives to next cone hits cone drives towards thrower
5. A receives pass from F who moves down court to new position
6. A throws to F and then makes a clearing move in an arch and drives towards F
7. F throws pass to A and runs to the corner of the transverse line
8. A throws to F

COACHING TIPS

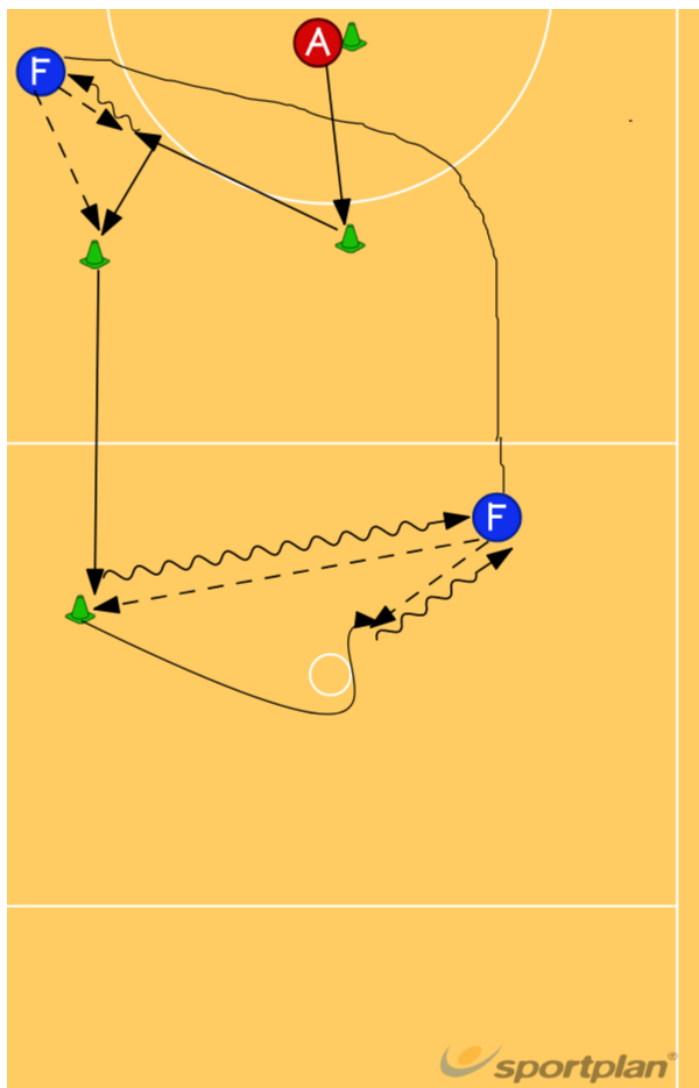
1. Quick accurate shoulder passes are to be used
2. When hitting cones look for turn of direction and hips
3. Clearing movement need to see change of pace



1. F throws ball to A who drives to cone then towards thrower receives pass
2. F drives down court receives the pass from A
3. A does an arch clearing movement towards the next cone
4. A then drives a little past the cone towards F and receives a pass
5. A then passes to F who has moved down the court
6. A then drives down the court to the cone and then drives towards F
7. F drives towards the centre of the transverse line receives a pass

Coaching Points

1. Ensure well placed shoulder pass
2. Hips and shoulders turned
3. Fast feet
4. Timing of drives



1. A drives towards cone and then turns hips drives to F who releases ball
2. A throws back to F
3. A drives to next cone and receives ball, turns
4. F then does a clearing movement down to next point (F)
5. A then drives straight down to next cone
6. F throws to A
7. A throws back to F
8. A then does a clearing movement around the centre circle and receives a pass from F
9. A throws back to F

Coaching Points

1. Timing of drives
2. Shoulder pass placement
3. Fast movement
4. Turning of hips towards cones