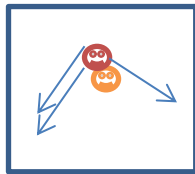


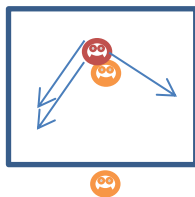
DEVELOPING TRACKING - 2019

- Two players Attack Defence
- In a confined area of the court (put out cones or dots) - square
- $\frac{1}{4}$ of $\frac{1}{2}$ of Third
- Defender mans up – hip to hip shoulder to shoulder
- Attack moves to try and keep defender from moving – move hips keep head focused on ball



Add Ball

- As above and player
- Ball person turns back on players throws ball up catches turns
- When the ball is being thrown up the attacker has to do a prelim move
- Then defender trying to track attacker
- Important to have 2 hands to ball – hips move head focused on ball
- Must complete 3 passes then change



Court Play

- Ball starts one side
- Throw to attacking player may use back marker at any time
- Concentrate on defending and tracking – pushing players away from circle edge
- Shooter can shoot
- Introduce quick play back

