

DEFENCE MOVEMENT – INTERCEPT AND RELEASE

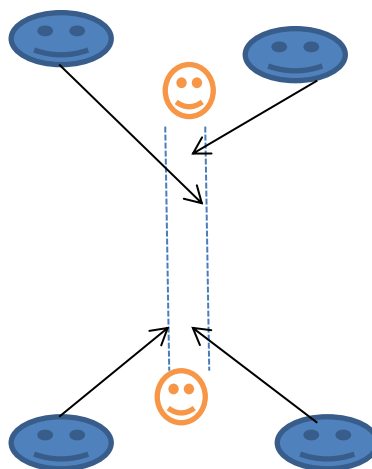
No. 1

Equipment

- 1 ball between 3 players
- Dots for markers (not necessary but may be needed for younger players)

Description

- Divide players into 3s
- Two throwers standing opposite one another
- Approximately 3 metres apart
- Worker stands to the side and away of one thrower
- Thrower pass ball to one another
- Worker times drive to catch the ball with two hands and then throws back to thrower
- On each turn the worker will alternate left side right side of thrower and then swap to other worker using both left and right side – 10 intercepts per thrower



Error Detection

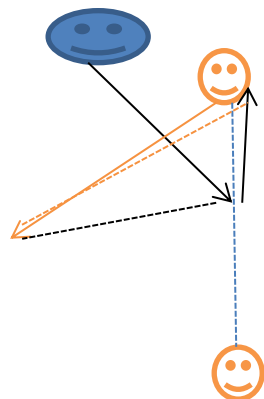
- Not timing correctly for intercept
- Not going with two hands
- Not balancing before worker releases ball
- Poor release of ball
- Throwers are to use shoulder passes and strong

No 2

(Same as above)

Description

- Throwers are throwing to on another
- Worker stands as before intercepts the pass
- The thrower who did not throw the pass then offers wide
- The worker passes to this player
- Then the worker drives straight to where the thrower initially stood and receives a second pass
- Rotate sides and workers x5 each side and one set of 5 each thrower



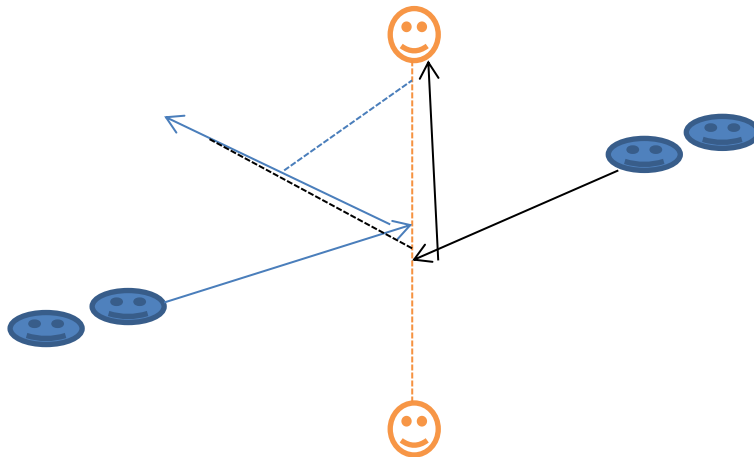
Error Detection

- Not timing correctly for intercept
- Not going with two hands
- Poor release of ball

- Not balancing before worker releases ball
- Throwers are to use shoulder passes and strong

No 3

- In groups of six
- Two throwers are throwing the ball to one another
- Two workers are at angles to the throwers
- Both simultaneously will move to intercept ball (needs to be verbal advice when going)
- The worker who intercepts the ball
- Then throws to the other worker who reoffers to space
- Then the original worker drives straight throw to receive pass
- Then next two workers commence



Error Detection

- Not timing correctly for intercept
- Not going with two hands
- Poor release of ball
- Not balancing before worker releases ball
- Throwers are to use shoulder passes and strong
- Timing of drives
- Angle in drives