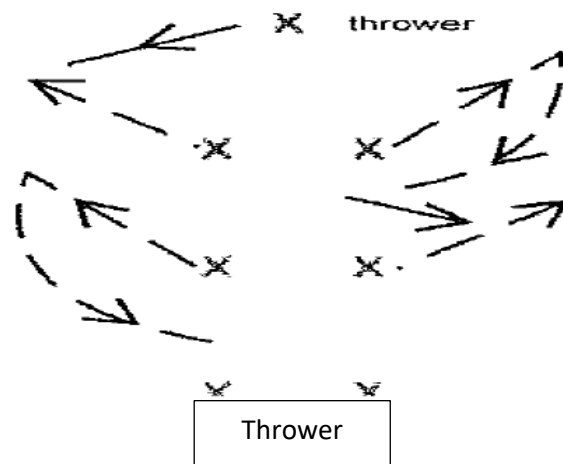


Movement to the Ball/ Options/Decision Making

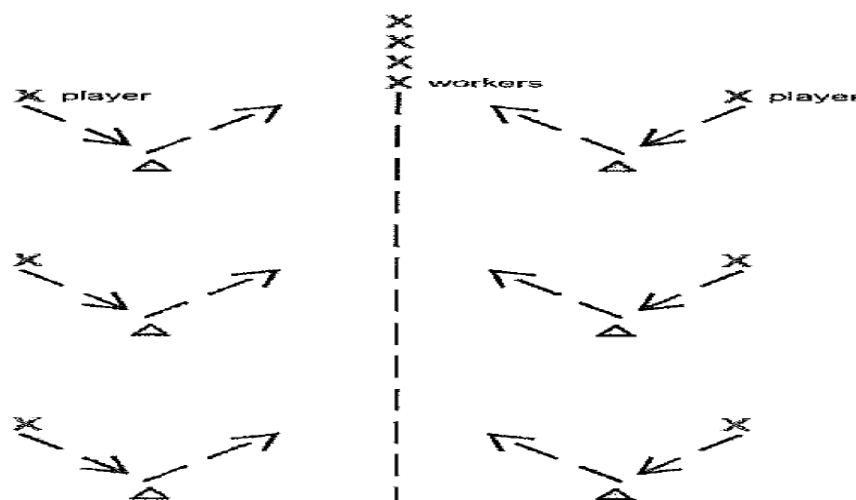
Double Lead – concentrates on thrower selecting one of two options

1. One Ball
2. Set up in pairs down the court with a thrower each end of the court
3. Both players offer and thrower selects one
4. The player who does not receive the ball leads again and receives the second pass
5. Continues down and back the line



Decision Making

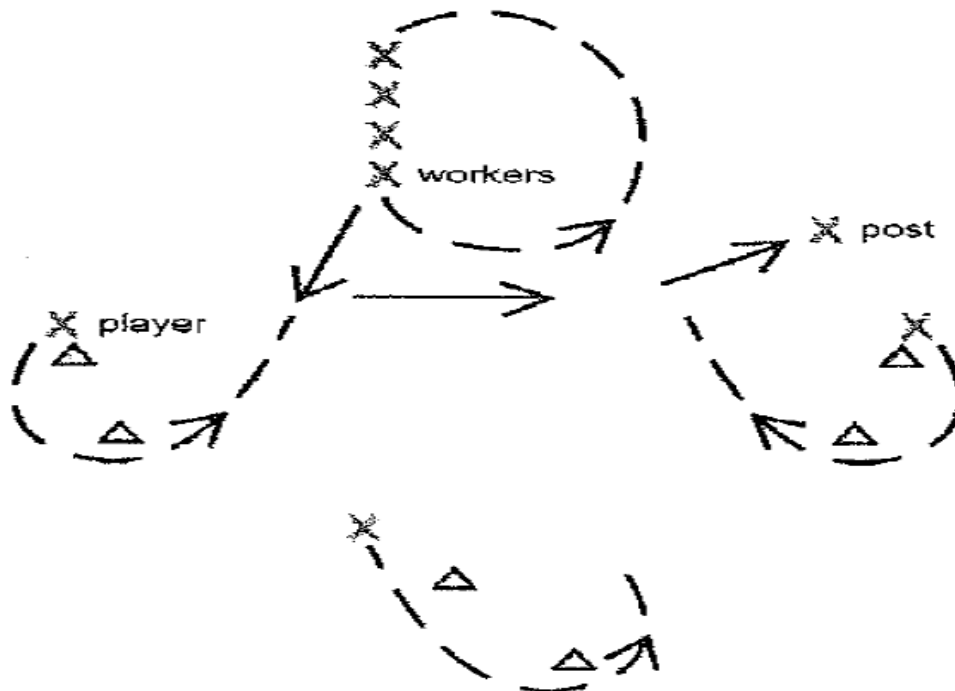
1. Workers have a ball each and work their way down the line
2. Players sprint to cone, push off and drive towards worker
3. Worker selects from the first pair then drives straight through the middle and receives
4. Next pair repeats movement and worker selects again from the two offers
5. At end jog back to the end of the workers line



Movement to the Ball/ Options/Decision Making

Three Offers

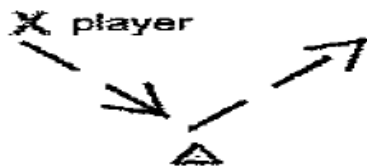
1. Workers in a line – one ball
2. Players on a cone and another cone is 1 metre away to clear around
3. Worker has ball at beginning of line.
4. All 3 players drive to their cone, clear around and offer to worker
5. Worker selects one option then drives to receive and then off loads to post
6. Worker goes to end of line
7. Post throws to the worker at front of line – re start drill



Movement to the Ball/ Options/Decision Making

Short Long

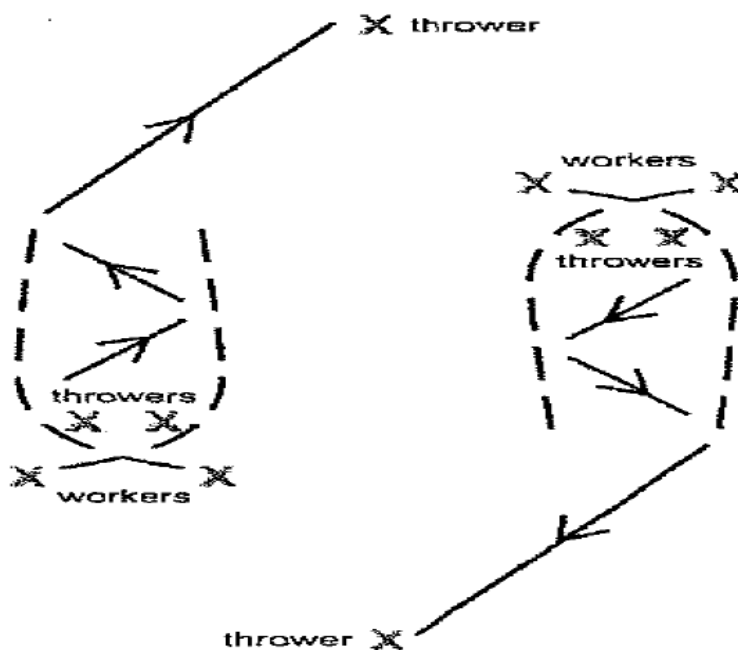
1. Post starts with ball
2. Worker sprints to cone, pushes off and drives towards post to receive pass
3. When worker turns round, both players have pushed off their cone and drive towards the worker to receive pass
4. Worker releases to either player
5. Worker then goes back to end of line and player who receives throws back to post



Movement to the Ball/ Options/Decision Making

Cross Over

1. A pair of throwers set up on the transverse lines
2. Place a thrower in each shooting circle
3. Each pair of throwers has a ball between them
4. Workers cross over behind as throwers facing down court
5. The thrower with the ball releases to one of the worker running down court
6. Worker releases to other worker on the run then throws into the shooting circle
7. Workers move straight behind other throwers to set up and repeat
8. The thrower in the shooting circle selects a thrower on the transverse line and releases
9. Repeat



Game specific

1. Place 3 players each third
2. Each player must continue to work when the ball is in their 1/3 and when the ball is approaching their 1/3
3. Players must stay in their allocated 1/3
4. Must be 2 offers in each 1/3 at least all players must touch the ball twice