

DEFENCE PROGRAM

1. **Rebounding one**

Place a cone next to a rebound wall

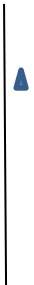
Identify 10 feet on the wall

Player throws the ball hard at the 10 feet mark

Player jumps & pulls the ball in

Landing by bending knees – two hands to the ball

Contact must not be made to the cone



2. **Increase difficulty**

Turn sideways to start drill (both left and right)

Contest the rebound with defending partner

Move to 1 metre away – time drive and elevation pull in ball

Both defenders contest for the rebound the defending partner who does not receive the ball moves down court and takes a pass

SHOOTING PROGRAM

1. Running Base

Shooters run base – one at a time ½ one side ½ the other side

Thrower throws ball hard

Catch and shoot and rebound – throw back to thrower and move to other side

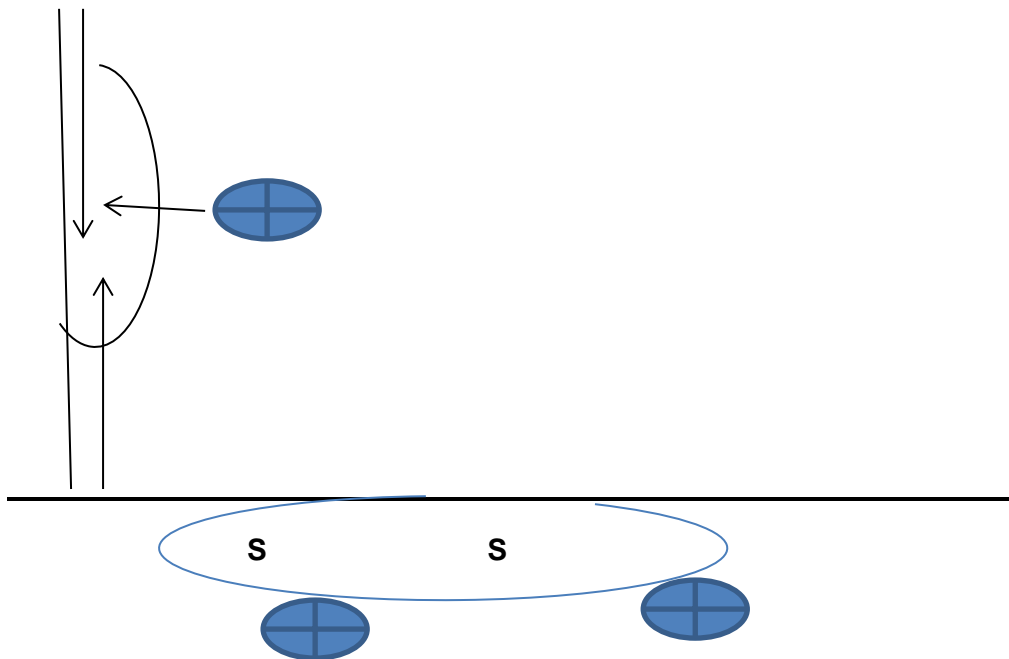
ADD

Another Thrower

Run base again but have two players moving one from one side the other from other side

Same as above

WORKING ON CATCHING – THROWS MUST BE HARD



2. PASSING TO OUTSIDE PLAYERS

Shooters move around circle players pass ball into shooters

Outside players must adapt different positions

Concentrating on strong passes to outside players

When moving shooters are to ensure when offering out that they are not offering front on their body's side on and feeders place to the space near the body

ADD

Defenders to outside players - Ensure passes go to the attacking outside players place away from defenders

CENTRE COURT

1. CENTRE PASS OPTIONS

Three players standing on line

One defence player is added

When centre moves into circle attacking players must try and break free for a possible centre pass

Centre throwing must throw to correct person with best option

ADD

Another defence

Add a further defence

All about best option delivery

CHANGE

Where they start from all back off line

Add defences gradually

All about best option delivery

