



CARD
NO: 11

ATTACKING THROUGH THE COURT

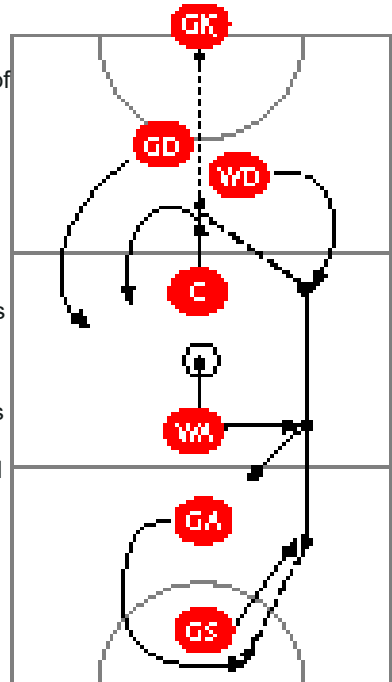
Set plays often help the structure for the attacking team. This can create holes in the opposition's defence by setting up different starting positions. Eye contact is essential between GK, GD, WD and C. Being creative as a coach and devising many different and varied options and strategies is usually the best skill.

Practising full court patterns of play without defence will teach players about space awareness and timing of leads. This will also instil confidence within the team. Each position on court combines and creates the understanding that is required within the team. Once everyone is comfortable with and understands these 'strategies' defence should be introduced to apply pressure. This should increase the player's concentration levels and will then show any weakness in proposed movements.

As the GD, WD and maybe the C move the GK must be patient in identifying which of these options is best. This skill must be developed by the GK and experiencing this in practice whilst under pressure will assist in this development.

KEY TO DIAGRAM

Ball in motion ----->
Player in motion ----->



Link to video: <https://youtu.be/jXj6XkaQp8s>

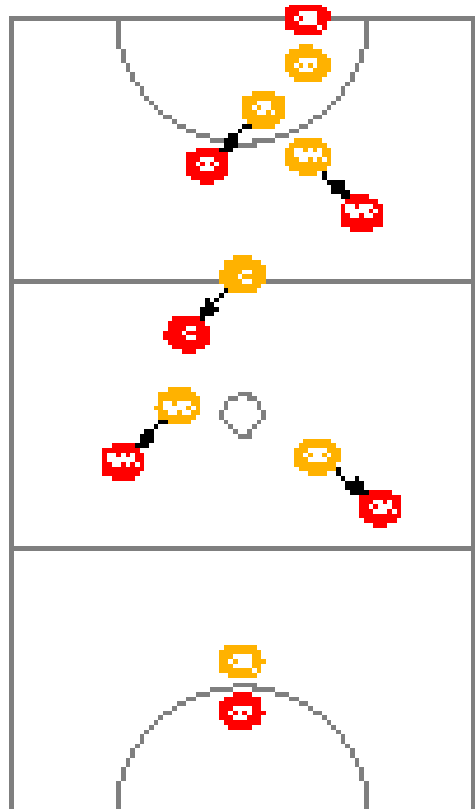


DEFENCE THROUGH THE COURT

The defending team tries to force the attacking players away from the ball and towards the side-line. All players on the defending team should work together to try and restrict available space to the attacking players.

KEY TO DIAGRAM

Player in motion →



Link to video: <https://youtu.be/jXj6XkaQp8s>