

Defending the Shot Activities

Equipment Needed

- Wall/fence
- Tape/chalk

Warm Up

- Jog flicking ball in fingertips front door to letterbox 3 times
- 5 squats
- 5 jump squats
- Arm circles, forwards/backwards (10 each direction)
- Stretch

Defence of the Shot – Coaching Points

Feet shoulder width apart, knees slightly bent

- Tall through your torso
- Correct distance, get arm up quickly
- Consider position of the shooter's arm (right or left-handed)
- Timing of your jump (timing of shot by shooter, (quick, slow)

Activity set up

Find a wall/fence (this is your shooter)

- Start at the wall, mark your shoulder height (chalk, tape)
- Mark 3 feet (0.9m) from wall with tape/chalk.
- Start close to wall (leave enough room to move back quickly, without hitting the wall)
- Keep eyes up above your shoulder mark
- Jump/step back to 3ft – check your distance
- Once you are confident you are continually stepping back to 3ft keep your eyes up

Activity 1

Jump/Step back to 3 feet and defend the shot (use your preferred technique) – 5 times each

- Right foot jumps/steps back first
- Left foot jumps/steps back first
- Repeat above with turn and block on 4 secs

Activity 2

5 times each

LEAN

Right hand R foot

Left hand L foot

Right hand L foot

Left hand R foot

Right hand 2 feet

Left hand 2 feet

JUMP

Left hand 2 feet

Right hand 2 feet

5 ft distance, little step, jump

Baulk and jump 2 feet R hand

Baulk and jump 2 feet R hand

Double jump 2 feet R & L hand

INSIDE HANG

Left hand L foot

Right hand R foot

Left hand R foot

Right Hand L foot

Cool Down

Stretch