

Attacking Skills & Activities

STRAIGHT LEAD	
<p>Teaching Points</p> <ol style="list-style-type: none"> 1. Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side 2. When the lead is to the right, take off with the right leg and vice versa 3. Emphasis should be on strong first three or four steps with shoulders in direction of lead 4. When leading to the right, land on the right foot and pivot to the right 5. When leading to the left, land on the left foot and pivot to the left 6. Strong arms to accelerate 7. Maintain lead onto ball 	<p>Common Errors</p> <ol style="list-style-type: none"> 1. Leading too soon 2. Step back before driving forward or taking off with the incorrect leg 3. Run with body “flat” to ball 4. Arms swing across body or not at all 5. Lead is to the side but not towards the ball 6. Slowing down before the pass is taken 7. Landing on the inside leg
<p>Activity 1</p> <ol style="list-style-type: none"> 1. x1 passes to T then makes a straight lead left or right (at a 45 degree angle) or forward 2. Receive a pass from T, pivot and pass to x2 3. Return to end of line 	
<p>Activity 2 Straight Lead Lines</p> <ol style="list-style-type: none"> 1. Six players form a line, three metres apart 2. x1 starts with ball, throws to self (for timing), x2 makes a straight lead forward to receive pass, pivot and pass to x3 on lead 3. Work ball up and down court 4. Change straight lead to left or right 5. Repeat other side, then give players choice of which lead they perform 	

SINGLE DODGE

All movements when dodging should be quick and decisive. Good balance, footwork and quick decision-making help to execute this skill.

Teaching Points

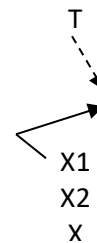
1. Eyes on thrower
2. Body upright, feet shoulder – width apart, slightly bent knees and hips
3. Move a few steps away from the intended catching position
4. Place outside foot strongly on ground and push off in the desired direction, turning hips to face towards direction of travel
5. Use arms to accelerate and extend to receive ball

Common Errors

1. Feet too far apart
2. No weight transfer onto the outside foot
3. Push off on the inside foot
4. Dodge not a definite movement – just a sway
5. Movement too slow, allowing the defender to hold the attacker’s position
6. Moving head and losing sight of the thrower
7. Eyes and head looking down
8. Arms beside body and not used to increase power

Activity 1

1. x1 passes to T then makes single dodge left then right (or vice versa), receives pass from T, pivots and passes to X2
2. Return to end of line
3. A cone may be used initially to ensure first move is definite



CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

Being able to change direction quickly will assist the player to create space for themselves or teammates. The initial move must be convincing enough to elicit a response from the defender.

Teaching Points

1. Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle, shoulders should be in direction of movement
2. Emphasis should be on strong first three to four steps
3. Push off strongly on outside foot and use inside foot as take-off foot to move into a new space
4. Emphasis again on strong first steps when moving to the new space

Common Errors

1. Leading too soon
2. Shoulders not turned in direction of lead
3. Push odd on the inside foot
4. Movement onto second move not definite
5. Not changing direction into a free space
6. Arms beside body and not used to increase power
7. Eyes and head looking down

Activity 1

1. Players drive through cones focusing on a strong change of direction

