

Attacking Centre Pass



Aims

The key aim is to:
Use a variety of set ups for a successful centre pass



Key principles

The key principles to teach are to:

- ★ Be able to work with other players to create different options and penetrate space
- ★ Be able to apply different moves to get free at an attacking centre pass

Warm up



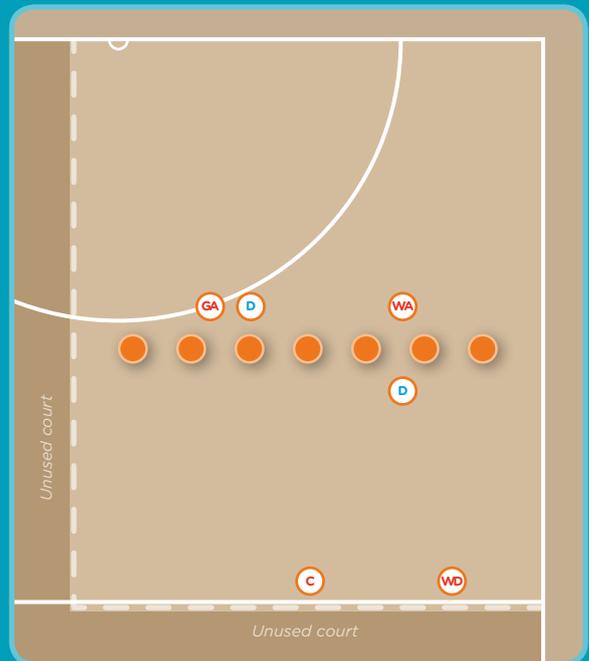
Don't forget to warm up before you get started

MAIN ACTIVITY

Main activity

Purpose - To move the ball across the end line following a successful centre pass.

- ★ Working in half of a third, set up 4 v 2.
- ★ Mark a line across the middle of the third. WA and GA set up behind the marked line.
- ★ 1 defender sets up in front of the line, 1 behind.
- ★ On the call of play, WA and GA must move across the line to receive the centre pass.
- ★ The attacker that does not receive the centre pass must then create an option going towards the end line for a second pass.
- ★ The WD moves with the ball to provide a lateral option but cannot go past the third line.
- ★ The ball must be passed between attack and caught beyond the end line before rotating.
- ★ If intercepted, the play restarts with a centre pass.



Progressions

Easier: Increase the space being used

Harder: Ball must be passed laterally at least once

Harder: Ball must be passed to the second attacker they see

Harder: After a forward pass a lateral pass must be used



Getting your pupils thinking...

Q Why did you choose that way of getting free?

A I did a change of direction because the defender was as fast as me on the initial sprint

Q How does the Centre decide where to move after she has thrown the centre pass?

A Looks to see where the non-receiving WA or GA is moving to and move into a different space



Attacking Centre Pass



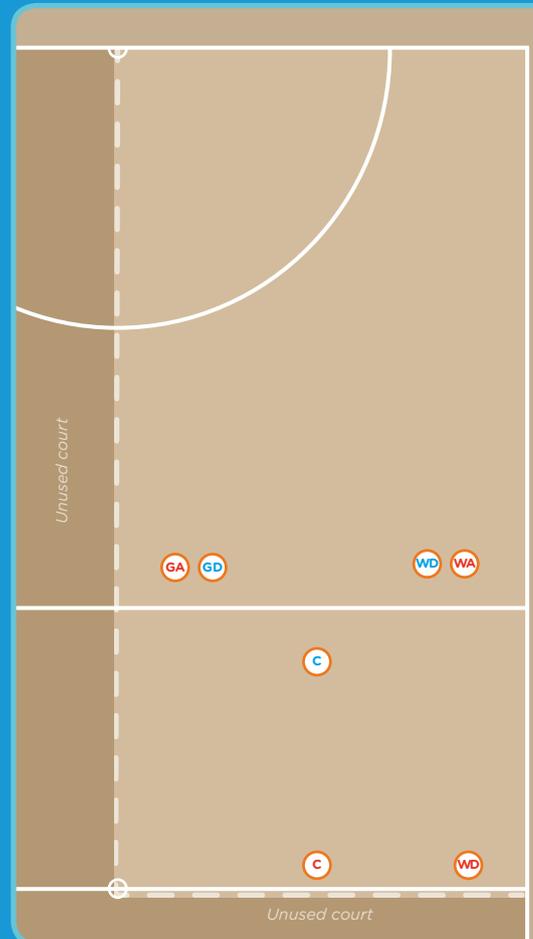
TECHNICAL PRACTICE



Technical practice

Purpose - To move the ball from a centre pass to the shooting circle.

- ★ Working in a quarter of the court, set up 4 v 3.
- ★ WA, WD, GA and GD set up on the third line with defending C setting up in front.
- ★ On the call of play, WA and GA must move across the third line to receive the centre pass.
- ★ The ball is then passed towards goal, before passing into the GA to take a shot.
- ★ The WD moves with the ball to provide a lateral option if no forward option available but cannot move into the attacking third.
- ★ If intercepted, the defence can pass the ball back over the third line to score a point. The play is then restarted from a centre pass.
- ★ Rotate after 5 centre passes.



Progressions

Easier: Additional attacker added in to support play

Harder: 5 passes must be made before scoring

Harder: Ball must be passed back to WD before going on to score



Getting your pupils thinking...

Q How can we ensure we have a forward 2nd phase?

A The player who doesn't receive the ball moves to the circle edge to receive the second pass

Q Why would you "reset" on the third line?

A To change the angle of the pass and have an opportunity to then pass the ball down the other side of the court

To see these practices in action and for more information, head to www.Englandnetball.co.uk/teachers

