

CLEAR AND DRIVE

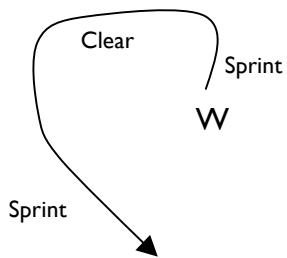
PURPOSE

- Q What Clearing is when a player moves out of space leaving it open for another player or themselves to drive into.
The clearing player should always have view of the ball.
- Q When Too many player in one spot
Got caught too high to ball too early
Bad timing put everyone in one spot together
Specifically creating space high in defensive 1/3 to allow a deep lead from front attacker.
- Q Who Often Centre Court players and Shooters

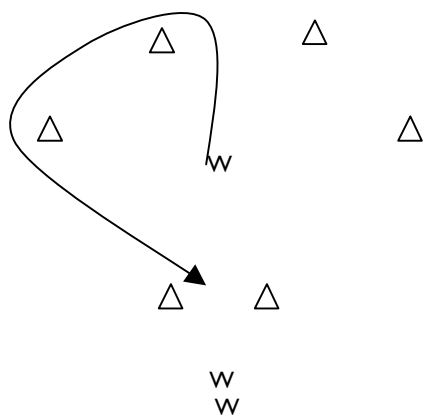
EXPLANATION AND DEMONSTRATION – Skill Progression No. 1

1. Eyes up
2. Clear wide (draw defender away) and deep use sprint – slide - sprint
3. Keep body turned towards ball
4. Can clear forward or backwards – **clear non ball side**
5. Change of pace required once cleared and can see space COP
6. When leading into space – look over shoulder to see ball

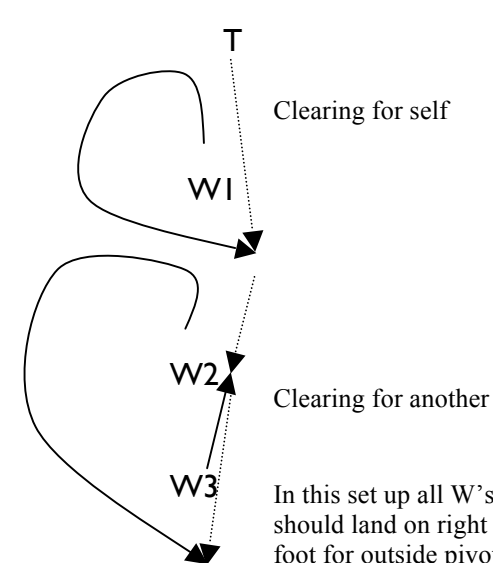
BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

<ol style="list-style-type: none"> 1. Sprint forward 2. Clearing action – slide step using a wide ark 3. Clearing action – using sharp angle 4. Clear Non ball side – Left and Right 	
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BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

<ol style="list-style-type: none"> 1. Coach or other W's to call colour of cone for player to clear around 2. As W clears they should be facing into the middle of the drill <p>Option</p> <ol style="list-style-type: none"> 1. Have 2 W standing in a split formation 2. When Coach calls colours front person clears to that side and 2nd W clears to other side – more inclusive 	
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ADD A BALL AND THROWER – Skill Progression No. 4

<p>Thrower responsible:</p> <ol style="list-style-type: none"> 1. When to give ball 2. Read body of Worker 3. Ball Placement in front of lead <p>Place Thrower at top of drill</p> <ol style="list-style-type: none"> 1. W1 sprint toward T - don't get ball 2. W1 clear – read space and timing 3. Sprint hard to space just created and receive ball <p>Add: 2nd Worker & 3rd Worker</p> <ol style="list-style-type: none"> 1. W2 lead & clear non ball side 2. W3 lead into the space just created by W2 & receive ball 3. W2 lead into space W3 has just created and receive ball 	 <p style="text-align: right;">In this set up all W's should land on right foot for outside pivot</p>
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ADD OPPONENT – Skill Progression No. 5

<p>T Responsibility – read Defender & Attacker</p> <ol style="list-style-type: none"> 1. Start D on 1st A 2. Start D on 2nd A to change dynamics 3. Add moving Post 4. Decision Making 5. Timing 	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;">Pt 1</td> <td style="width: 50%; text-align: center;">Pt 2</td> </tr> <tr> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> </tr> <tr> <td style="text-align: center;">DA</td> <td style="text-align: center;">A</td> </tr> <tr> <td></td> <td style="text-align: center;">DA</td> </tr> <tr> <td></td> <td style="text-align: center;">Post</td> </tr> </table>	Pt 1	Pt 2	T	T	DA	A		DA		Post
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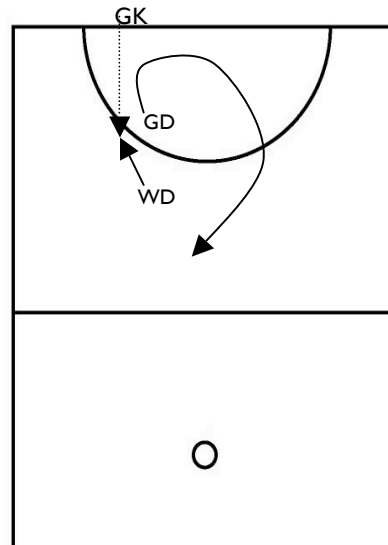
DYNAMIC DRILL – Skill Progression No. 6

<p>Decision Making</p> <ol style="list-style-type: none"> 1. Does clearing player get ball on re-offer 2. Did player need to clear 3. Timing 4. Build by adding defenders to the different groups of Workers. 	<p style="text-align: center;">T</p> <p style="text-align: center;">W W</p> <p style="text-align: center;">W W</p> <p style="text-align: center;">W W</p> <p style="text-align: center;">T</p>
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COURT APPLICATION – Skill Progression No. 7

BLTI

1. GD sets clears non ball side & WD sits back in the middle of the G1/3 as GD clears WD drives into space
2. Vice versa on WD side – But WD will have to clear ball side, narrow and very fast; GD start fairly close and take WD spot
3. Set GD at top of circle, WD on 45° GD & WD clear centre comes up through the middle



Centre Court and Shooters

1. Can both set up Split and Re-offer clears
2. Be off set and apart then clear for each other

