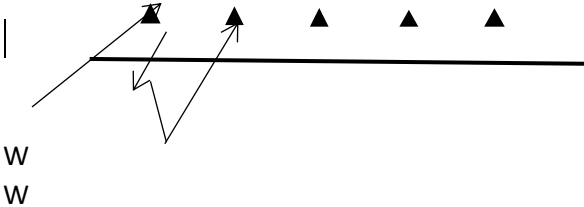
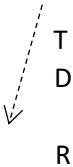
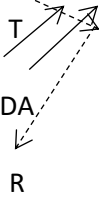
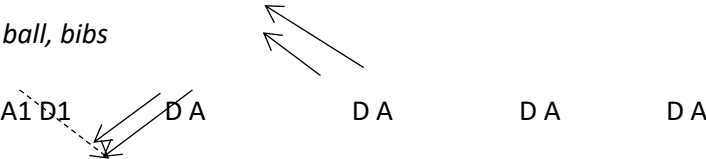


	Activity	Description	Coach points
	<p><u>Explanation and Demonstration</u> Fourth phase of defence - Ballside front, First ball contest, Recover, kickback and HOP. Body positioned 3 feet from opponent. Facing Opponent extend arms to add pressure on the pass by influencing ball release point, passing selection and placement.</p>	<p>-</p> <p>-</p>	<p>Knees and arms slightly bent - balanced. Arms and body position can and should vary dependant on opponent and position on the court.</p>
	<p><u>Basic Movement</u></p>	<p>Athletes randomly run around in one third of the court. On command they stop and jump back.</p>	<p>Balance on the stop and landing on the jump back.</p>
	<p><u>Add Equipment</u></p> 	<p>Place markers evenly across the court 0.9m in front of the transverse line. Workers drive to a marker - kick back 0.9m and hold a HOP position for 3 seconds. Run back level with start and repeat across the court. (change HOP position as they move along the line) Rpt x2. Replace markers with a player holding a ball and rpt x2.</p>	<p>Strong drive to the marker. Workers need to work out how best to attain 0.9m from marker - 1 step/2 steps. Weight need to be dropped onto the heels knees slightly bent to maintain balance for the 3 seconds. HOP positioning - dictate direction of pass, force a high ball, or tracking the ball.</p>
	<p><u>Add a Ball</u> Groups of 3, 1 ball.</p> 	<p>T starts facing away from D and R - throws ball to self and pivots. D starts close to the back of T then kicks back when T pivots and selects a HOP position. D remains stationary. T passes to R who also remains stationary. Rpt x4.</p>	<p>Is the D 0.9m? Are they balanced? Passing selection of the T.</p>

	Activity	Description	Coach points
	<p>Add an Opponent Groups of 4, 1 ball</p> 	<p>- T starts with the ball facing away from R.</p> <p>Throws ball to self and pivots. A drives for the ball - D contests then kicks back 0.9m HOP. A passes to R. Rpt x3</p>	<p>D - defensive stance to start.</p> <p>Dictate pass of A. Ball placed ahead of A to receive on full extension. Outside pivots. Limit space</p>
	<p>Dynamic Activity</p> <p>1 ball, bibs</p> 	<p>Spread pairs down the length of the court</p> <p>A1 starts with the ball, facing away - throw to self and pivot. D1 HOP A's then lead for the ball - D's dictate/contest/ HOP. Rpt up and back x4</p>	<p>Utilise 1 channel of the court.</p> <p>Timing/ ball placement/ footwork. Ensure Defenders are repositioning ballside forcing their opponent away from the ball</p>
	<p>Court Application Positional bibs, 2 teams, 1 ball. BLTI</p>	<p>Work the ball down the court from GK.</p>	
	<p>Cool Down</p>		