

Double Play ('give and go')

COACHES SESSION PLAN

Skill Presented: Double Play ('give and go')

Using the skill Inside Pivot (inside turn)

STEP 1: EXPLANATION AND DEMONSTRATION

Players use the inside pivot when they want to turn into the play, step back to see the play in the middle of the court, or step away from the defending side. They do this to release the ball quickly, and the inside pivot is often used to set up a double play. The choice to perform the inside pivot is dictated by the type of pass received, and the ability of the player to slow down and control the landing. When receiving a pass at full stretch in front of the body, the player should continue their natural body movement using an outside pivot.

The inside pivot may be used if the pass is close to the player's body, such as a chest pass or high ball, and if the player is able to balance and control the landing. An inside pivot allows the attacker to view passing options towards the centre of the court and often results in a double play ('give and go') with the thrower. For the inside pivot, the player brings their weight over the grounded foot, bends their knees slightly, balances with the other foot, then steps back, or pivots to the inside of the court, turning quickly on the ball of the pivot foot. The other foot provides direction and balance.

In the double play, a player passes the ball, then immediately drives to retake the pass. In performing the double play, the thrower should pass the ball close to the receiving player's body, so that player can control the ball and perform an inside pivot. This pivot puts the receiving player in a position to be able to pass the ball off again to the now leading first player.

On-court demonstration by coach using athletes

PIVOT

Coaching points	Common errors
<p>Pivoting must always be on grounded foot</p> <ul style="list-style-type: none"> • Bring weight over grounded foot • Bend knees slightly • Turn on ball of pivot foot, push off with other foot to provide direction and balance • Players must be able to turn quickly after receiving a pass • Keep ball close to body and positioned ready to throw <p>Inside pivot</p> <ul style="list-style-type: none"> • An inside pivot may be used if the pass is closer to the player's body (for example; a chest pass or a high ball) and the player is able to balance and control the landing • The movement is reversed with the player stepping back so as to see play in the middle of the court 	<ul style="list-style-type: none"> • Pivoting before the ball is securely caught • Pivoting into opponent • Dragging the pivoting foot in the pivot action • Pivoting with the leg straight <p>Weight not over grounded foot</p> <ul style="list-style-type: none"> • Grounded foot is lifted and re-grounded during pivot • Gaining ground during the pivot by transferring weight on the grounded foot (from heel to ball) • Ball not brought into body after catch

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DOUBLE PLAY ('GIVE AND GO')

Coaching points

- First pass must allow the receiver to control the ball
- Receiver performs inside pivot
- First player drives to take pass from receiving player
- Turn on ball of pivot foot, push off with other foot to provide direction and balance

Common Errors

- Lateral ball given to set up the double play is too predictable – should look down court before this ball is passed
- Ball is placed too far ahead of the player so an inside pivot is not possible
- There is not enough space to drive down court for a double play

COACHING BEHAVIOURS MODELLED THROUGHOUT THE SESSION

- Safe environment and practices
- Effective group management (position)
- Maximum participation
- Know the coaching points of the skill(s)
- Vary presentation styles (verbal, visual, kinesthetic)
- Communication skills / Voice (1:1 vs group/active listening)
- Player centered approach using questioning
- Use coachable moments
- Feedback sandwich using specific coaching

STEP 2: BASIC MOVEMENT/NO EQUIPMENT

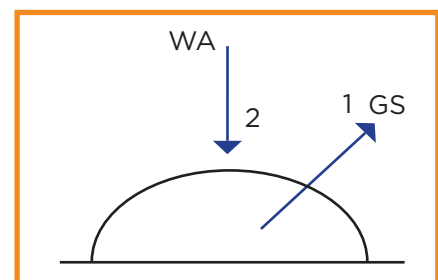
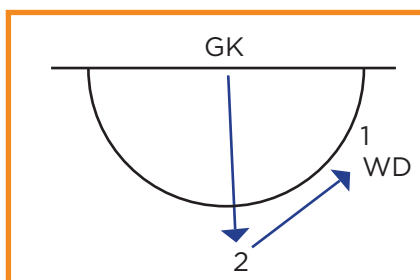
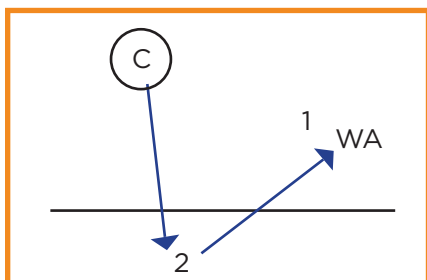
8-10 players (two thirds of a court)

Players are spaced evenly across the court area (a radius of 4-5 metres is required). The Coach signals left and right using a hand signal or loud voice from the middle channel of the court. For example; on the signal of right players are required to drive strongly on an angled drive to their right for 2-3meters then perform an inside pivot.

STEP 3: BASIC MOVEMENT WITH EQUIPMENT

Groups of two players (work individually)

Move the individual skill practice to meaningful areas of the court and utilize the lines on court and cones/markers. Players work individually but each group of two players can be allocated one of the following court set-ups. For example; centre pass



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STEP 4: ADD A BALL

Groups of two players (work in combination)

Set-up the double play practice on court in the following scenarios;

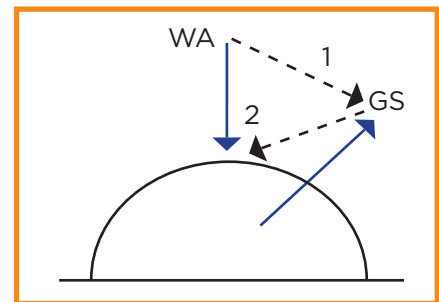
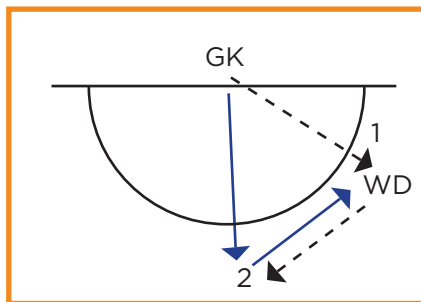
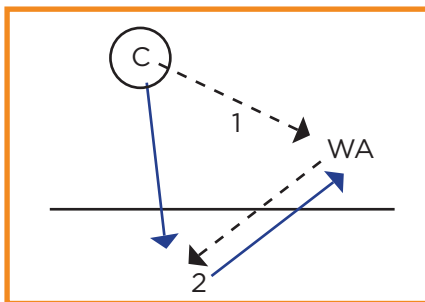
Set-up 1; C - WA on centre pass back to C driving to receive the double play past the transverse line

Set-up 2; GK - WD defence throw-in back to GK driving to receive the double play past the goal circle

Set-up 3; WA - GS on lead out of circle back to WA driving to receive the double play on the edge of the circle

Rotate through each area of the court

Ask players to create other examples (player centered approach). Maybe use a whiteboard for clarification.



STEP 5: ADD AN OPPONENT

Groups of five players; adding defenders

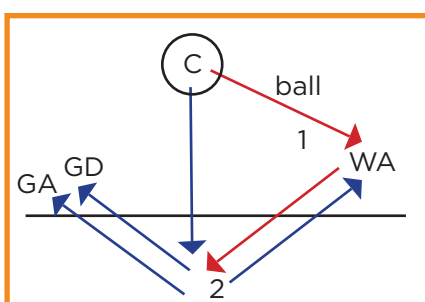
Set up a split lead formation with a passive defender on the two splitting players and, a defender covering the thrower. The thrower passes to the splitting attacking players on the lead. On receiving the ball close to their body using an inside pivot the attacker passes back to the original thrower on the drive to receive the double play. Reinforce to players that the choice to perform the inside pivot is dictated by the type of pass received, and the ability of the player to slow down and control the landing.

NB. When receiving a pass at full stretch in front of the body, the player should continue their natural body movement using an outside pivot and not look for a double play.

NB. If the defender intercepts the ball at any point the non-defended attacker makes a strong drive to the defenders end of the court to receive a pass from the defender.

Progress to one passive then active defender on the two splitting players (leaving one free to receive the pass from the thrower and become the pivoter). This activity can be extended to allow the pivoter to drive to receive a second double play.

Adding passive then active defenders to all players becomes STEP 7 - court application and more difficult



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SPLIT LEAD

Coaching points

- Refer to teaching points provided for the straight lead, either directly forward or at an angle (Foundation Course)
- The back person must maintain vision of the front person and lead in a different direction
- The reoffer is a change of direction (Foundation Course)
- Once the pass has been taken, the player without the ball changes direction and reoffers for the next pass

Common errors

- See errors provided for the selected attacking move
- Back player leads before the front player and therefore leads in the same direction
- Back player does not 'read off' the front player and therefore leads in the same direction