

COACHES SESSION PLAN

Skill Presented: Lead and Drop back (linking attacking skills)

STEP 1: EXPLANATION AND DEMONSTRATION

The lead and drop back is designed to create space behind the initial drive, with the leading player's eyes remaining on the thrower throughout the movement. The first movement is a strong sprint to the ball, either directly forward or diagonally at a 45 degree angle to the free side. Emphasis should be on strong first three to four steps. The player then pushes off strongly on the opposite foot to the direction of the drop back, angling the body to move back into the drop-back space behind the first movement. The emphasis again is on strong first three to four steps keeping eyes on the thrower.

LEAD AND DROP BACK

Coaching points	Common errors
<ul style="list-style-type: none"> Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side Emphasis should be on strong first 3 - 4 steps Push off strongly on opposite foot to direction of drop back and angle body to move back into space behind first movement Emphasis again on strong first steps when returning to back space 	<ul style="list-style-type: none"> Changing direction too soon No definite strong movement onto second move No definite strong movement to the space Not angling body on backwards move Not watching thrower during the entire move

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/Active listening
- Player centered approach using questioning
- Feedback sandwich using specific coaching points (1:1 vs group)
- Use coachable moments

Lead and Drop back

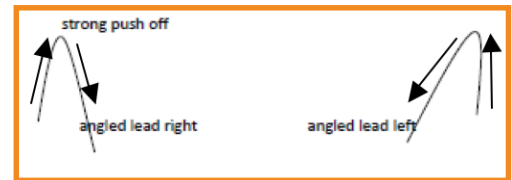
STEP 2: BASIC MOVEMENT/NO EQUIPMENT

10 players are spaced evenly within the area of two thirds of the court.

With an awareness of other players' position on court and the space available to move, all players make a sprint forward then use a strong push off and change of direction to lead back into the space created (no indication of position of ball at this stage). Remembering,

- when dropping back to the left, turn to the left side with the left shoulder leading (right foot push-off)
- when dropping back to the right, turn to the right side with the right shoulder leading (left foot push-off)

Repeat with various combinations leading forward on an angled drive left or right (can use a line as a reference point)

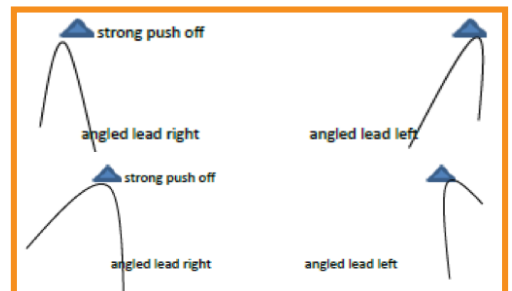


STEP 3: BASIC MOVEMENT WITH EQUIPMENT

Groups of two: players work independently (W:R ratio 1:1)

Repeat STEP 1 with the player driving to a cone/marker then dropping back into the space created. Practise left and right side and with straight and angled drives.

Players experiment with a variety of starting position relative to the cone/marker and length of initial lead, still maintaining vision of the ball and dropping back into the space



STEP 4: ADD A BALL

Groups of three: thrower (T1 and T2), attackers (A1):

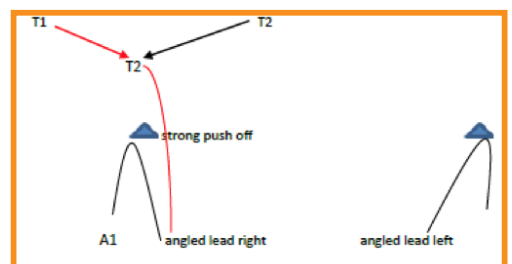
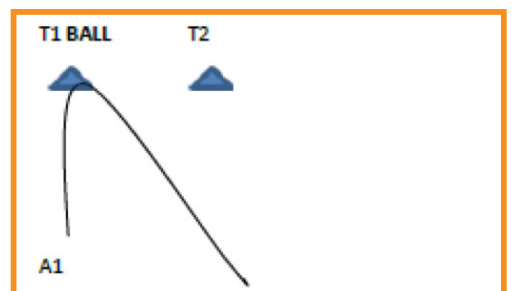
1. Continuous lead and drop

A1 begins with the ball and passes to T1; then drives to the cone/marker, pushing off strongly to turn and receive the pass on the angled drive back into the space to receive the pass with a well-balanced and controlled landing. A1 then throws to T2 and the lead and drop sequence continues.

2. Timing the lead and drop

T1 - a drive from T2 pass then to player on well-timed lead and drop

Set-up; lead and drop for player to receive the pass on the edge of the circle (towards the pocket)



Lead and Drop back

LOB PASS

Coaching points

- Stand with feet shoulder width apart
- Begin with ball at shoulder height with elbow bent
- Step forward, transfer weight onto front foot
- Throwing hand extends up and slightly forward with the ball released at full extension
- The wrist and fingers direct the ball into a high arc from head height into the space ahead of the receiver
- The throwing arm stays extended during the follow through
- Ensure receiver jumps or leaps up to receive pass once it has passed over head, away from the defender on free side ('pick the ball out of the air')

Common errors

- Not stepping forward with opposite foot to throwing arm
- Incorrect placement of ball (for example; height of pass)
- Low release (for example; in front of chest)
- Ball is released forward instead of in a high arc
- No follow through, arm action 'stabs' pass

STEP 5: ADD AN OPPONENT

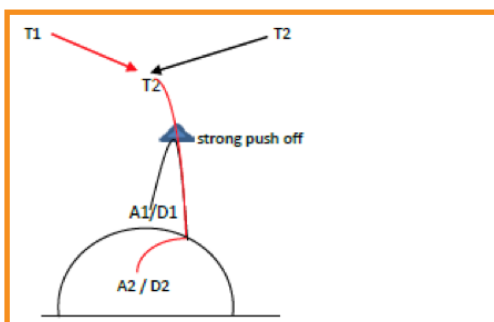
Groups of four: thrower (T), defender (D1), attackers (A1 and A2)

As per previous set-up with passive then active defender covering the lead and drop back. Ensure attacking player turns away from the defender on the drop back to receive a pass.

Groups of five: thrower (T), defenders (D1 and D2), attackers (A1 and A2)

Extend to add a holding Goaler against a defender in the goal circle for the next pass after the lead and drop. Encourage A1 to use a fake/baulk pass into A2 (the holding goaler)

After passing T1 could run on to put arms up in front of T2 to make the lob more difficult to execute



Lead and Drop back

HOLD

Coaching points

- Keep body upright and maintain a balanced stance
- The body is positioned close to the defending player
- protecting the space where the ball will be placed
- Two techniques can be used to maintain and protect the space: set up flat on to the defender or in 'T' formation
- If the defender changes position the attacker must be ready to re-position to maintain the same space
- Hold space until after the ball has been released by the thrower - wait until flight of ball is directly overhead or past before moving to receive the pass

Common errors

- Feet too far apart
- Unable to maintain a controlled and balance holding position
- Moving out of the hold too early before ball has been released
- Not repositioning to maintain holding space if the defender changes position
- Hold does not create space for pass
- Movement too slow, allowing the defender to move off the hold to contest the pass

FAKE OR BAULK PASS

Coaching points

- Hold the ball firmly with two hands
- If possible step forward towards direction of fake pass (may be restricted by position of court i.e., edge of goal circle)
- Give a short, sharp passing action in the direction of the fake pass
- Eye contact should be in opposite direction of the fake pass
- The sharp baulking movement with the ball, up, down, left or right must be convincing enough to make the opponent attempt to cover the fake pass
- Recover from fake pass to deliver the next passing option

Common errors

- Ball not held firmly (ball falls from throwers hands on fake pass)
- Initial passing action not convincing (weak or slow pass)
- Eye contact made with intended rather than fake pass
- Difficulty in transferring fake pass' into pass

BASIC SHOOTING ACTION

Coaching points	Common errors
<p>Stance</p> <ul style="list-style-type: none"> Stand upright with feet about shoulder-width apart Point feet, hips and elbows towards the goal post <p>Arms</p> <ul style="list-style-type: none"> Hold the ball above the head Extend arms, with the shooting arm reasonably straight and close to the ear Fingers and hand Rest the ball on the base of the spread fingers and the thumb Place the opposite hand on the side of the ball to steady it <p>Aim</p> <ul style="list-style-type: none"> There are three main areas a shooter can aim for but it must be consistent with the method chosen: <ul style="list-style-type: none"> Front of the ring – lift the ball above Spot 15 cm above the middle of the ring Back of the ring <p>Rhythm, timing and release</p> <ul style="list-style-type: none"> Bend the elbows and knees Keep hips and stomach stable so as to avoid arching back Push up strongly as the legs straighten, extending on to the balls of the feet Release the ball just before the elbows and knees are straight Flick the ball using the wrist <p>Follow-through</p> <ul style="list-style-type: none"> Follow through, with arms pointing towards the post Straighten fingers, pointing them towards the post Ball should travel in an arc towards the post spinning backwards 	<p>Stance</p> <ul style="list-style-type: none"> Feet too close or too far apart Feet, hips, elbows not aligned with each other and the post The body hunched or back hyper extended <p>Arms</p> <ul style="list-style-type: none"> Ball is behind or in front of the head Arm is extended out from the ear <p>Fingers and hand</p> <ul style="list-style-type: none"> Fingers not spread wide, with the ball sitting either flat on the palm or up on the fingertips Opposite hand is placed under the ball or ball is held and thrown with two hands <p>Aim</p> <ul style="list-style-type: none"> Inconsistent aiming point <p>Rhythm, timing and release</p> <ul style="list-style-type: none"> Keeping the elbows and knees extended and letting the ball drop behind the head Hips and stomach unstable, thus causing the back to arch Keeping the elbows and knees flexed on the release phase of the shot Releasing the ball after the elbows and knees are straight Not using any wrist action <p>Follow-through</p> <ul style="list-style-type: none"> Arms not following through the ball in the direction of release Fingers not pointing in the direction of the ball release Ball travels flat in the air with no back spin