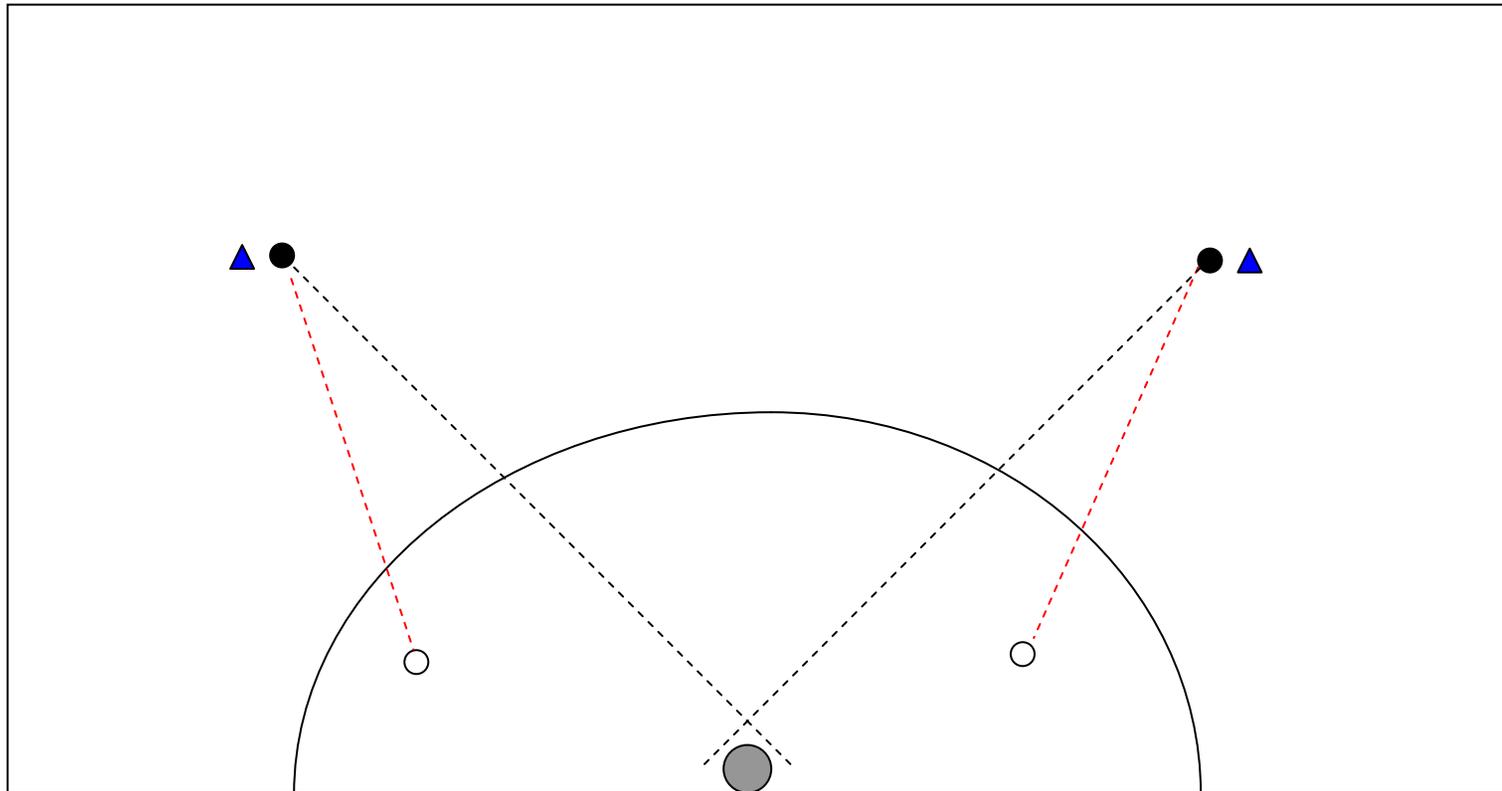


# Passing, Shooting & Rebounding



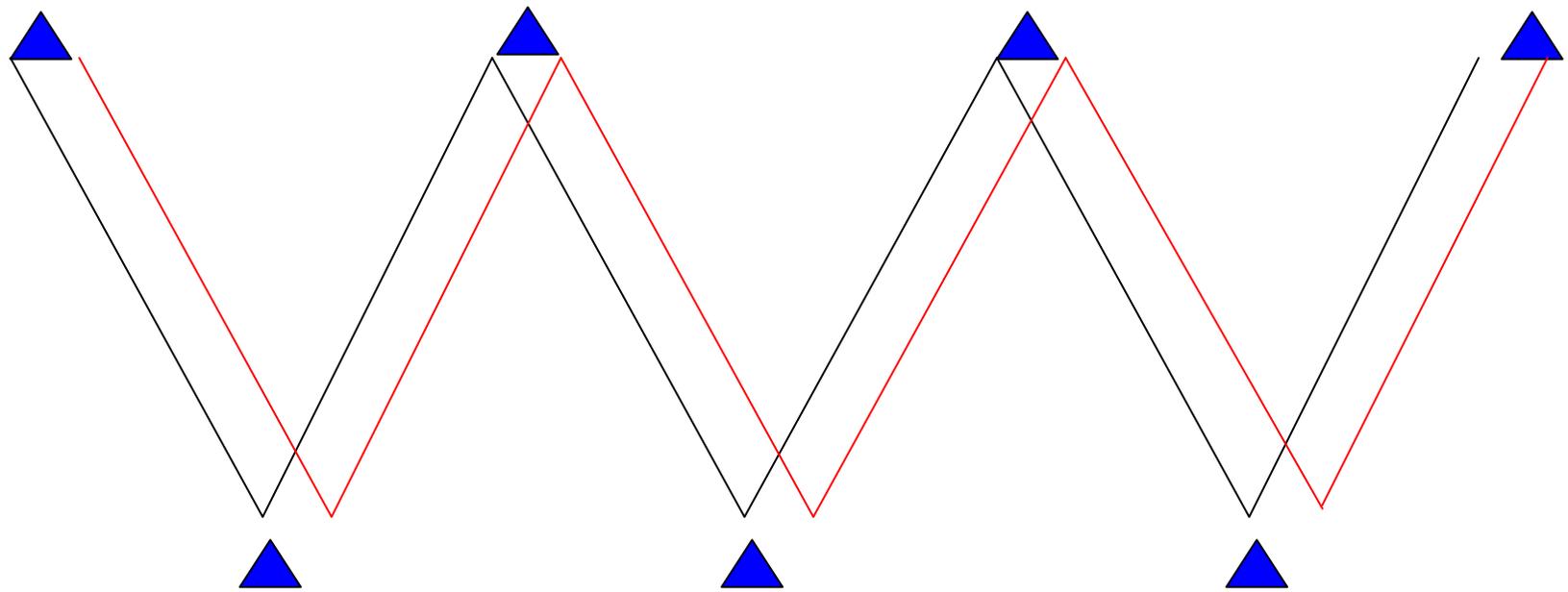
- ▲ Cone
- Passer and Rebounder
- Shooter

- Net
- Path of ball
- Path of the passer and rebounder

# Instructions - Passing, Shooting & Rebounding

- ✿ Player 1 is the passer and rebounder.
- ✿ Player 1 passes the ball to player 2 (the shooter), who is somewhere in the 'D'.
- ✿ Player 1 then runs under the post in order to try and collect the rebound if the shot does not go in.
- ✿ Player 2 makes a shot at the net upon receiving the pass from player 1.
- ✿ Once the shot has been made or the rebound has been collected player 1 and player 2 switch roles, and the task is repeated.
- ✿ Keep switching roles until the time runs out.
- ✿ You score points by either making a successful shot or by collecting the rebound before it touches the floor. Each is worth 1 point.
- ✿ Try and get as many points as possible in the time given.

# Defensive Shadowing



— Attacker

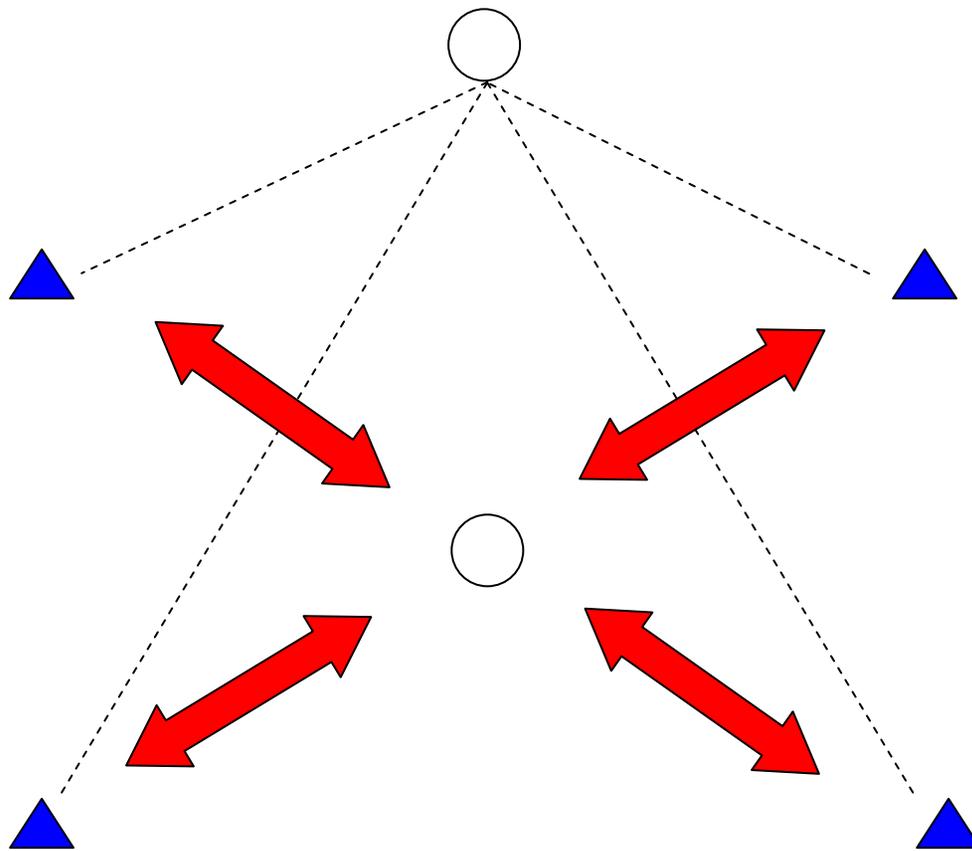
— Defender

▲ Cone

# Instructions – Defensive Shadowing

- Player 1 is the attacker and player 2 is the defender.
- The attacker and the defender both stand facing the same way 0.5m apart.
- The attacker runs to each cone while the defender shadows them.
- The defender should angle their body so that it is possible to see the attacker and the end of the cone tunnel.
- The attacker's objective is to lose the defender.
- The defender's objective is to keep up with the attacker.
- If the defender and the attacker become more than 1.5 m away then attacker wins.
- If the cone tunnel is completed and the attacker and the defender are still together then the defender wins.
- After each run through switch roles and continue to do so until the time runs out.

# Fast Footwork



----- Movement of the ball

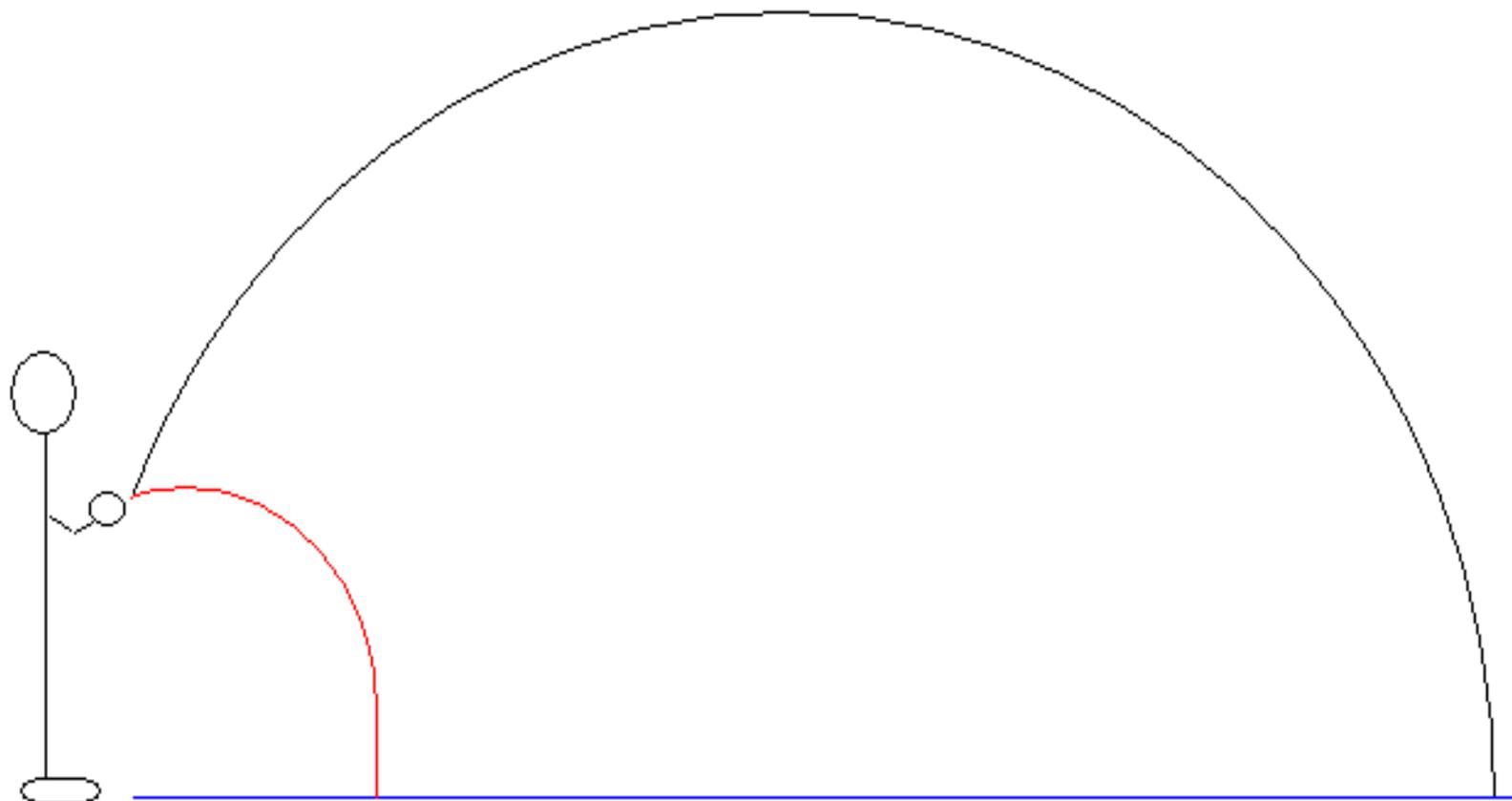
▲ Cone

↔ Direction of movement

# Instructions ~ Fast Footwork

- ✿ Player 1 stands in the middle of the cone grid. Player 2 stands in front of the cone grid with the ball.
- ✿ Player 1 runs out to each cone making sure that their feet are pointing in the direction of travel whilst looking at the ball.
- ✿ Player 2 randomly passes the ball to player 1 when they reach a cone, making sure they pass the ball so that player 1 can run onto it.
- ✿ Player 1 catches the ball landing with correct footwork, and turning their feet to face player 2 making it easier to go straight into returning the pass.
- ✿ Player 2 evaluates the performance of player 1 and provides feedback.
- ✿ After 10 successful passes switch roles.
- ✿ As you gain confidence make the passes more difficult and increase the speed at which the activity is carried out.

# Reaction Ball



—— Loopy pass

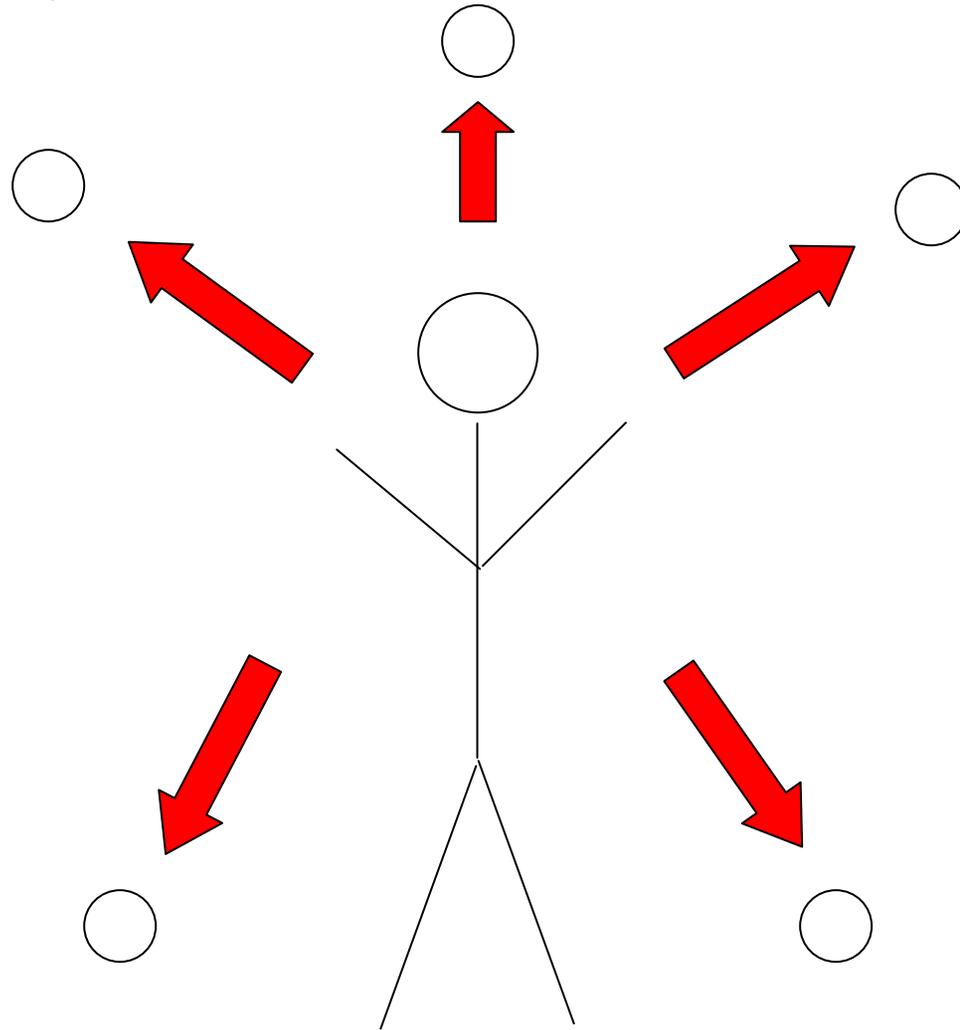
—— Short low pass

—— Roll along the floor

# Instructions - Reaction Ball

- ✿ Player 1 is stood with their back to player 2.
- ✿ When player 2 throws the ball they will shout 'GO'.
- ✿ When player 1 hears the word 'GO' they will turn around, collect the ball, pass back to their partner and return to the starting position.
- ✿ Player 2 will throw the ball in a variety of different ways ie: loopy, short, and rolling along the floor.
- ✿ Player 1 will have to react to where and how the ball has been thrown.
- ✿ Every 10 throws switch roles, and keep doing so until the time runs out.
- ✿ How many times can you switch roles in the time given?
- ✿ Make sure that where and how the ball is thrown is varied and unpredictable.

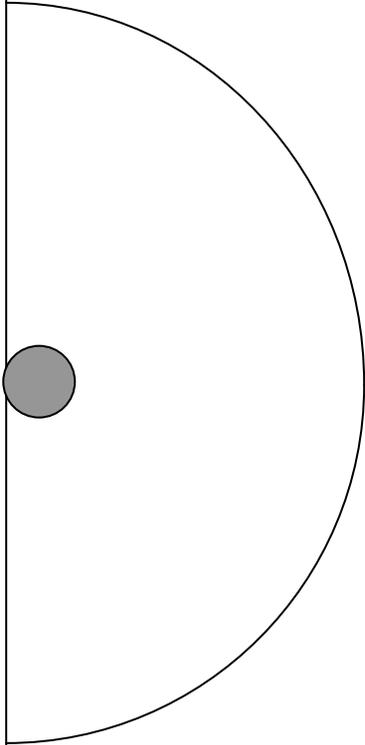
# Reach Ball



# Instructions ~ Reach Ball

- ✿ Player 1 is stood around 2 – 3 m from player 2.
- ✿ Player 1 passes the ball to player 2.
- ✿ Player 1 will pass the ball so that player 2 has to really reach to get the ball (do not make impossible passes).
- ✿ Player 1 will pass the ball in a variety of different unpredictable ways ie: low, high , left and right.
- ✿ Player 2 should be on their toes ready to react to the pass.
- ✿ As you get more confident increase the difficulty of the pass.
- ✿ Once 10 successful passes have been made switch roles.
- ✿ How many successful passes can you make in the time given?

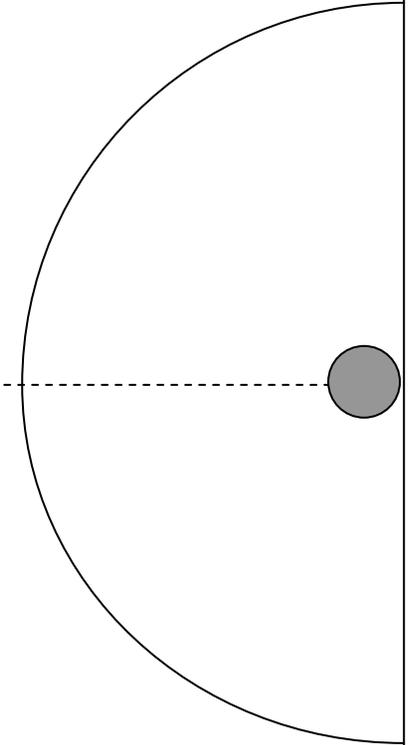
Passing, Shooting &  
Rebounding



Defensive Shadowing



Reaction Ball



Fast Footwork

Reach Ball