

Centre Pass Defence



Aims

The key aim is to:
Close and force errors at the centre pass



Key principles

- The key principles to teach are to:
- ★ Work with other players to reduce attacking options and close down space
 - ★ Apply appropriate ways of dictating the player at the centre pass

Warm up



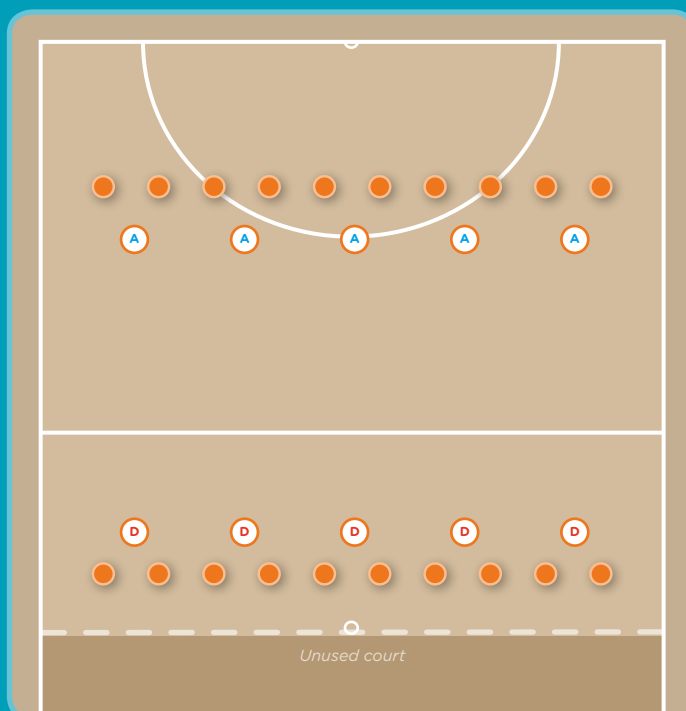
Don't forget to warm up before you get started

MAIN ACTIVITY

Main activity

Purpose - To delay the attack from retrieving the ball and prevent them from taking it back to their start line.

- ★ Working in half of the court, set up 5 v 5.
- ★ Mark out lines A and B.
- ★ The ball starts behind line A and defence set up on line A.
- ★ Attack set up on line B.
- ★ The attack must collect the ball and then pass between them, aiming to catch the ball over line B to score a point. They then place the ball behind line B and players go to the starting position. Defence now become the attacking team.
- ★ If defence intercept the ball, they must try to get the ball back across line A to score a point. The ball is then left behind line A and players go to start positions to play again.



Progressions

Easier:
Attacking team start with ball and move across line A

Easier:
Increase number of defenders

Harder:
Reduce space

Harder:
Reduce number of defenders



Getting your pupils thinking...

Q As soon as the attacking team pick up the ball what must the defenders do?

A Immediately find a player and get goal side of them to dictate them up the court

Q Where will you dictate the attacking players?

A Out towards the sidelines, up towards the defensive goal, into another defensive team player



Centre Pass Defence



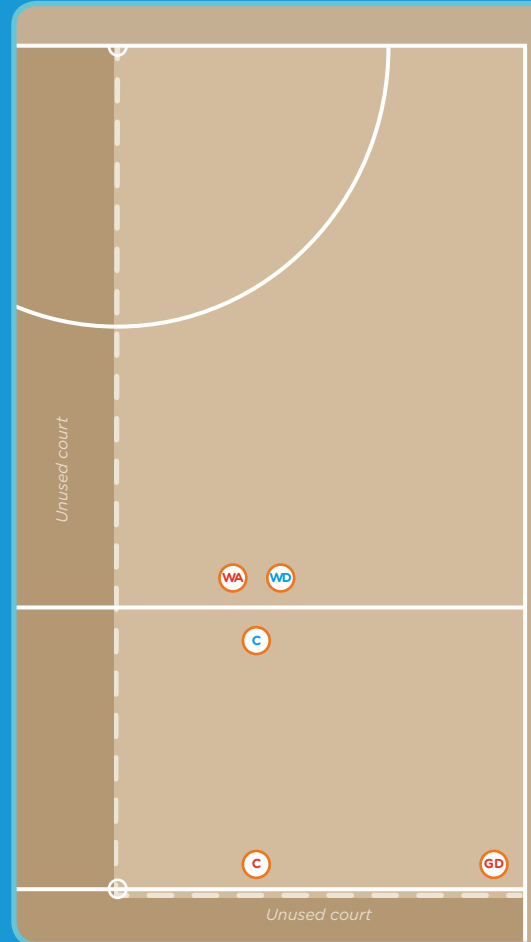
TECHNICAL PRACTICE



Technical practice

Purpose - To score a point by intercepting the centre pass.

- ★ Working in a quarter of the court, set up 2v2 plus an outlet.
- ★ Attacking C starts with the ball. WA and WD set up on the third line, defending C covers the WA.
- ★ GD provides the outlet if no forward option is available. GD cannot enter the goal third.
- ★ Pass 1 must be caught in the centre third. C and WD work together to force the WA wide.
- ★ Pass 2 must be caught in the goal third and C, WA and GD work together to catch the ball over the base line to score a point.
- ★ Attack aim to catch the ball across the goal line within 4 passes to score a goal.
- ★ Following an interception, the defence must attempt to make 2 passes to score a point and then the attack restart with a centre pass.
- ★ Rotate after 5 centre passes.



Progressions

Easier:

Add in additional defender

Easier:

Attack must make 6 passes

Harder:

GD can enter the goal third



Getting your pupils thinking...

Q How do you move from dictating the opponent to marking the pass?

A Keep upright, small steps, correct distance and arms over the ball

To see these practices in action and for more information, head to www.Englandnetball.co.uk/teachers

