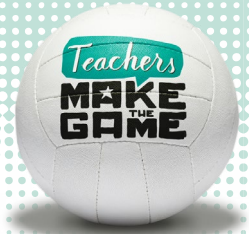


# Identification of Space



## Aims

The key aim is to:  
Identify available space or gaps between defence



## Key principles

The key principles to teach are to:

- ★ Use off the ball movement to open space
- ★ Identify gaps

## Warm up



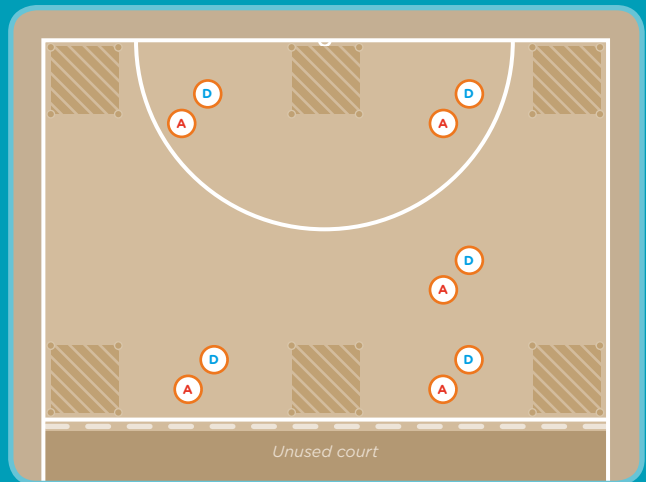
Don't forget to warm up before you get started

MAIN ACTIVITY

## Main activity

**Purpose - To score a point by receiving the ball 5 times in the marked areas.**

- ★ Working in a third, set up 5 v 5. Use spots to mark out 6 areas.
- ★ Attack start with the ball in the third and defenders mark the attacking players.
- ★ Attack must pass the ball around the third, aiming to receive the ball in the marked areas 5 times.
- ★ Passes can be made outside of the marked areas (within the third) but only count towards the total of 5 if received within the marked areas.
- ★ Once a point has been scored, the attack put the ball on the floor and the opposition pick it up and start working towards their total of 5 passes.
- ★ If intercepted, the team now in possession start working towards their 5 passes.
- ★ If the ball is tipped out of court by the defence, the attacking team will take the throw in and continue to add to their previous passing tally.



## Progressions

**Easier:** Decrease number of catches required in the area

**Easier:** Overload teams when attacking so there are less defenders

**Harder:** Catch in area only counts if defender does not have a foot inside

**Harder:** Catch in area only counts if player is moving to receive the ball



## Getting your pupils thinking...

- Q** What can you do as a team to be more successful?  
**A** Lose defenders to ensure space within area to receive the ball
- Q** What type of movement can you use?  
**A** Changes of direction/speed



# Identification of Space



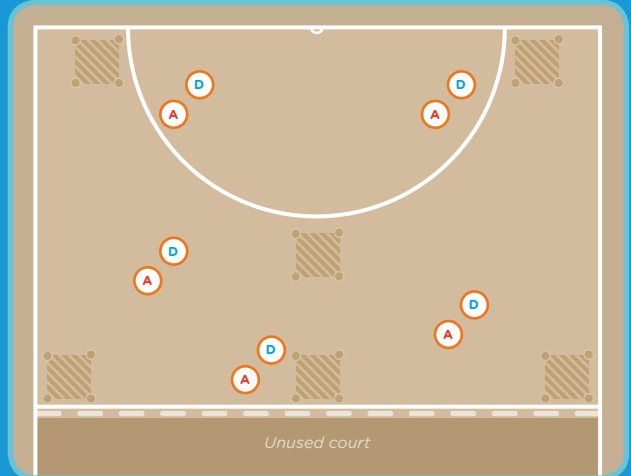
TECHNICAL PRACTICE



## Technical practice

**Purpose** - To receive a ball 5 times in the marked areas before passing to a player to shoot.

- ★ Working in a third, set up 5v5. Use spots to mark out 6 areas with 3 areas around the shooting circle.
- ★ Attack start with the ball in the middle of the third line and defenders mark the attacking players.
- ★ Attack must pass the ball around the third aiming to receive the ball in the marked areas 5 times before they can pass to a shooter. Passes into the shooting circle must come from an area around the circle edge.
- ★ Passes can be made outside of the marked areas (within the third) but only count towards the total of 5 if received within the marked areas.
- ★ If intercepted or attack lose possession, the team now in possession start working towards their 5 passes.
- ★ If the ball is tipped out of court by the defence the attacking team will take the throw in and continue to add to their previous passing tally.
- ★ Only 2 players from each team are allowed within the shooting circle.
- ★ Once a goal has been scored, the opposition gains possession, restarting from the middle of the third line opposite the D.



## Progressions

**Easier:** Marked areas can be made larger or smaller depending on the ability of the group.

**Easier:** More attackers for easier success rates or more defenders to make it harder.

**Harder:** Flat passes allowed with no overhead

**Harder:** Players must receive the ball moving into the space



## Getting your pupils thinking...

**Q** What type of movement did you have to use to move into the designated areas?

**A** Change of direction, change of pace, dodging

**Q** What did you need to be aware of to time your movement to ensure you received it in the areas?

**A** We had to watch the ball carrier and be aware of team mates as well as making a move to lose the defender

**Q** When and where would this apply on court?

**A** These practices/skills can be used in open play with all players. Specific examples include moving the ball through the thirds to the D to feed GA or GS from the C and WA



To see these practices in action and for more information, head to [www.Englandnetball.co.uk/teachers](http://www.Englandnetball.co.uk/teachers)