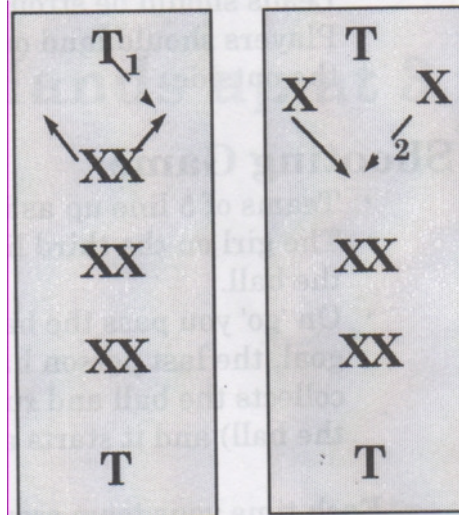


Do you have any problems with players not backing up or reacting slowly to the next move????

This drill is called "Down the line" and it is one I have used quite often in order to have players think about their next move or to reoffer quickly when they, at first, did not get the ball.

space players in pairs down the court with a thrower at the top of each goal circle.



Line up players down the middle of the court in pairs with a player at each end. All players are attackers.

The ball starts with one of the throwers and the first two players split, the ball is passed to one of them. The other player doubles back down the court to receive the next pass. Now the next two players lead. If you have enough room do this in groups of 4 i.e. 2 throwers and 2 workers in the middle.

Progression 1. Instead of players starting next to each other they can now start behind each other. (like they are an attack with the defence in front of them). Remember the front player leads first, the back one leads the other way.

Make sure the player that does not receive the first pass quickly pushes off hard and changes direction back down the court - really quickly, (Bend the knee and push back to change direction).

Good Luck (let me know if you think this has been an effective drill)

Jacqui McDonald