

## Attacking Skills

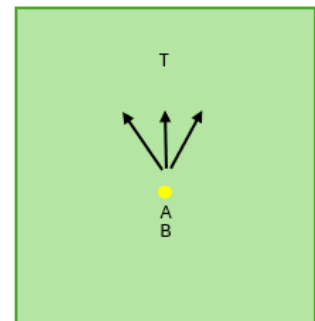
### Straight Lead

#### Teaching Points

1. Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side
2. When the lead is to the right, take off with the right leg and vice versa
3. Emphasis should be on strong first three or four steps with shoulders in direction of lead
4. When leading to the right, land on the right foot and pivot to the right
5. When leading to the left, land on the left foot and pivot to the left
6. Strong arms to accelerate
7. Maintain lead onto ball

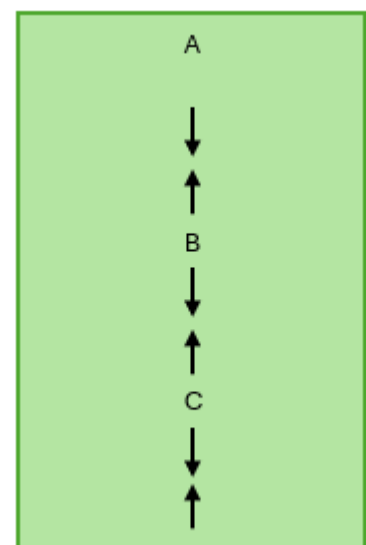
#### Activity 1

- A passes to T then makes a straight lead left or right (at a 45-degree angle) or forward
- Receive a pass from T, pivot and pass to B



#### Activity 2

- Six players form a line, three metres apart
- A starts with ball, throws to self (for timing), B makes a straight lead forward to receive pass, pivot and pass to C on lead
- Work ball up and down court
- Change straight lead to left or right
- Repeat other side, then give players choice of which lead they perform



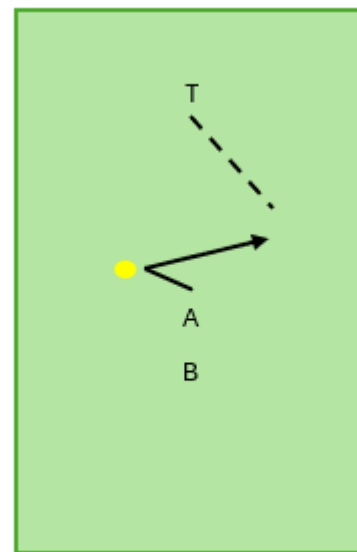
## Single Dodge

### Teaching Points

1. Eyes on thrower
2. Body upright, feet shoulder – width apart, slightly bent knees and hips
3. Move a few steps away from the intended catching position
4. Place outside foot strongly on ground and push off in the desired direction, turning hips to face towards direction of travel
5. Use arms to accelerate and extend to receive ball

### Activity 1

- A passes to T then makes single dodge left then right (or vice versa) to the dot, receives pass from T, pivots and passes to B
- Return to end of line
- A cone may be used initially to ensure first move is definite



### Common Errors

1. Feet too far apart
2. No weight transfer onto the outside foot
3. Push off on the inside foot
4. Dodge not a definite movement – just a sway
5. Movement too slow, allowing the defender to hold the attacker's position
6. Moving head and losing sight of the thrower
6. Eyes and head looking down
8. Arms beside body and not used to increase power

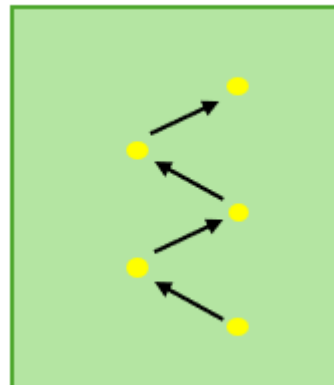
## Change of Direction

### Teaching Points

1. Sprint strongly to the ball, either directly forward or diagonally at a 45
2. degree angle, shoulders should be in direction of movement
3. Emphasis should be on strong first three to four steps
4. Push off strongly on outside foot and use inside foot as take-off foot to move into a new space
5. Emphasis again on strong first steps when moving to the new space

### Activity 1

- Players drive through cones focusing on a strong change of direction



### Common Errors

1. Leading too soon
2. Shoulders not turned in direction of lead
3. Push off on the inside foot
4. Movement onto second move not definite
5. Not changing direction into a free space
6. Arms beside body and not used to increase power
7. Eyes and head looking down