

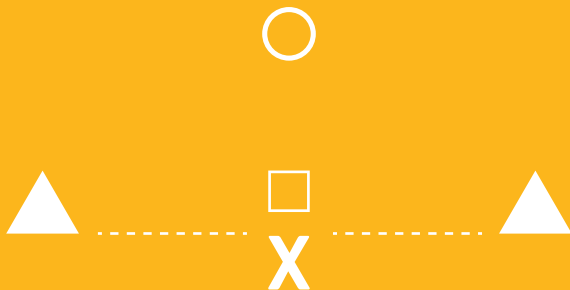


PASS PLACEMENT (PART 1)

Intermediate

ACTIVITY:

- In groups of three, assign one thrower, one attacker and one defender
- Between two cones, have the attacker attempt to get the ball by dodging, with the defender maintaining front position and tracking the attacking player so they can attempt the intercept
- Rotate the players so they all have a go at every position in the drill



COACHING POINTS

- The defender should maintain front position and contest to first ball
- Remind the thrower to let the ball go without hesitation

Legend

○ THROWER X ATTACKER □ DEFENDER ▲ CONE