

“Collect Stages”



Situation

Players losing collects, being out of position and not holding position when they've got it.

Mission

To practice holding out your player from collect space to be able to more easily win the ball.

Execution

Set-up:

Stage 1: Pairs in space. **Stages 2-5:** Groups of three at a post - Two collects and a shooter, with a ball. **All Stages:** Divide into boys and girls, ideally.

Stage 1

1. Each pair finds a 'circle' to work with. This can be around a post, or just in open space. They also pick a static point which acts as the 'ball', as it would be in a game.
3. This requires moving round sideways in a circle, reacting to the defenders movements. When the attacker is not able to see the 'ball' directly ahead, he/she must make a step to turn his/her body and thus will always remain facing or side on to the ball.
5. Ensure they are swapping round, and watch out for those not able to see the ball.

2. The attacking collect must keep the defender out of this circle using his/her body, while making sure he/she can see the 'ball' at all times. So that, when the shot goes up, the collect is aware and can react to ensure winning the ball.

4. This requires moving round sideways in a circle, reacting to the defenders movements. When the attacker is not able to see the 'ball' directly ahead, he/she must make a step to turn his/her body and thus will always remain facing or side on to the ball.

NB. When the defender is directly behind the attacker, who is still facing the ball, the not being able to see your opponent makes this drill more difficult. You can recommend turning more side-on in this position to counteract this.

General Info – All Stages:

The biggest problem in collect is that, when the shot goes up, people immediately go for the ball, giving up the strong collect position they have worked so hard for. Watch for this throughout, and make sure people are not doing it.

Throughout all Stages, ensure that players switch round positions, so that everyone is the attacking/defending collect/shooter.

The stages can be divided up, and other drills done in between, in order to follow our theories of Delayed Repetition and Contextual Interference.

Keep moving round the players watching, giving tips/demos where needed and making sure everyone is doing every part of the drill.

If you see people making the same mistakes, don't be afraid to bring everyone in to demo a particular bit. Or if someone is doing it particularly well, show them off.

“Collect Stages”



Situation

Players losing collects, being out of position and not holding position when they've got it.

Mission

To practice holding out your player from collect space to be able to more easily win the ball.

Execution

Set-up:

Stage 1: Pairs in space. **Stages 2-5:** Groups of three at a post - Two collects and a shooter, with a ball. **All Stages:** Divide into boys and girls, ideally.

Stage 2

1. The two collects stand next to each other, touching, directly behind the post. The shooter has the ball 5m or so out.

3. In order to do this, however, they must use their inside arm (the one closest to their opponent) to hold off any of their opponents attempts to claim the ball. This leads to more focus on the opponent in collect.

5. Feel free to add a competitive element to any of the stages, to add a bit of spice and get people going.

2. When the shot goes up, they are not allowed to move or jump, but can step out on their pivot to retrieve the ball. You would expect each collect to win any ball that is on the side that they control.

4. Run the stage for as long as you think right. And make sure no-one is being scared of contact. If they can't do it in a drill, they'll not do it in a game.

Stage 3

1. As Stage 2, but jumping and very limited movement is allowed. Holding off your opponent in order to completely control your side of the collect is essential now. Make sure collects use their body as a barrier to stop any advances from their opponent.

Stage 4

1. We now have an attacking collect and a defending collect. The attacking collect takes up his position at the post, as for a normal collect. The defending collect stands behind him, in the less advantageous position. The defender cannot move or challenge the collect until the shot goes up.

2. When the shot goes up, the attacker must hold out the defender and win the ball. Emphasise the importance of holding out the defender in order to be able to win the collect consistently.

“Collect Stages”



Situation

Players losing collects, being out of position and not holding position when they've got it.

Mission

To practice holding out your player from collect space to be able to more easily win the ball.

Execution

Set-up:

Stage 1: Pairs in space. **Stages 2-5:** Groups of three at a post - Two collects and a shooter, with a ball. **All Stages:** Divide into boys and girls, ideally.

Progression – Stage 5:

1. Same set up as Stage 4, but the defending collect can challenge for position from the start. The attacker must maintain his view of the ball and his position to win the collect. Whichever person under the post wins the ball takes it out to become the new shooter. The shooter goes under the post to challenge the remaining collect, who should start with the stronger position, and must be ready to hold it against the new opponent.
2. Ideally, this should cycle round in a regular fashion, with the attacking collect's better starting position meaning he always wins. However, if someone is consistently losing collect from the better position, you know there is a problem somewhere.

General Info – All Stages:

The biggest problem in collect is that, when the shot goes up, people immediately go for the ball, giving up the strong collect position they have worked so hard for. Watch for this throughout, and make sure people are not doing it.

Throughout all Stages, ensure that players switch round positions, so that everyone is the attacking/defending collect/shooter.

The stages can be divided up, and other drills done in between, in order to follow our theories of Delayed Repetition and Contextual Interference.

Keep moving round the players watching, giving tips/demos where needed and making sure everyone is doing every part of the drill.

If you see people making the same mistakes, don't be afraid to bring everyone in to demo a particular bit. Or if someone is doing it particularly well, show them off.