

“Situational Play (2nds)”



Situation

The team needs to learn to play with each other, and get experience of game situations.

Mission

Give divisions lots of game time, and provide game-like situations for them to react to.

Execution

Set-up:

4on4 (Divisions), Half-Court. Possibly have situations written on pieces of paper.

1. With a team of 12, you'll have 4 people not playing. Send them to the other half of the hall to work on a skill they all need to work on. Use another coach, and split your players wisely.

2. Run this drill 3 times, so everyone spends one third 'off' working on a skill, and so divisions can be cycled. Or double up and run through 6 times if you like.

4. Either play pure 4on4, returning the ball to the halfway line when it is intercepted, or give the Attack 5 chances (or 6, or 7, or 10) before Attack and Defence switch. Provide time for divisions to talk with each other, as it would be in a game.

Progression:

Different Situations, Less Guidance and Feedback.

Try pretending to give the Defence a situation, while actually telling them nothing, or vice versa. The other team will have to discover the *actual* strengths/weaknesses of the opposition.

3. Provide either the Attack or Defence, or both, with a 'Situation', which requires them to play in a certain way, or that will force their opposition to react and play in a certain way. These Situations reflect game play.

5. Let each division try to figure out the Situation you have given their opposition. Guide them towards the solution/way of play needed against it and let them try and use it. Build up until they are recognising and solving it themselves.

Possible Situations:

Defence: One attacker is a brilliant shooter. Go tight. (More Danger of Runners, so no feeds and be ready to switch)

Attack: A tall boy keeps dropping off in Defence to ruin our girls' collects. (Keep this boy busy in attack, or just actually rebound him..)

Defence: A tall boy in Attack is dominating the post. We need to rebound him and keep him away. (Defence needs to be aware that there's always going to be the threat of feeds if this boy is at the post)

Defence: Challenge: Who can be the loudest? (Communication!)

Attack: You are not allowed to make direct passes. You can only make passes to someone who has dropped off the back of their opponent into space. (Encourages adventurous passing).

Attack: You're not allowed any conventional feeds. Unless from having collected the ball. (Encourages 3-1 and using side-feeds)

Defence: This Attacking division runs on one person, we need to cut them out of the game. Don't let them have the ball. (Defenders not defending the star player need to guard the ball line to the star player much more aggressively, forcing all passes to go elsewhere.)

Attack: One player has a weak Defender, perhaps one who is jumping out a lot. Attack through him/her. (You may have to ask a Defender to deliberately defend badly - but it's important to spot the weak link in a defensive division and exploit it.)