

“Circle Drill”

Situation

We need to improve our shooting and other basic skills. Standard.

Mission

To make use of Contextual Interference to increase the retention and transferability of such skills.



Execution

Set-up:

Four posts in the four corners of the Hall, with space around each of them. Use the centre circle line as the eponymous 'Circle'. Some players start in position at a post, the rest in the circle.

1. This drill forces a player to do practice skills randomly. It also builds in game-like situations to skill training, such as the fact that you will have to react to situations in shooting.

2. Players go to any of the four posts when they become available. They do the drill, cycling through the necessary positions (Collect, Feed etc.) before returning to the circle.

3. A player cannot do the same drill twice in a row, but does not have to make sure he/she does all the drills - just go to the next available post.

4. This drill works best by doing it for 5-10 minutes, doing something entirely different, then returning to it. In this way it uses of Repetition and Contextual Interference.

5. Each post can have whatever drill you want at it. Details of the ones I have used are attached. Make sure you make clear the position progression. E.g. Shooter becomes Collect, collect becomes feed etc.

Progression:

Make sure the drills are as game like as possible, so the skills being learnt will easily transfer to game time.

The drill works well as a break when learning a new concept that requires repetition after 5 minutes etc

Encourage players to reflect after each drill they do, as they take other positions under the post or return to the circle. This will help them improve their performance.

“Circle Drill” – My Posts (1)



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Collect Post

1 person starts in an attacking collect position (**Attacker**). They imagine 'the ball' to be in the centre Circle, and so must always face this way.

A player (**Defender**) comes from the Circle and tries to take the collect from them. When the Attacker loses a good collect position, they shout "LOST COLLECT!" and return to the Circle. The Defender becomes Attacker, and a new player enters from the Circle.

Runner/Veer Shot Post

A **Feed** is already in position.

A player (**Attacker**) comes in from the Circle, receives the ball and takes a Running-in shot. However, **if the Feed chooses so**, she may shout "VEER!" just before she would pass the ball for a Runner. The Attacker must then change and take a veer shot. After passing the ball for the veer shot, the Feed follows her pass and pressures the shot.

Attacker becomes Feed, Feed returns to the circle.

(This post aims to reflect the likelihood in games of having to alter action plans - it is essential that Attackers are fully committed to the Runner before having to change their plan.)

Pressured Runner Post

A **Feed** and a **Defender** are already in position. The defender stands facing away from the post, not far away from the centre Circle.

A player (**Attacker**) comes from the Circle and stands next to the Defender facing the post. The Attacker then runs to the post for a Running-in shot. As soon as he starts to run, the Defender can turn and pressure the shot, without giving away a penalty.

The Attacker becomes Feed, the Feed becomes Defender, and Defender returns to the Circle.

****TIP**** - The Attacker is looking to cut inside once he is past his defender, so the defender can't easily catch up. He can then slow down for a calmer Runner. The Defender must make sure not to reach across with the arm closer to her opponent, else penalties will surely follow. Reach across with the hand farther away.

“Circle Drill” – My Posts (2)



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Runner/Drop-off Shot Post

A **Feed** and **Collect** are already in position.

A player (**Attacker**) comes in from the Circle, receives the ball and takes a Running-in shot. However, **if the Feed chooses so**, she may shout "SWITCH!" as she would pass the ball for a Runner. The Attacker must then pass the ball to the Collect, who must drop off to take the shot. After passing the ball, the Feed follows her pass and pressures the pass to the collect.

Attacker becomes Collect, Collect becomes Feed, Feed returns to the circle.

(This post aims to reflect the likelihood in games of having to alter action plans - it is essential that Attackers are fully committed to the Runner before having to change their plan.)

1 on 1 Post

A **Feed** and a **Defender** are already in position.

A player (**Attacker**) comes from the circle and attacks the Defender in 1on1, receiving and passing to/from the feed. The aim is to attack **with the ball** to get a clear shooting opportunity and then take it.

Once the shot is taken, Attacker becomes Feed, Feed becomes Defender, and Defender returns to the Circle.

We're aiming for two passes and a veer shot here, or one extra pass for the runner. It requires **looking to shoot** to force your opponent to come tight, before you move off from him/her.

Add your own! Just remember to try and reflect **game situation** as much as possible. People have to change their minds, they have to shoot/pass under pressure. Practicing all these things randomly will retain the skills, and make them able to be transferred to Games.