

SPLIT & RE-OFFER

PURPOSE

Q Why

To provide 2 leads and 2 options to thrower – then re-offer

Q When

Anywhere on court where two attackers have the understanding that the front person leads and back person reads

EXPLANATION & DEMONSTRATION – Skill Progression No. 1

1. Front attacker leads and back attacker reads – both offering a lead to thrower, one Attacker does not receive pass so they re-offer another lead
2. Timing – 2nd lead slightly after 1st – so thrower can have 2 options initially
3. Attackers start with a square base to thrower to have option of any angle
4. Eyes need to be up at thrower reading the space
5. Both leads must be explosive

Options:

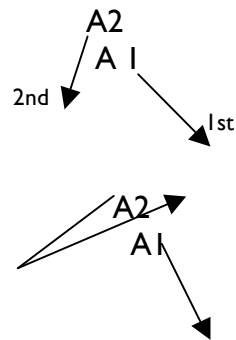
- Left, Right, Middle, Back space
- Start behind, offset, distance and no distance

BASIC MOVEMENT WITHOUT EQUIPMENT - Skill Progression No. 2

1. Pair up – Attacker No 1 lead in any direction
2. Attacker No 2 offer lead in any other direction

Add - The Re-offer lead

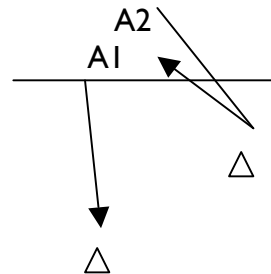
1. Coach nominate A1 or A2 as the re-offer



BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

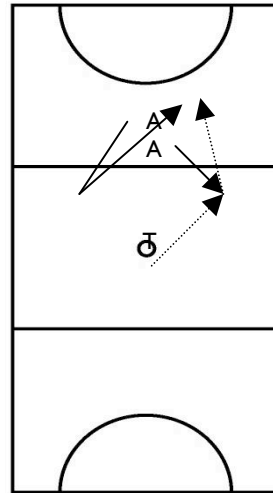
As above – Options

1. working off the transverse line
2. Working in confined space
3. Place cones to work to



ADD A BALL & THROWER – Skill Progression No. 4

1. Thrower to face away from Attackers – toss ball in air slightly take, turn and see options and deliver to strongest lead
2. Timing – Attackers time lead – when thrower turns and has eye contact
3. The attacker that does not receive ball must re-offer down court to attacking end of the court
4. Important: Throwers hips on angle – body weight on back foot (same foot as throwing arm) step forward with opposite foot – best balance
5. Delivery must be put out in front for attacker to land on their outside foot for an outside pivot
6. The thrower can pass to either attacker



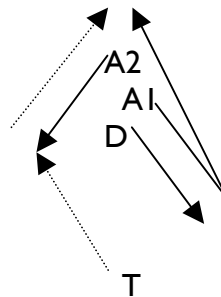
Draw your pictures on a court so you know where your drill is heading

ADD OPPONENT – Skill Progression No. 5

1. Passive defender to start
2. Defender select one attacker and stay with that move
3. Thrower pass to the non defended attacker
4. Thrower pass to the defended attacker if you think you can get the pass in safely

Add: 2nd defender

Add: 2nd thrower for the next link



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DAA

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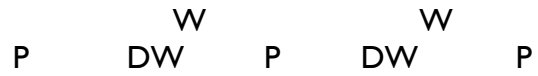
DYNAMIC DRILL – Skill Progression No. 6

Build from No. 5

1. Timing
2. Decision making

Introduce

1. Trail lead
2. 3rd option = moving post



Set this drill on the court in going from end to end – not across court

COURT APPLICATION – Skill Progression No. 7

Work from any position on court

1. BLTI
2. SLTI
3. Centre Pass
4. Shooter Shooter link
5. Off a penalty pass

