

## DOUBLE PLAY (Give & Go)

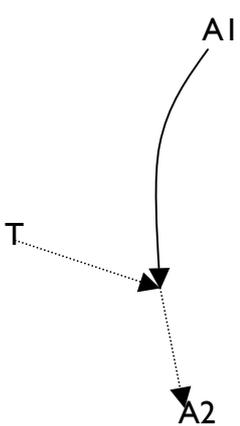
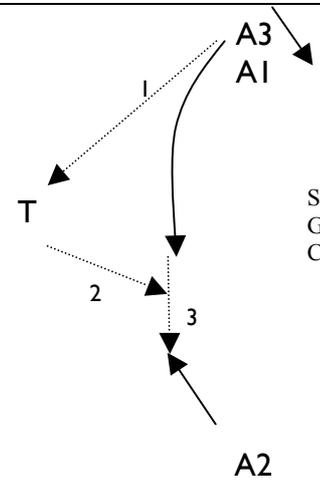
### PURPOSE

- What: A Double Play is when the player with the ball passes it and then drives down court, past the ball to receive the next pass
- When: Many players stop attacking once they have passed the ball. Teaching a 'double play' or give and go' ensures players learn to keep going in attack and to keep re-offering.

### EXPLANATION AND DEMONSTRATION – Skill Progression No. 1

1. Players usually do a double play when their defender is not standing directly in front of them.
- *This is where you can drop a progression and or join progressions together to have a more immediate understanding. (Dropped SP No. 2 & 3)*

### ADD A BALL AND THROWER - Skill Progression No. 4

<p><b>Run Through</b></p> <ol style="list-style-type: none"> <li>1. Two lines face each other with a thrower in the middle and out to side.</li> <li>2. The first Attacker in one line runs towards the opposite line, receives a pass from the thrower and then passes onto A2 and drill continues.</li> </ol> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. The thrower needs to pass in front of the leading player</li> <li>2. Encourage a quick release pass as soon as the worker receives the ball - balance</li> <li>3. After passing the ball A's need to accelerate through the middle to receive the next pass.</li> </ol>	 <p>Attackers lead closer to the Thrower – cutting inside Defender</p> <p>Set Up – length of C1/3</p>
<p><b>Run Through Double Play</b></p> <ol style="list-style-type: none"> <li>1. Set up as above</li> <li>2. A1 At the start of each line leads out to either side to receive the pass instead of standing still</li> <li>3. First player in line receives, they pass straight onto the thrower, drive towards the other line <b>and angling towards the thrower</b> to receive again, and then pass onto the person at the front of the opposite line who is leading out to either side. A2 &amp; A3 need to move strongly to receive ball,</li> </ol>	 <p>Set Up - from top of Goal Circle to Goal Circle</p>

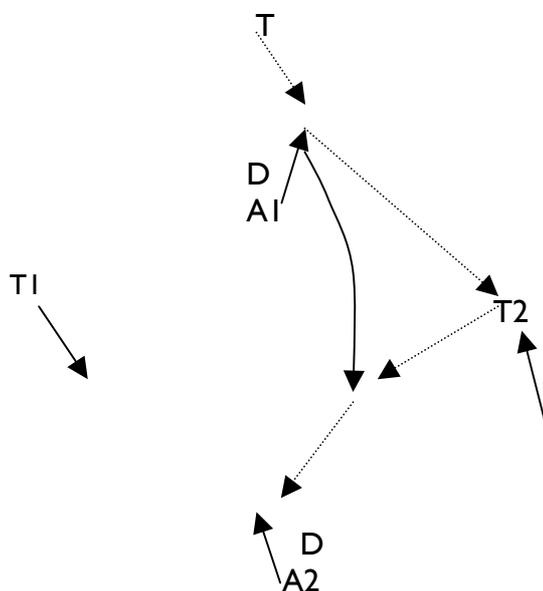
to create momentum.

### ADD OPPONENT & DYNAMIC DRILL – Skill Progression No. 5 & 6

**As above**

**Add:** Defender to start in front of A's

1. Attackers lead strongly on the 45 Left or Right; take, turn, deliver to either T1 or T2, lead strongly
2. Attacker must go immediately they have passed – e.g. don't wait for Defender to set up; get the pass off to the thrower and lead again strongly past T1 or T2 and receive again.
3. Deliver a balanced ball to A2 on a strong lead.
4. Have T1 & T2 on the move to connect with the Attacker – this will help create timing and speed of hands between the Attacker and Thrower



### COURT APPLICATION – Skill Progression No. 7

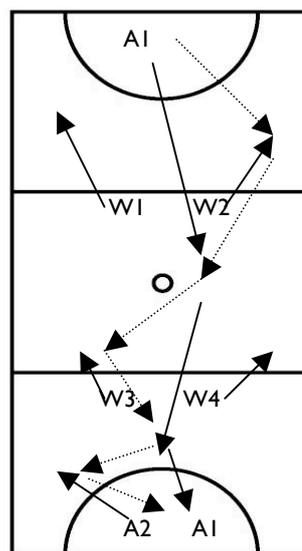
1. 1<sup>st</sup> A1 in the line at one end passes to either W1 or W2
2. A1 leads down court to receive the pass back (a double play).
3. They then pass onto either W3 or W4 and drive down court and receive another double play.
4. A1 pass to A2 in line – continue in other direction.

**Add:** Defender in between the two sets of Worker's.

1. A1 and A2 must have good vision to select the non defended W and

**Key teach Point:**

1. Drive down court TOWARDS the thrower. Leads need to be further down court than the thrower but angled towards the thrower.
2. Very quick ball handling



**After A2 has passed back to A1 in circle A2 start the process back the other way.**