

DRIVE AND ROLL OFF

PURPOSE

Driving into space then quickly rolling off and away from the Defender and Thrower to lead back into space created. The drive and roll off is often used by the Goal Shooter exploding out of the goal circle toward the ball; the defender totally commits to the lead and the GS rolls off the lead and drives hard back to the goal post. (Great way to drop off the very tight defender).

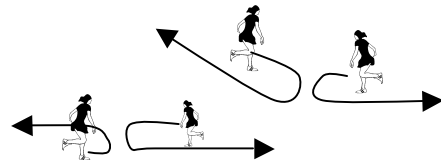
EXPLANATION / DEMONSTRATION – Skill Progression I

Teaching Points

1. Demonstrate and Explain at the same time
2. A very strong (explosive) movement in any direction can be done on 2 / 4 (short explosive movement) or 6 / 8 (the longer drive) steps is required to commit the defender to the first lead
3. The last step made on the roll is on the foot furthest from defender; however bring the leg closest to the defender through as though taking another step – this will encourage the defender to keep moving forward
4. On the execution of the roll quickly get the head around to sight the ball again
5. Drive hard back into the created space and receive pass
6. The pass will vary depending on the angle of the thrower to the attacker making the move – could be a flat hard extension pass or an quick lob, or quick should pass with a slightly higher lift in the pass

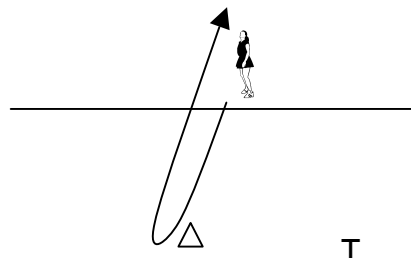
BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

1. Player takes 2 or 4 steps to the right
2. Pivot on outside foot and roll out
3. As attacker rolls away quickly get head around and look over shoulder i.e. pivot and roll to right, look over right shoulder and you should receive the ball on the left landing (when ball is introduced).
4. Attackers in the goal third everyone jogging around
5. as you meet up with another attacker roll off and away from each other



BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

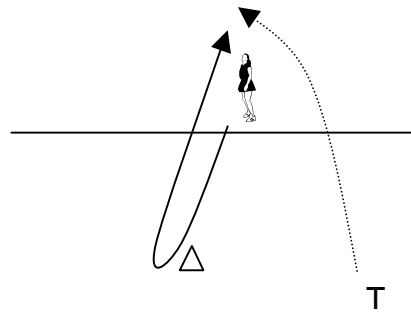
1. Repeat as above now work specifically off a line towards a cone
2. Passive Thrower holding a ball for the attacker to work on getting the head around quickly to sight the ball
3. Thrower does not deliver the ball to attacker it is just for vision
4. Drives and pivot on right foot, roll



away and look over right shoulder

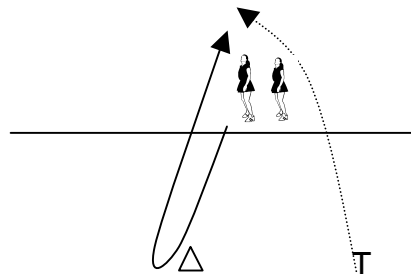
ADD BALL & THROWER – Skill Progression No. 4

1. Thrower facing away from attacker
2. Throws ball to self and turns
3. This is the timing for Attacker to make lead – different timing for a short or long roll off – practice both
4. Attacker drive hard to commit the defender to the first lead; then rolls off back to the original space
5. Thrower deliver to the space with a variety of selected passes depending on angle of lead and where the defender is placed
6. Thrower hip angle on 45 and step with opposite foot to where throwing to



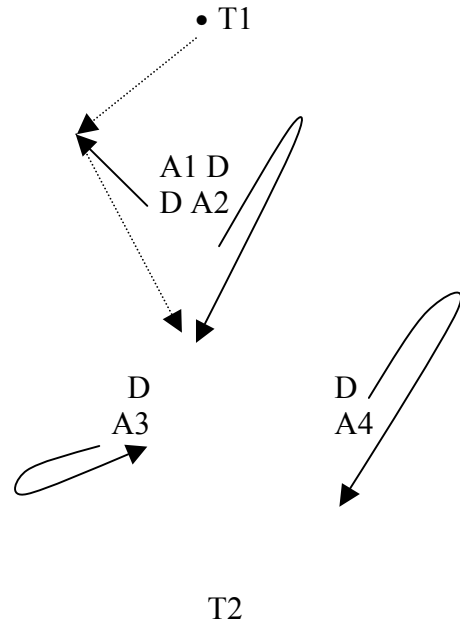
ADD OPPONENT – Skill Progression No. 5

1. Attacker must be explosive and strong on the first lead to force the defender to stay with the first move
2. Attacker get your head around very quickly and look over shoulder to sight the ball
3. Thrower deliver ball into space opposite to where the defender is positioned on attacker
4. Thrower hip angle 45 and step with opposite foot to where throwing to



DYNAMIC DRILL – Skill Progression No. 6

1. Work a split and re-offer; with the re-offer being done with a roll off
2. Placement Options:
 - Place the Attackers beside each other
 - front back split or staggered
 - Add A3 & A4 – one attacker offering a drive away and roll back to the ball – the other offering to the ball and rolling away to space
 - A2 decide which is the better offer; short or long
 - Reverse and reposition



COURT APPLICATION – Skill Progression No. 7

The roll can be executed anywhere on the court by any player.

Important to remind the attacker that their first lead must be explosive and convince the defender to stay with them; the attacker will execute the roll off better when the defender is committed to the first lead.

Add:

1. Defender to GS
2. GA entering the circle – can drive in and then roll back to ball
3. Defender to GA

Options:

- Off a loose ball anywhere on court
- Off a rebound
- Goal Line Throw In
- Side Line Throw In
- Centre Pass – one straight lead one roll off

