

## HOLD

### PURPOSE

Designed to keep defender away from space so ball can be placed into space without interception.

Q Who

Done on a 1:1 situation

Shooting circle – GS or GA

SLTI to CC into Back Space

GD on the hold versus GA on a BLTI

WD on circle edge on BLTI etc.

### From a feeding point of view – the space is always opposite to Defender

- a. Feeder – see the defender
- b. Feeder – read the space
- c. Feeder – know the pass

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

1. Attacker must try to dictate the space to be protected
1. Holder needs to have body upright
2. Feet shoulder width apart (knees just slightly bent to maintain balance)
3. Arms by side – don't bring up to push off
4. Move off the hold after ball has gone over holders head – if attacker uses space too early it allows defender to intercept or at least contest ball

1. Back Hold	Stomach 2 defender back – slightly drop one foot and should to the space you want the ball.
2. Front Hold	Back is to the defenders stomach or Stomach to defenders stomach
3. T Hold	Stomach T boned to defenders arm
4. Side Hold	Back to defenders stomach


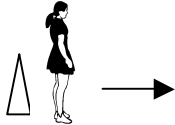


### BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

- *This is where you can reverse some of the SP for a more immediate understanding of the skill to be taught.*

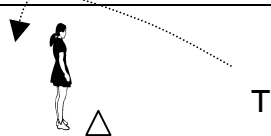
<b>Basic Stance and Movement</b>	Feet shoulder width apart Strong through the body Upright body
Back Hold Front Hold	Step back 2 steps and up – on go Hold body strong don't stop onto ball till very late – use shoulders to keep defender off
T Hold – open out to ball Side Hold – drop leg back	Step back on angle 2 steps and up – on go Step forward to receive – on go

### BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

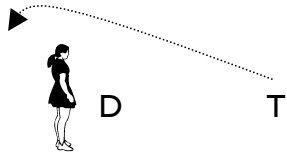
- This is where you can use a (passive) Post Defensive body or cones

<p>Back Space – drop leg back &amp; open to ball</p>	
<p>Front Hold - Step forward strongly</p>	
<p>Side Hold – Step back and to side</p>	
<p>T Hold – step back and to side slightly</p>	

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

<ol style="list-style-type: none"> <li>1. Thrower to recognize space being held</li> <li>2. Deliver a quality touch pass</li> <li>3. To all of the above positions</li> </ol>	
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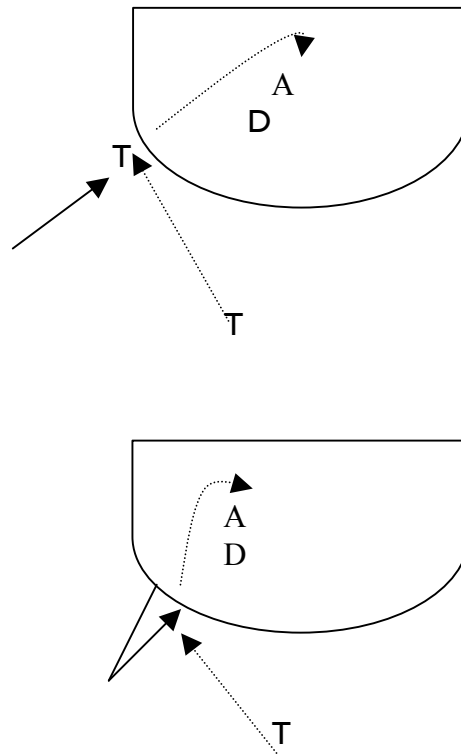
### ADD OPPONENT (Active) Skill Progression No. 5

<p><b>Remove Ball</b></p> <ol style="list-style-type: none"> <li>1. Practice the holding positions with Active defender</li> <li>2. Add Ball back in -To all of the above positions with active defender</li> <li>3. Feeder – Q's listed above</li> </ol>	
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## ADD OPPONENT Cont. - Skill Progression No. 5

### Defender can adjust

1. Add another T
  2. Have T1 leading onto circle & receiving ball from T2
  3. A to time setting of hold
  4. Be mindful of where T1 is leading
  5. Don't have your defender too close to where T1 is landing on circle edge otherwise ball may be intercepted.
6. Work different positions with T landing on the circle edge in different positions



## DYNAMIC DRILL & COURT APPLICATION – Skill Progression No. 6 & 7

1. Move T2 to centre of court
  2. T1 can now take ball eight side of circle
  3. Shooter needs to read which side T1 is landing on so they can re-adjust position early before defender gets opportunity to re-adjust
  4. Add defender on T1
  5. T1 and T2 – work ball down from transverse – add defender on T2
- Add** – GA entering and reading the space that GS is holding – if GS holding high then GA needs to cut back door along goal line – if GS hold middle then GA cut across the top of circle
- Add** – Defender on GA

