

**Theme:** Players leading to space on the court

**Duration 10 Minutes**

**Objectives:** Teaching players to lead down towards their goal end and then across the court so that the pass doesn't need to be a lob.

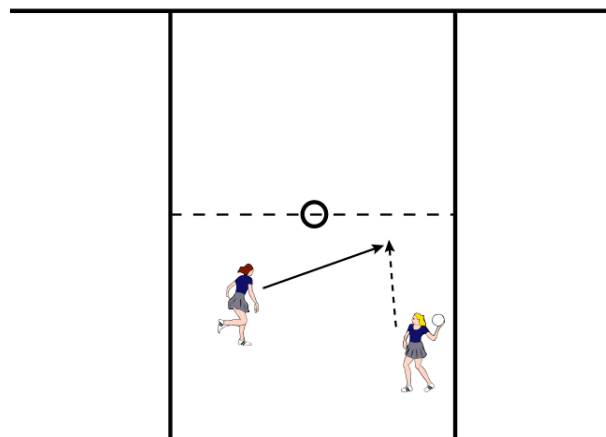
## 3 Min On the Move

2 players, 1 ball, space available is half of one third.  
Two players move to receive the ball, one after the other.  
Specify different variations of leads or passes for each series of 10 passes: Straight, high, bounce or long passes or even double leads.  
Always have players working at a high intensity, with good quality for a short time, rather than poor quality or low intensity for a long time.

Apart from the long passes players should only be 3-5m apart.

### Key Points

High intensity  
Excellent quality  
Accurate passes  
Pass out ahead

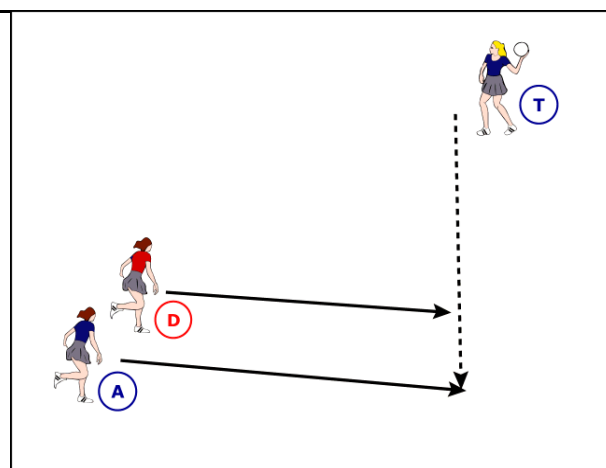


## 3 Min Keepings Off

2 attackers, 1 defender, 1 ball, area is limited to half of one third.  
In half a third, a defender starts between two attackers. The attacker without the ball leads to a space and receives a pass, then it's the other attacker's turn to move.  
The defender, tries to stay between the two attackers.

### Key Points

Definite leads  
Use the whole space  
Quick change of direction  
Defender stays in the middle



## 4 Min Keepings Off - Down Court

2 attackers, 1 defender, 1 ball, area is limited to half the court width.  
This drill is a progression of 'keepings off'. This time the attackers are trying to move the ball progressively down court.  
The third player, the defender, tries to stay between the two attackers.

The attacker who is leading needs to run down the court and either:

- change direction and run back towards the players with the ball
- OR
- run across the court.

Running across the court is a much better options because you end up with the ball closer to your goal ring (down court). If players run back towards where they started they tend to just get a parallel pass and not progress down court.

### Key Points

Definite leads  
Drive down court  
Defender stays in the middle  
Quick change of direction  
Attackers move the ball down 2 thirds  
Use only half the width of the court

