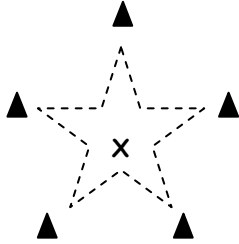


Skills you can practice alone

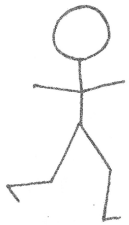
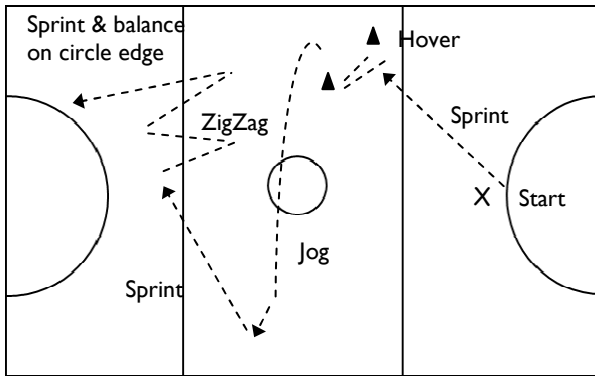
WITHOUT A BALL

Footwork

Run in a star shape, turning directions sharply.



Practice a pattern of movements down the court from circle edge to circle edge. Eg:



Balance

Run a few steps, jump and land on one foot only. Hold for your balance. Repeat on other foot.

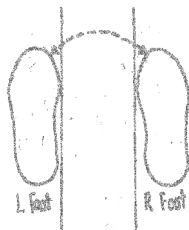
Elevation / Strength

Using 2 lines about 1 m apart, push off strongly from one foot to land on the other foot across the line. Repeat the other way.

Repeat the other way.

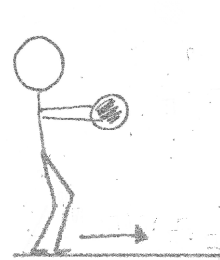
Extension

Complete continuously but with good balance.



WITH A BALL

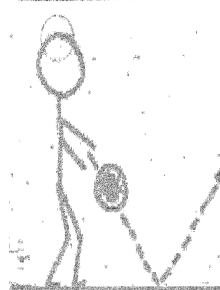
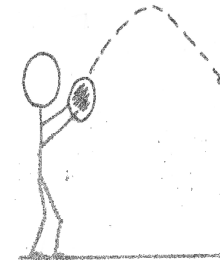
* From about 2 m away, throw the ball against a wall between waist and shoulder height. Move in to catch it. Use 2 hands to pass with, then right hand only and left hand only.



* Toss the ball from your right hand to your left hand and back again. Can you toss it higher? Can you toss it quicker? How many can you do in 30 seconds?

* Practice your timing of the pass by throwing the ball against a wall and counting before you release it.
Count 1 and 2 and ... before releasing the ball.
Count 1 and ... before releasing the ball.
Count 1 ... before releasing the ball

* You can also change timing by curving or spinning the ball. Stand about 5 m from a wall and count the seconds from the time you release the ball to the time it hits the wall. What is the quickest way that you can pass it? What is the slowest way that you can pass it?



NOTE: The ball can go down and up before hitting the wall, or up and then down.

Things you can do in 2's

* Zig-zag drill

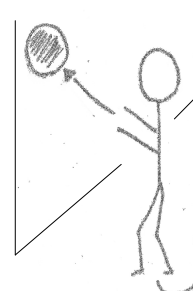
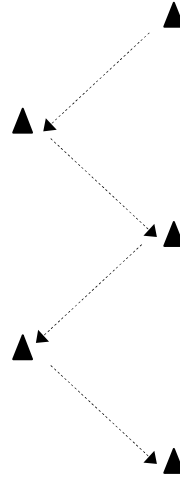
Run to each marker with nice sharp turns, on your own for practice

Then receive a pass at each marker from your partner

Mark each other; 1 attack; 1 defence; without a ball

Both running to each marker, but also looking to the front.

The 'defender' needs to look at the front and the partner.
NOTE: Keep your head up and watch the ball and your partner all the time.



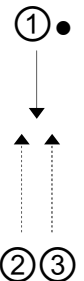
* Throw the ball against a wall, catch it and turn in the air to land facing the opposite way. Pass the ball quickly to the other person.

EXTENSION: Second person is moving when you pass the ball to them. Make sure you throw the ball into space ahead of the other player.



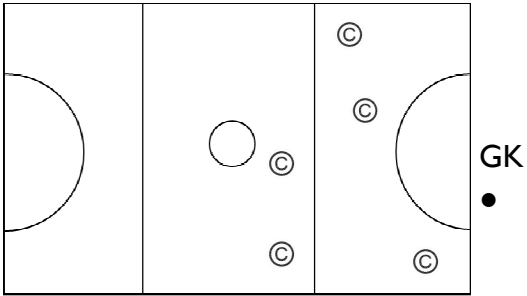
* If you have 3 people; 1 throws the ball to 2 and 3 both running together.

Be aggressive onto the ball to be the first to receive it.

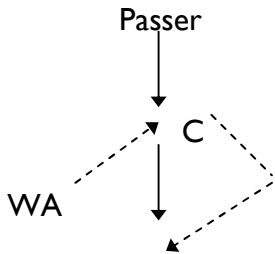


Improving your positional play

- * Watch other Centres live on TV/DVD. Note what they do and where they go after passing the ball at the centre pass and at other times.
- * At back line throw ins—start in different places (eg. Side line, mid transverse line). Discover if where you start has any effect on how easily the ball is cleared down the court. NOTE: you do not have to handle the ball!



- * Work on swapping places with your WA/WD. This can be practiced in 3's in a simple drill. NOTE: Run wide before driving back in for a straight pass.



- * Work on receiving the ball only ONCE as it goes from your GK to GD to your GS. Think of yourself as just one link in the chain!

DO YOU LIKE?

- * Using your attacking and defending skills equally?
- * Varying the timing of your passes?
- * Having a large area of court in which to play?
- * Using a wide range of passes?
- * Outwitting your opponent on attack and defence?

**IF...
YOUR ANSWERS ARE
'YES'
YOU COULD BE
A
CUNNING
CENTRE**



COACHFORCE

**SO...
YOU WANT TO BE
A
CUNNING
CENTRE**

