

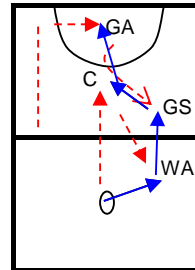
CENTRE PASSES

Wing Attack

1. WA drives into centre to receive pass from C
2. GS drives out of circle to receive pass from WA
3. C drives to top of circle to receive pass from GS
4. GA sags into pocket then drives into circle to receive pass from C

Variation - Should GS receive ball close to the circle, better option would be to pass straight in to the GA

Teaching points: Do not drive too early, C & WA to backup around the circle for additional pass.



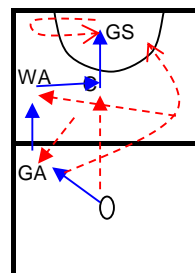
Key → Pass
 - - - - - Player Backup

Goal Attack

1. GA drives into centre to receive pass from C
2. WA drives across court to receive pass from GA
3. C drives to top of circle to receive pass from WA
4. GS dodges makes a double break back to the post to receive pass from C

Variation: Should the GA receive the first pass more towards the middle of the centre third, the second pass would then go to the WA at the top of the circle, then into the GS

Teaching points: Do not drive too early, C & WA to backup around the circle for additional pass.

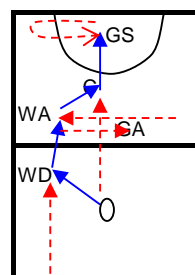


Key → Pass
 - - - - - Player

Wing Defence

1. WD drives into centre, to receive pass from C
2. WA & GA cross over. (WA behind) WA to receive pass from WD (GA sets a screen of opposing WD)
3. C drives to top of circle to receive pass from WA
4. GS dodges, makes a double break back to the post to receive pass from C

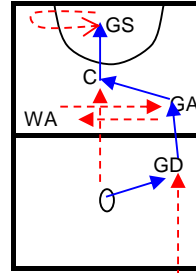
Teaching points: Do not drive too early, C & WA to backup around the circle for additional pass. GA to avoid contact with WD, then backup into circle



Key → Pass
 - - - - - Player

Goal Defence

1. GD drives into centre, to receive pass from C
2. GA & WA cross over. (GA behind) GA to receive pass from GD
(WA sets a screen of opposing GD)
3. C drives to top of circle to receive pass from WA
4. GS dodges, makes a double break back to the post to receive pass from C



Teaching points: Do not drive too early, C & WA to backup around the circle for additional pass. GA to avoid contact with WD, then backup into circle

Key ———▶ Pass
-----▶ Player