

RETREAT AFTER THROWING

TACTIC OVERVIEW

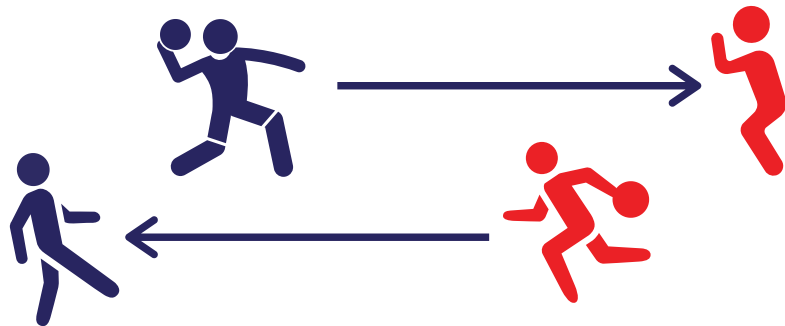
PLAYERS ARE MOST VULNERABLE WHEN AT THE FRONT OF THE COURT. PLAYERS WITH BALL POSSESSION HAVE A BALL TO BLOCK ATTACKS WITH, BUT THIS ISN'T THE CASE FOR PLAYERS THAT HAVE JUST THROWN. LEARNING TO USE LONGITUDINAL SPACE IS IMPORTANT TO REMAIN IN THE GAME.

COACHING POINTS:

- AFTER YOU HAVE THROWN, ADOPT THE 'READY POSITION' TO DODGE ANY INCOMING ATTACKS.
- ONCE YOU ARE SAFE FROM IMMEDIATE DANGER, RETREAT BACKWARDS TO NEAR YOUR TEAM'S BACK LINE. FACE FORWARDS AND WATCH OPPONENTS FOR ANY ATTACKS THROUGHOUT YOUR RETREAT.
- YOU AND YOUR OPPONENTS SHOULD LOOK LIKE 'WINDSCREEN WIPERS', WITH ONE ADVANCING AS THE OTHER RETREATS TO MAINTAIN DISTANCE.

ACTIVITY IDEA - WINDSCREEN WIPERS

IN PAIRS, PLAYERS MUST TRY TO MAINTAIN DISTANCE BETWEEN THEMSELVES AND AN OPPONENT AS THE OPPONENT MOVES FORWARDS AND BACKWARDS UNPREDICTABLY BEFORE MAKING AN ATTACK BEFORE SWAPPING OVER.



COUNTER ATTACK

TACTIC OVERVIEW

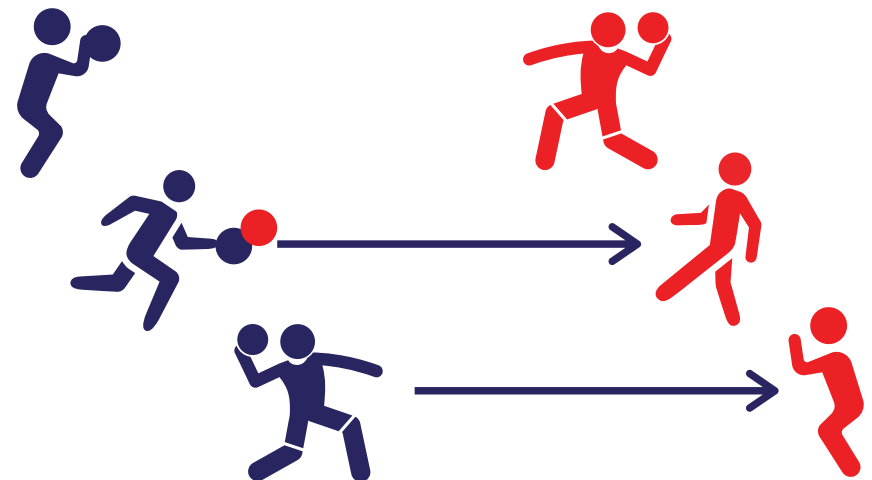
PLAYERS WITH BALL POSSESSION ON THE DEFENDING TEAM SHOULD LOOK TO TAKE ADVANTAGE OF OPPONENTS WHO HAVE JUST THROWN AND ARE VULNERABLE BY WAITING FOR THE RIGHT TIME, RUNNING FORWARDS AND DODGING/BLOCKING ANY DIRECT ATTACKS BEFORE CLOSING DISTANCE AND ATTACKING THEIR OPPONENTS.

COACHING POINTS:

- TIMING IS KEY - SET OFF TOO EARLY AND YOU RISK BEING HIT, SET OFF TOO LATE AND YOUR OPPONENT WILL ALREADY BE AT THEIR BACK LINE.
- JUMP OR CHANGE DIRECTION WHILST RUNNING TO DODGE ATTACKS.
- YOU CAN RUN FASTER FORWARDS THAN THEY CAN RUN BACKWARDS - CLOSE THE DISTANCE BEFORE RELEASING YOUR THROW.

ACTIVITY IDEA - COPS & ROBBERS

IN PAIRS, THE ROBBER MUST TRY AND STEAL SOME SWAG BEFORE REACHING THEIR BACK LINE. THE COP MUST GIVE CHASE ONCE THE ROBBER PICKS UP THE SWAG AND TRY TO ARREST THEM BY HITTING THEM WITH A DODGEBALL.



COVERING & TRADING

TACTIC OVERVIEW:

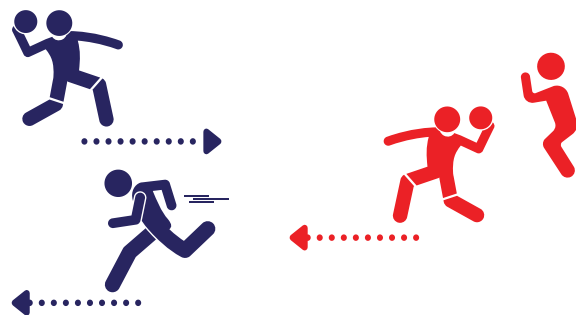
BALL HOLDERS SHOULD NEVER LET A TEAMMATE BE HIT OUT WITHOUT DOING ANYTHING. THEY SHOULD COVER THEM (LOOK AGGRESSIVE, FAKE AND TAKE THE THROWER'S ATTENTION) OR LOOK TO MAKE A TRADE WITH THE OPPONENT BY ELIMINATING THEM IMMEDIATELY AFTER THEIR TEAMMATE HAS BEEN HIT.

COACHING POINTS:

- LOOK ACTIVE AND THREATENING IN THE SET POSITION WITH A BALL IN HAND.
- MOVE UP COURT (AHEAD OF THE TEAMMATES YOU ARE COVERING IF POSSIBLE) AND TAKE THE ATTACKER'S ATTENTION.
- ONCE YOUR TEAMMATE IS SAFE, RETREAT BACKWARDS TO SAFETY. ADOPT THE READY POSITION AND DODGE/BLOCK IF NEEDED.
- IF YOUR OPPONENT ATTACKS YOUR TEAMMATE ANYWAY, LOOK TO MAKE A TRADE BY CLOSING THE DISTANCE AND HITTING THEM OUT.

ACTIVITY IDEA - FORWARDS MARCH!

ORGANISE A BIG GAME OF DODGEBALL. ANYONE IN POSSESSION OF A BALL MUST CONSTANTLY MOVE FORWARDS. THEY ARE NOT ALLOWED TO STOP OR MOVE BACKWARDS. AS THEY MOVE FORWARDS, THEY SHOULD COVER ANY RETREATING TEAMMATES AND LOOK TO MAKE TRADES IF ANY TEAMMATES ARE ATTACKED BY OPPONENTS.



PRE-THROW & POST-THROW

TACTIC OVERVIEW:

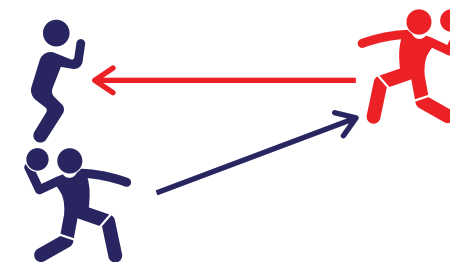
OTHERWISE KNOWN AS 'STANDING COUNTERS', THESE ARE ATTACKS MADE FROM THE BACK OF THE COURT. THEY RELY ON HITTING OPPONENTS WHILST THEY ARE IN VULNERABLE POSITIONS.

COACHING POINTS:

- WAIT AT THE BACK OF COURT FOR YOUR OPPONENTS TO ADVANCE UP INTO AN ATTACKING POSITION.
- PRE-THROW: WHEN THEY PLANT THEIR FRONT FOOT TO THROW, RELEASE AT THEM. TIME THE ATTACK TO HIT THEM IN THE THROWING MOTION OR FORCE THEM TO BLOCK BEFORE THEY THROW.
- POST-THROW: AS ABOVE, BUT WAIT FOR THE OPPONENT TO HAVE THROWN AND TRY TO HIT THEM WHILST THEY ARE IN THEIR FOLLOW-THROUGH.
- ADOPT THE READY POSITION AFTERWARDS IN CASE YOUR OPPONENTS FIRE BACK.

ACTIVITY IDEA - DODGEDOLLARS

IN GROUPS OF 3 WITH 1 ATTACKER AND 2 DEFENDERS. 1 DEFENDER HAS A BALL AND WILL BE PRACTICING PRE-THROWING THE ATTACKER. THE DEFENDING TEAM GETS A DODGEDOLLAR FOR DISRUPTING THE OPPONENT'S ATTACK OR HITTING THEM OUT. THEY LOSE A DODGEDOLLAR IF THE OTHER DEFENDER IS HIT. REPEAT THE SAME ACTIVITY WITH POST-THROWS. PROGRESS TO THE ATTACKER BEING ABLE TO AIM AT THE PRE-THROWER AS WELL AS THE OTHER DEFENDER.



DOUBLE PRE-THROW

TACTIC OVERVIEW:

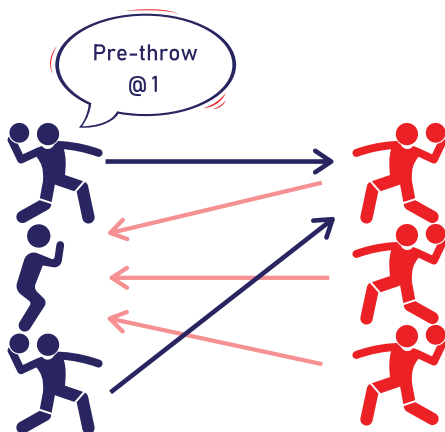
USED EXCLUSIVELY IN THE 5-BALL GAME WHERE THE DEFENDING TEAM HAS 2 BALLS. BOTH PLAYERS THROW A COORDINATED PRE-THROW AT ONE ATTACKING TARGET.

COACHING POINTS:

- TWO PLAYERS WITH BALL POSSESSION FIRST CHOOSE A TARGET AS OPPONENTS MOVE UP COURT TO ATTACK.
- BOTH PLAYERS PERFORM A PRE-THROW AS OUTLINED IN THE PRE-THROW & POST THROW SECTION.
- COMMUNICATE TO WHOLE TEAM BEFOREHAND AS THIS TACTIC MAY DISRUPT THE OPPONENTS' GROUP THROW AND LEAD TO MISTIMED THROWS WHICH CAN BE DODGED OR CAUGHT MORE EASILY.

ACTIVITY IDEA - 3 V 2

IN GROUPS OF 6 WITH 3 ATTACKERS AND 3 DEFENDERS. 2 DEFENDERS HAVE BALLS AND MUST COORDINATE DOUBLE PRE-THROWS AGAINST THEIR OPPONENTS. USE THIS TIME TO WORK OUT COMMUNICATION AND TIMING.



DOUBLE COUNTER ATTACK

TACTIC OVERVIEW:

USED EXCLUSIVELY IN THE 5-BALL GAME WHERE THE DEFENDING TEAM HAS 2 BALLS. BOTH PLAYERS PERFORM A COORDINATED COUNTERATTACK IN RESPONSE TO A GROUP THROW.

COACHING POINTS:

- TWO PLAYERS WITH BALL POSSESSION FIRST CHOOSE A TARGET AS OPPONENTS MOVE UP COURT TO ATTACK.
- AS OPPONENTS ATTACK, COUNTERING PLAYERS BEGIN RUNNING UP COURT AND DODGE OR BLOCK ANY INCOMING ATTACKS.
- THEY THEN TARGET OPPONENTS. THEY COULD BOTH THROW AT DIFFERENT PLAYERS, BOTH THROW AT A SELECTED TARGET, BOTH THROW AT THE BALL HOLDER OR ONE THROW WHILST THE OTHER FAKES.

ACTIVITY IDEA - INSIDE TRACK

PLAYERS FORM 4 LINES (2 ON EACH SIDE), WITH 2 PLAYERS IN THE MIDDLE WHO START THE ACTIVITY BY RETREATING. THE FIRST 2 PLAYERS ON THE OTHER TEAM MUST BOTH COUNTERATTACK THE RETREATING PLAYERS AND THEN RUN ROUND CONES AT THE CENTRE, MOVING TO THE INSIDE TRACK. THE FIRST 2 PLAYERS FROM THE OTHER TEAM NOW COUNTERATTACK THOSE PLAYERS, AND CONTINUE FROM THERE.

