

BASIC TACTICS

TACTICAL UNDERSTANDING



USING LATERAL SPACE

TACTIC OVERVIEW

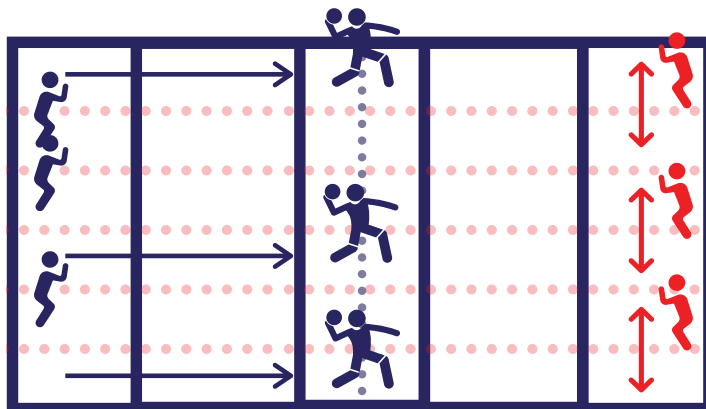
PLAYERS SHOULD LEARN TO USE BOTH LATERAL AND LONGITUDINAL SPACE EFFECTIVELY. GENERALLY, PLAYERS SHOULD SPREAD OUT FROM THEIR TEAM TO AVOID CLUSTERING TOGETHER AND TO AVOID COLLISIONS. THIS ALSO HELPS PLAYERS TO CONSIDER THE DIFFERENCE IN POSITIONS ON COURT E.G. WING PLAYERS AND CENTRAL PLAYERS.

COACHING POINTS:

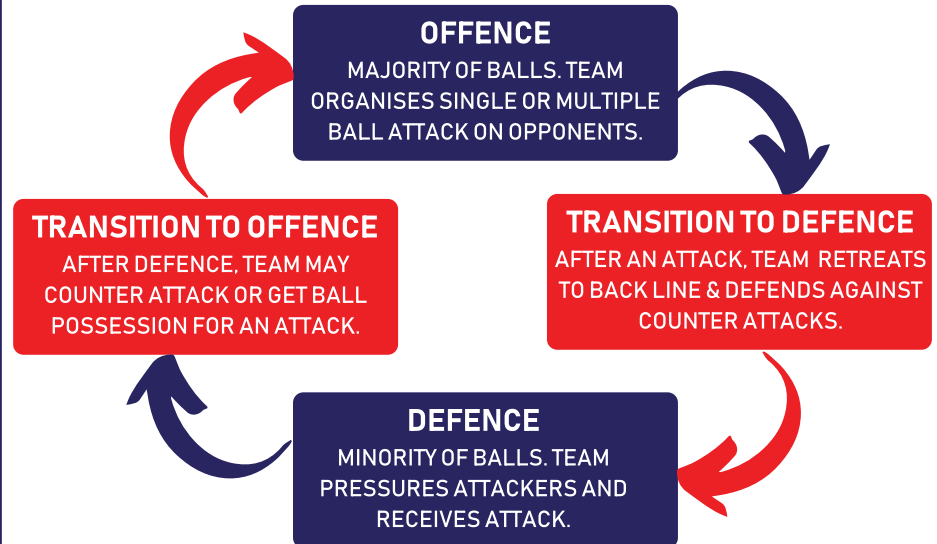
- 'STAY IN YOUR LANE' WHEN MOVING UP COURT TO ATTACK AND COUNTER ATTACK, AND WHEN RETREATING AFTER THROWING.
- SPREAD OUT FROM YOUR TEAM AT THE BACK OF THE COURT DURING DEFENSIVE PHASES OF THE GAME.
- USE LARGER LATERAL DODGES AS MORE PLAYERS ARE ELIMINATED FROM YOUR TEAM, GIVING YOU MORE ROOM TO USE.

ACTIVITY IDEA - STAY ON THE SHIP

IN PAIRS, ONE PLAYER MUST STAND ON A 'SHIP' (MARKED BY 4 CONES) AND TRY TO DODGE ATTACKS WITHOUT FALLING OFF THE SHIP. KEEP CHANGING THE SIZE OF THE SHIP AND PRACTICE LARGER DODGES WHEN THE SPACE ALLOWES.



PHASES OF THE GAME



CALLING SYSTEM

A QUICK WAY OF COMMUNICATING TEAM TACTICS. A GOOD CALLING SYSTEM SHOULD PROVIDE FAST INFORMATION TRANSFER REGARDING A PLANNED ACTION, A TARGET AND ANY PLAYERS WHO SHOULD OR SHOULD NOT TAKE ACTION.

AN EXAMPLE CALLING SYSTEM IS:

- **ME/YOU:** SINGLE BALL ATTACK
- **DOUBLE 3:** 2 BALL ATTACK @ TARGET 3
- **TRIPLE 1:** 3 BALL ATTACK @ TARGET 1
- **DOUBLE 2, NOT TIM:** 2 BALL ATTACK @ TARGET 2, TIM HOLDS TO DEFEND

- **COUNTER:** COUNTER ATTACK
- **BLOCK:** DODGE & BLOCK TO GET BALL POSSESSION

DEFENSIVE DECISION MAKING

CLOSED PLAY DEFENSIVE ACTIONS:

- COUNTERATTACK/DOUBLE COUNTER
- PRE-THROW/DOUBLE PRE-THROW
- POST-THROW
- BLOCK AND HOLD

TRANSITION PHASE DEFENSIVE ACTIONS:

- COVERING
- TRADING

YOUR TEAM SHOULD USE DEFENSIVE ACTIONS THAT WORKS TO THEIR STRENGTHS. MOBILE PLAYERS MIGHT COUNTERATTACK, STRONG THROWERS MIGHT FOCUS ON STANDING COUNTERS, OR YOU MAY WISH TO GET BALL POSSESSION BY BLOCKING AND TRAPPING.

SITUATIONAL DECISION MAKING

LOSING:

IF LOSING PARTWAY THROUGH A SET, YOUR TEAM MIGHT WANT TO FIRST VALUE THEIR LIVES AND STAY IN FIRST OF ALL BEFORE MOVING TO A HIGHER RISK APPROACH AS TIME RUNS OUT.

WINNING:

TEAMS THAT ARE WINNING MIGHT ADOPT A PATIENT AND SAFE APPROACH, OR MIGHT BE AGGRESSIVE AND BE HAPPY TO MAKE TRADES AND GO OUT THEMSELVES AS LONG AS THEY HIT AN OPPONENT (E.G. TURNING A 5V2 INTO A 4V1).

THE STRATEGIES THAT TEAMS EMPLOY SHOULD BE A TEAM-WIDE APPROACH AS IMPACT COULD BE LIMITED IF HALF THE TEAM ARE PLAYING VERY HIGH RISK WHILST THE OTHER HALF ARE PLAYING IT SAFE.

OFFENSIVE DECISION MAKING

ATTACKING ACTIONS:

- INDIVIDUAL ATTACKS
- QUICK PLAYS
- BASIC GROUP THROWS
- GROUP THROW W/ HOLD PLAYER
- GROUP THROW W/ FAKES
- SPECIFIC THROW TARGETING

YOUR TEAM SHOULD USE ATTACKING ACTIONS THAT WORK TO THEIR STRENGTHS. THAT MAY BE CONTROLLING BALL POSSESSION TO LIMIT YOUR OPPONENTS, OR GOING ALL-OUT ON THE OFFENSIVE WITH FULL GROUP THROWS. YOU COULD GET YOUR TEAM TO CONSIDER WHO THEY ARE TARGETING AT KEY POINTS IN THE GAME AND WHY.

TIME MANAGEMENT

KEEPING TRACK

KEEPING TRACK OF TIME REMAINING IS VERY IMPORTANT IN THIS SPORT, AS IT GOES HAND IN HAND WITH SITUATIONAL DECISION-MAKING. COACHES CAN DO THIS EFFECTIVELY FROM THE OUT BOX WITH A TIMING DEVICE OR BY ASKING THE REFEREE HOW MUCH TIME IS REMAINING.

TIME MANAGEMENT STRATEGIES:

- USE QUICK ATTACKS TO PREVENT A TEAM FROM HAVING GOOD COUNTERATTACK CHANCES.
- USE DEFENSIVE THROWING TO PREVENT A TEAM FROM PICKING UP LAST SECOND CATCHES.
- STAYING HIGH UP COURT AS DEFENDERS TO FORCE ATTACKERS INTO GIVING POSSESSION AWAY MORE QUICKLY.