

Key Factors

- Players should play with their heads up, note the position of others.
- Players should act quickly and decisively.
- Players should be positive in attitude.
- Players on the ball stop it for their partners to take.

Organisation, Direction and Progression

- (Diagram 1) 2 (X) players attacking, 2 (O) players defending with a GK.
- S1 serves to X1 who attacks across the face of O1.
- X1 can stop the ball for X2 to shoot.
- Or X1 can take the ball on to shoot.
- Progress with O2 pressuring as soon as X1 has touched the ball.

Progression

Ball played to the space created (Diagram 2)

- X1 and X2 draw the (O) defenders together to create space either side.
- Change of pace and direction.
- Which ever player takes a shot, the other follows in for rebounds.

Ball played to players feet (Diagram 3)

- Crossover executed when the defenders are pulled together with the attacker with the ball commanding "take it" or "leave it".
- Player on the ball should leave it for the player off the ball to take.
- The ball should be on the foot furthest from the defender.
- Movements should be dynamic with players accelerating into space behind the defender with a curved run.