

55 WHEN TO GO TO THE CONTEST, WHEN TO PEEL OFF

Purpose: Give experience in playing the odds at contests.

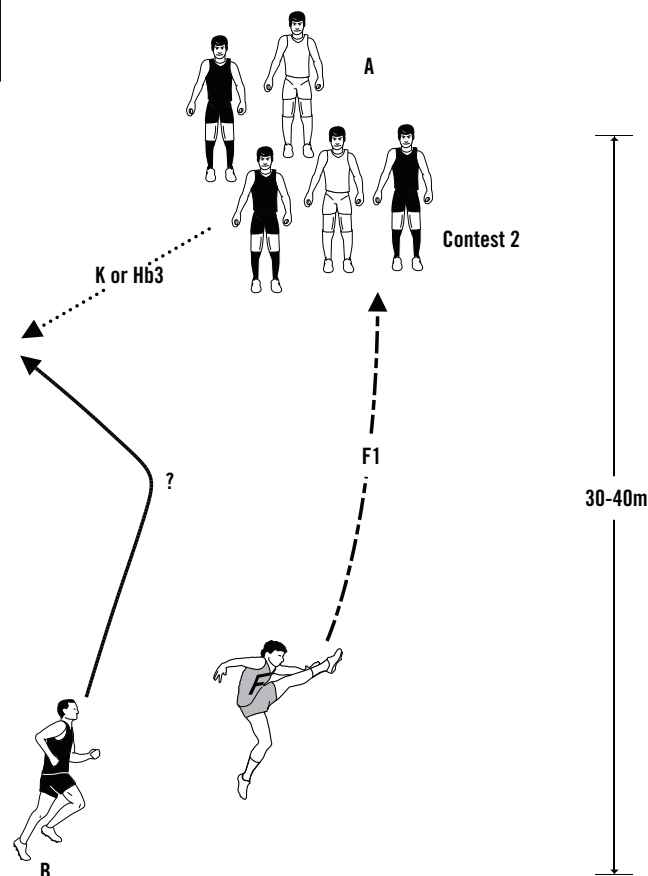
ORGANISATION

1. 6 players per group.
2. F kicks the ball to the pack of 5 players (3 v. 2) at A.
3. B runs toward the pack, but as soon as B realises that teammates are likely to win the contest (as they outnumber the opposition) B peels off to become a target for a kick or handball (K or Hb3).
4. If still uncertain and the ball is in dispute, B has to decide whether to keep running and influence the play by adding extra numbers to his/her team.
5. After each repetition the ball is returned to F.
6. Rotate roles after specified repetitions.

COACHING POINTS

- a. The receiver should
 - i. look solely at the ball – control the ball with his eyes.
 - ii. widen his body with legs spread either side of the ball path and arms wide to the sides – this produces a wider control area.
 - iii. use “2 touch” ball control if the bounce is unpredictable – one touch to control the ball, another touch to gain possession. The first touch can be made with parts of the body other than the hands.

DRILL 1



DRILL 2

- ▶ As for drill 1, with 6 players in the pack.
 - ▶ If the bounce is unpredictable “one touch” ball handling can be used, but:
 - i. don't grasp at the ball (there is no handle on it!);
 - ii. control the ball from underneath (under its centre of gravity) – “lift” the ball up, don't “pick” it up.
1. Because the numbers in the pack are even, the winner is harder to anticipate. B should commit to running closer to the pack than in Drill 1, to participate in the contest.
 2. However there may still be the opportunity to peel off if B's team wins the ball. If not, B should help defend.

