



KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

CENTRE PASS & THROW IN

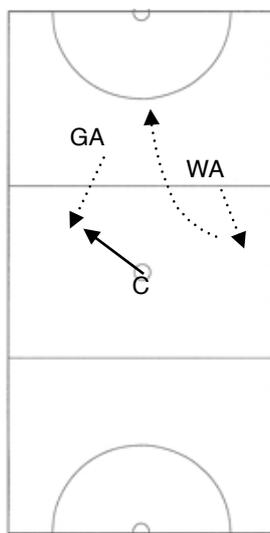
With any centre pass strategy, you aim to receive the ball in the front half of the centre circle. Even if the WD or GD takes the centre pass, you want them to drive strongly so that they take the pass in front of the C, otherwise you are losing ground.

Basic Theory

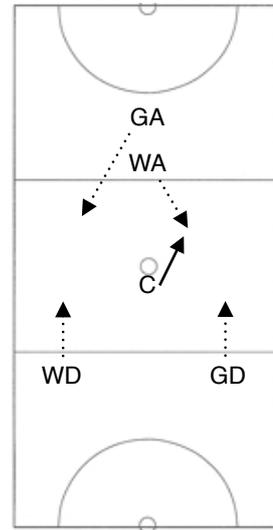
1. An offset position is beneficial for all centre passes. This means that, for example, the WA and GA have a staggered start position, one slightly behind the other. This allows the back player to read off the movements of the front player and break into a different space.
2. Set Up. The best position for an attacking player in a centre pass is an inside position. This will mean that they remain ball-side of the centre (that is, they are between the centre and their defence player). Obviously, the defence knows this too and will also aim to get the inside position.
3. Take-off foot. When accelerating forward, players should always take-off on their inside foot - the one closest to the defence player. This essentially cuts the defence off, preventing them from moving across in front of the attack.

Centre Pass Variations

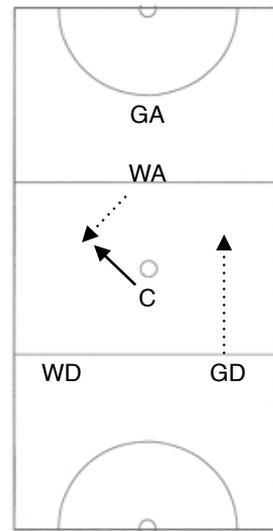
1. The Basic Pass. WA and GA start on their own sides of the court in an offset position. They each make a break into the best space with the back player leading in the opposite direction to the front player. The centre passes to the best option. The player who doesn't receive the ball, turns and breaks towards the top of the goal circle to receive the next pass.



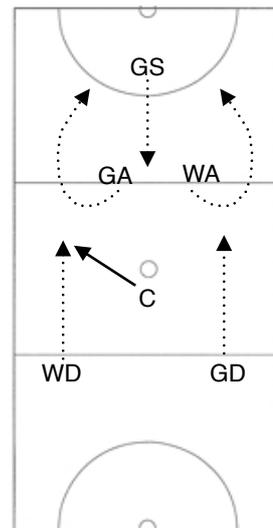
2. GA/WA Split. WA stands up at the line in the centre of the court. GA stands approximately 2m behind them. WA is the first choice as they break over the transverse. GA reads off their move and breaks in the opposite direction. WD and GD move over the line to offer back-up if needed.



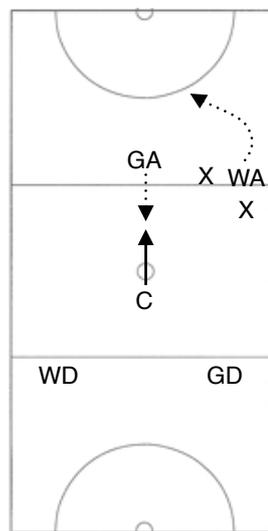
3. WA All In. In this centre pass, the GA sets up way back, giving the WA the entire space for the centre pass. The GA still pretends to be interested in order to keep the GD busy. If the WA doesn't get the pass, the second option is to the WD or GD on the opposite side to which they made the lead.



4. Back Court Offer. WA and GA start up at the line. Both offer a clearing move and drive towards the goal circle. The GD and WD both try to set up with inside position, then drive strongly down court into the space that has been cleared for them. They can then throw to the GS driving out of the goal circle as the next pass.



4. What if the C double-defends the WA? If the opposition C drops back to double-defend the WA, the WA should move over towards the sideline. This drags the opposition C with them, and gives the GA greater space to make a break. The GA should start towards the middle of the court if this happens as it makes the next pass easier. If the GA gets the centre pass, the next pass can be to the WA driving towards the goal circle.

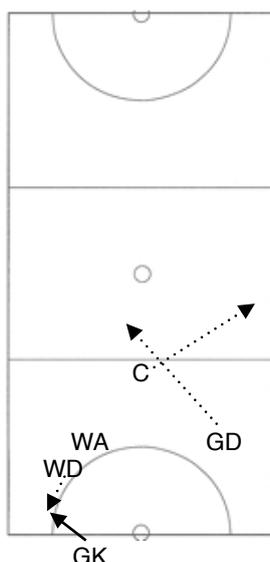


Basic Theory on Throw Ins

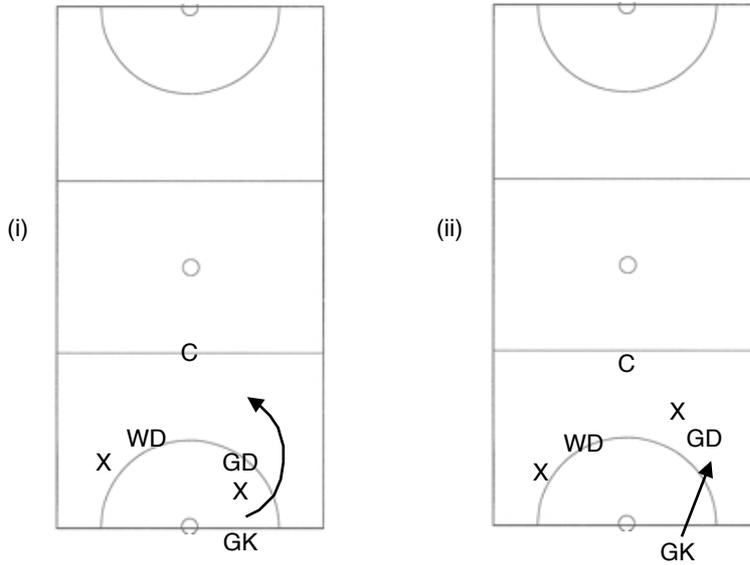
1. There should always be 3 options on every throw in.
2. The major message - keep it simple and set up well.

Back Line Throw Ins

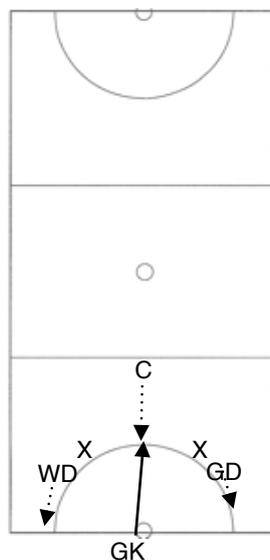
1. WD Side. (As measured by centre pass positioning). The WD has the great benefit of being able to use the goal circle to assist with their set up. The GK should give them a short pass, then the next pass can be a longer one to the GD going deep. The C needs to read off the GD and move towards the space that they create. The second option is to the GD, the third option is to the C.



2. GD Side. GD has to work harder to set up a safe back line throw in. They can either start close to the GK and hold for a lob into the space behind (i), or they can start towards the rear of the third and make a break forward (ii). The second option is the WD holding centre space on the edge of the goal circle. The C should start towards the transverse line and only come in as the third option if needed.



3. Middle of Court If the back line throw in is to be taken near the goal post the best option is the C. The WD and GD both set up on their sides of the court, and make a break towards the sidelines. This opens up the space in the middle of the court, into which the C can drive. The WD or GD are the next two options.



Throw Ins Down Court

The biggest problem for junior teams when conducting throw ins is that everyone wants to start back and then all break forward into exactly the same space. The coach should make the process simple:

1. Players should try to keep to their own side of the court.
2. Have players consider where their team would best like to receive the next pass and have one player start in that position.
3. That player then clears out and offers a lob option down court. More importantly however, they have cleared a space for another player to drive forward into. The third option is to pass to someone in the back court.

