

## STRAIGHT LEAD

### PURPOSE

Q Why – quickest lead onto the ball

Q When – On every lead where possible; if attacker can out pace the defender.

### EXPLANATION & DEMONSTRATION – Skill Progression No. 1

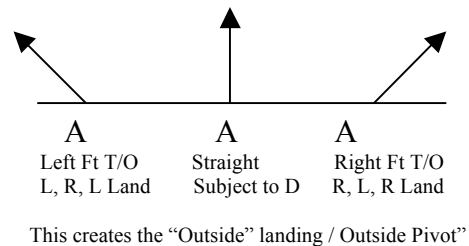
#### Teaching Points

1. Demonstrate the straight lead with a square base (not one foot leading) – square base allows attacker to lead; left, right or straight.
2. Footwork should be completed in a 3 or 5 step sequence – demand 3 step; thrower should pass on 2<sup>nd</sup> step so this forces attacker to land on 3<sup>rd</sup> step and creates outside landing and outside pivoting plus good timing.
3. (**Key** – let the ball stop the lead not the attacker stop on the lead).
4. **45° Straight lead left** – eg. Take off Left, right, left land sequence
5. **45° Straight lead right** – eg. Take off Right, left, right land sequence
6. **Lead Straight** – take off with the foot closest to the defender

### BASIC MOVEMENT WITHOUT EQUIPMENT - Skill Progression No. 2

#### Take Off

1. Feet – square base, shoulder with apart
2. Weight fwd & body torso upright
3. 1<sup>st</sup> 3 steps short and explosive
4. Lead Left Take Off Left
5. Lead Right Take Off Right
6. Lead Straight Take off with foot closest to Defender

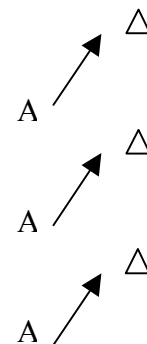


### BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

1. Lead Right – Start on a square base; Take Off Right, left, right land
2. Cushion land by bending knee and ankle, knee over toe
3. Balance – body torso upright, 2<sup>nd</sup> foot to be grounded quickly with a short fast fwd step; keep head up to maintain balance
4. Pivot on the ball of the Outside Landed foot; get head around quickly
5. Landing on Outside foot forces attacker to pivot away from defender

Add: Timing element without ball

1. A1 lead first, as attacker pivots to the outside and looks down toward A2; that is A2’s cue to lead

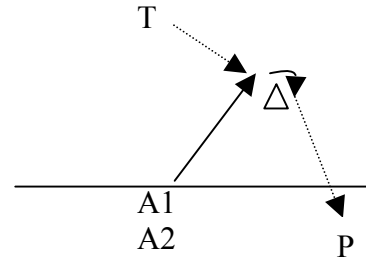


## ADD A BALL & THROWER – Skill Progression No. 4

**Groups of 4 – keep the cone in as a guideline for Attacker to lead; ensuring a good high 45° angle lead.**

**Thrower responsibility – DON'T stand flat, get hips on an angle, step to where throwing the ball – deliver pass on second step.**

1. A1 start on a square base starting position.
2. Lead Right – take off right, left, right land (or outside leg – leg furthest from T).
3. Pass to stationary Post player – on the pivot don't allow the ball to drop to hip – keep ball at shoulder height for immediate release.
4. Work – Left – Right – Straight Leads; on the straight lead with NO defender attacker can choose to land left or right.

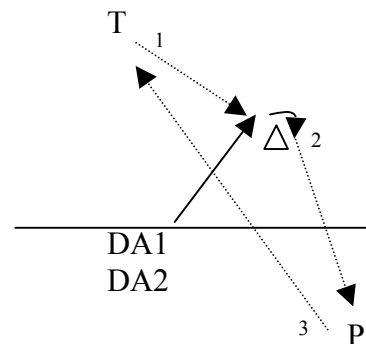


## ADD OPPONENT – Skill Progression No. 5

**Groups of 6 – Remove cone once defender is included in the drill.**

**Thrower responsibility – DON'T stand flat, get hips on an angle, step to where throwing the ball – deliver pass on second step.**

1. A1 start on a square base starting position; Defender start beside A1.
2. Lead Right – take off right, left, right land (or outside leg – leg furthest from T – this will allow attacker to turn away from defender).
3. Pass to stationary Post player – on the pivot don't allow the ball to drop to hip – keep ball at shoulder height for immediate release.
4. Work – Left – Right – Straight Leads; on the straight lead with defender attacker take off with foot closest to defender eg in drawing; take off Right Foot, left, land right, pivot right.



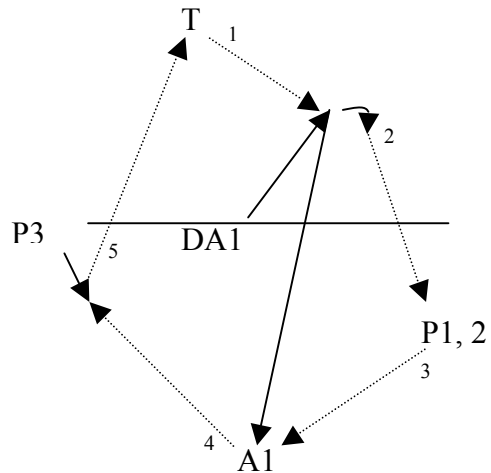
## DYNAMIC DRILL – Skill Progression No. 6

### Groups of 6

#### Rotation as follows – Left and Right

1. AI lead receive from T
2. Land on Outside Foot (R) Outside pivot and pass to P1
3. AI drive hard down court and receive from P1; landing on Outside Foot (R) Outside pivot and pass to P3
4. P3 Land on Outside foot (L) Outside pivot and pass to T.

- AI to P3
- P3 to T
- D to AI
- T to P2
- P2 to P1
- P1 to D



## COURT APPLICATION – Skill Progression No. 7

Divide players equally into the 4 corners and have 1 post (rotate a player through Post position).

1. All attackers and defenders lead to centre circle then break out – Post throw to one of the Attackers.
2. Attackers work ball to goal circle for one shot – if the miss that is the end.
3. If defenders intercept at any time, they transition back to centre 1/3 then attack back to the goal circle.
4. Attackers can use the Post player at any time to assist the link; encourage them particularly to use the Post on “Back Play” when in Goal 1/3 and they are having trouble getting ball to other attacker.

#### Error Detection & Correction

- Sharp straight leads
- Take off foot – Which Foot?
- Outside Landing & Outside Pivoting
- Keeping ball shoulder high on pivot
- Attacker step to where passing.

