

LEAD AND DROP BACK


PURPOSE

- Q Why To create space behind initial lead (back space)
- Q When Caught too high, lead too soon
Timing is out e.g. from a turnover
Deliberately used to create space to play the ball down court

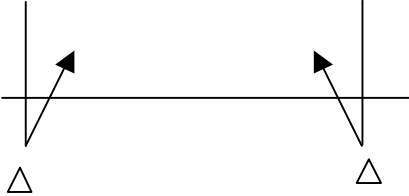
EXPLANATION & DEMONSTRATION – Skill Progression No. 1

1. Eyes up
2. Lead forward strongly
3. On change of direction – strong push off with bent knee and weight over foot
4. Turn hips and lead back into space on angle, looking over shoulder

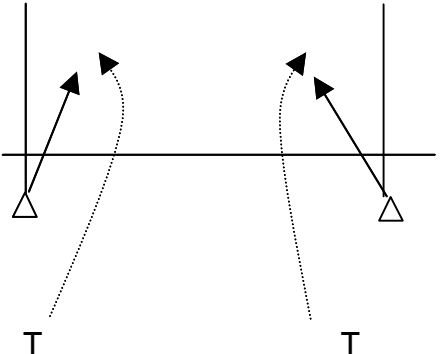
BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

<ol style="list-style-type: none"> 1. Lead forward strongly 2. COD and lead back into space 3. Do – 3 Lead and drop backs to R – body weight on left foot on COD 4. Do – 3 Lead and drop backs to L – body weight on right foot on COD 	 <p>The diagram illustrates the foot placement for a change of direction. On the left, labeled 'Right Foot', a vertical line represents the initial lead, and an arrow points forward and slightly to the right. On the right, labeled 'Left Foot', a vertical line represents the lead after the change of direction, and an arrow points forward and slightly to the left.</p>
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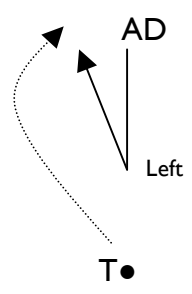
BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3 (Lines, markers, space)

<ol style="list-style-type: none"> 1. Lead forward to marker 2. Drop back behind line 3. Marker represents space before thrower 	 <p>The diagram shows a horizontal line representing a marker. On the left, a vertical line represents the lead forward to the marker, with a triangle marker below it. On the right, a vertical line represents the drop back behind the line, also with a triangle marker below it. Arrows indicate the direction of movement for both.</p>
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ADD A BALL & THROWER – Skill Progression No. 4

<ol style="list-style-type: none"> 1. Thrower responsibility on Lob 2. Elbow away from side 3. Thumb to side of ball 4. Fingers spread wide behind ball 5. Drive arm up and release ball high into space 6. Opposite arm to leg balance 7. Transfer weight 2 front foot (Opp) 8. Pass into space – Attacker running to 	 <p>The diagram illustrates the arm and leg movement for a lob pass. On the left, labeled 'T', a vertical line represents the lead, and a dashed arrow shows the arm moving up and over the head. On the right, another vertical line represents the lead, and a dashed arrow shows the arm moving up and over the head. A horizontal line represents the marker, and a triangle marker is below it.</p>
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ADD OPPONENT – Skill Progression No. 5

<p>No Ball</p> <ol style="list-style-type: none"> 1. Attacker lead towards thrower, then push off with leg closest to defender to COD back into space created (Turn away from defender) 2. Defender passively run beside attacker 3. Change starting position of defender – from left, right, front back position <p>Add – Add Ball</p> <ol style="list-style-type: none"> 1. As above – ball is released by thrower 2. Thrower to place ball in front of attacker – not between attacker and defender 3. Attacker must take ball at highest point <p>Add – Defender full intensity</p> <ol style="list-style-type: none"> 1. As above – defender contesting 	
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DYNAMIC DRILL – Skill Progression No. 6

<ol style="list-style-type: none"> 1. Can leave defenders in if ok and build by adding more 2. Key to timing for second attacker is when Thrower 2 is turning attacker should be on the forward lead 	
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COURT APPLICATION – Skill Progression No. 7

