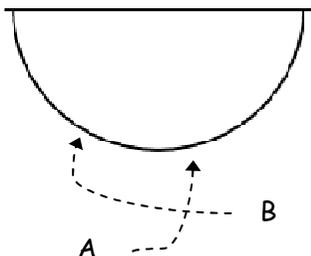


Improving your positional play

* Watch other Wing Attack's live on TV/DVD to see how they:

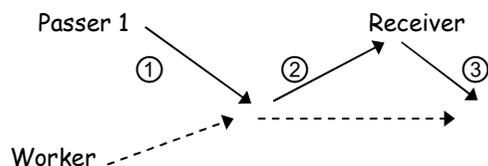
Make use of the space on court
Feed their shooters
Outwit their opponent

* Work with a partner to balance the circle edge.



If 'A' moves first, 'B' has to balance the circle edge by moving in the opposite direction.

* Receive a pass, pass on and move immediately to receive a second pass.



* Start off the transverse line and practice different movements to receive the centre pass. Work without an opponent and then with an opponent.



DO YOU LIKE?

- * Feeding your GS / GA in the circle?
- * Getting free for the centre pass?
- * Using a wide range of passes?
- * Timing to move for the ball, turning and releasing it?
- * Outwitting your opponent around the circle edge?

**IF...
YOUR ANSWERS ARE
'YES'
YOU COULD BE A
WILEY
WING ATTACK**



COACHFORCE

So...

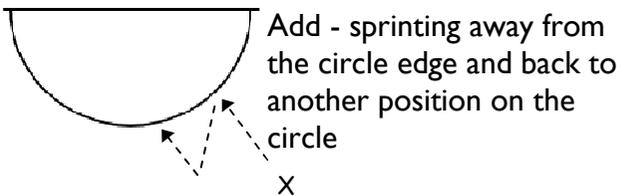
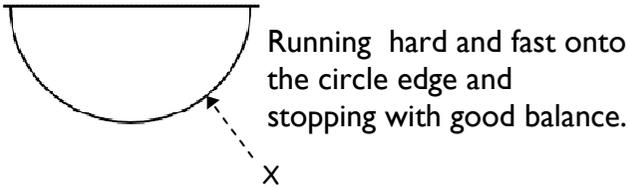
**YOU WANT TO BE
A
WILEY
WING ATTACK**



Skills you can practice alone

WITHOUT A BALL

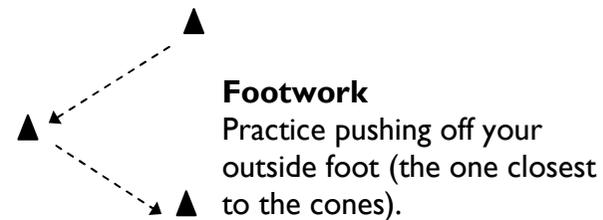
Balance



Remember to bend your knees.

Elevation

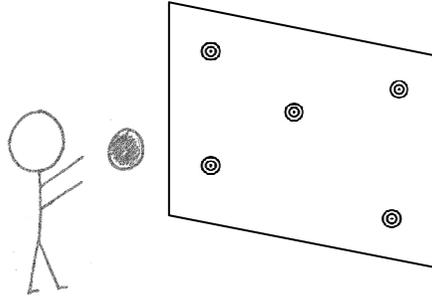
Hop half the width of the court on your right foot and the other half on your left foot.



This is called 'Propping' and is used to get away from your opponent.

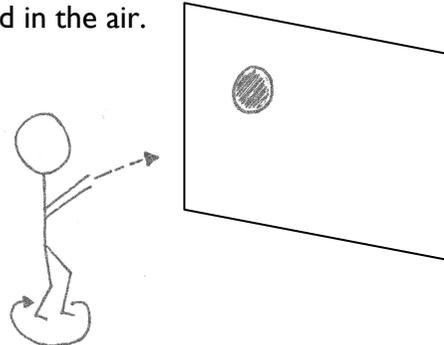
WITH A BALL

* Practice a wide variety of passes against a wall (chest, bounce, shoulder, lob, overhead and side pass). Remember to use all your body weight and follow through.



* Start with your back to the wall, toss the ball into the air, catch it and turn landing to face the wall. On the wall have several marks that you have to aim at.

* Throw the ball against the wall, receive back and land facing away from the wall. As a Wing Attack you often receive the ball facing one way and need to pass in the other direction. Practice turning on the ground and in the air.



Things you can do in 2's

* Reading where a team-mate wants to receive the ball

The Wing Attack stands with her back to Player 'B', tosses the ball into the air, catches it and turns to land facing 'B'. 'B' has to show where she wants the ball and the Wing Attack has to pass to the exact spot.

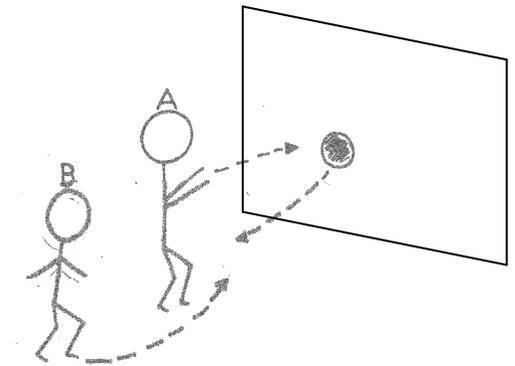
Try to invent new ways of showing that spot. Talk about it.

You could then try with 'B' moving.

* Reading where a team-mate wants to receive the ball—\

Player 'A' throws the ball against a wall and Player 'B' has to move forward to receive the ball on the full.

Use lots of variety.



* Receiving centre pass:

Practice running out hard and fast to catch the ball at all different angles - always turning as quickly as possible to end up facing your own goal.