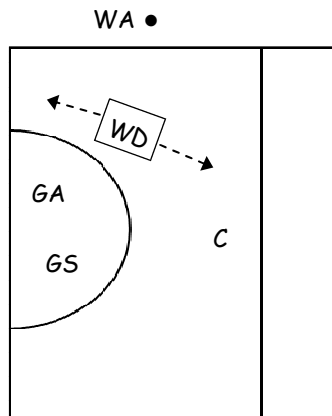


## Improving your positional play

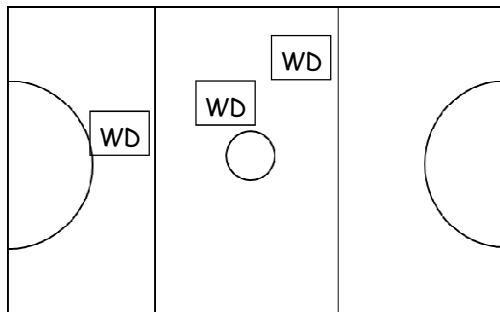
\* Watch other Wing Defence's live on TV/DVD. Watch where they stand when the opposition have a back line throw in.

\* Draw diagrams of opposition throw ins. Draw where you think the opposition players would stand. Mark where you think you should stand  
E.g.



If you drop back onto the circle edge, you could attempt to intercept a pass to G.A. or C.  
NOTE: Being on the move helps you fill more space and is harder for the opposition to see where to pass

\* From back line throw ins by the opposition - try starting in different places e.g. up on the transverse line, back with your W.A., or back even further. See if there are places from where you are successful.



• GK  
Throw in

## DO YOU LIKE?

- \* Stopping your opponent from getting the ball, especially at the centre pass?
- \* Stopping the ball from being passed easily into the goal circle?
- \* Deciding where your opponent can go on the court?
- \* Helping your team attack and bring the ball through the court?
- \* Working with your G.K. and G.D. so one of you can get an intercept?

**IF...  
YOUR ANSWERS ARE  
'YES'  
YOU COULD BE AN  
WICKED  
WING DEFENCE**



**COACHFORCE**

**SO...  
YOU WANT TO BE  
A  
WICKED  
WING DEFENCE**

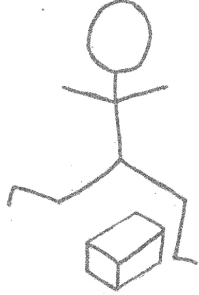


## Skills you can practice alone

### WITHOUT A BALL

#### Elevation

Jump over a small cardboard box, experiment to discover all the ways of taking off and landing (1 foot, 2 foot etc). Time 10 of one jump and practice so that you can cut down the time taken.



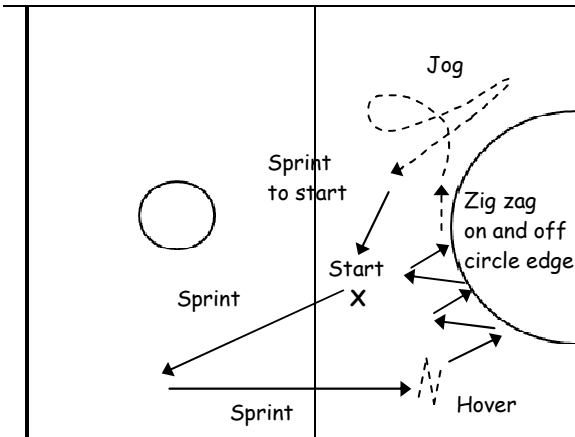
#### Speed

Sprint from the edge of the goal circle to the first transverse line - get someone to time you.

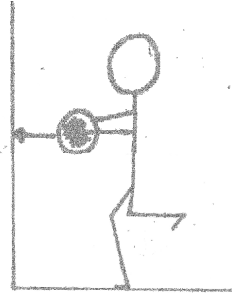
#### Agility

Start as a point, sprint 3-4 metres, turn sharply and sprint 3-4 metres somewhere else. Make up a pattern to practice on the court that is similar to your movements in a game.

E.g.

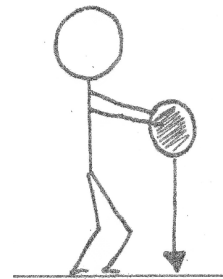
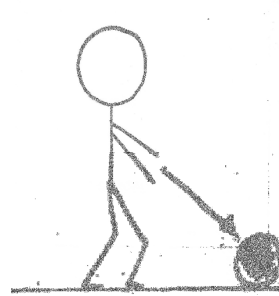


### WITH A BALL



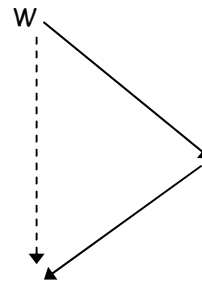
\* Stand 0.9m from a wall on one leg. Hop and throw the ball against the wall. Aim to repeat 10 times. Repeat on the other leg.

\* Bounce the ball at the bottom of a wall where it meets the ground. Run to collect the ball before it touches the ground.



\* Stand with knees slightly bent. Hold the ball at waist height, drop it, slap both hands on your backside and catch the ball before it hits the ground.

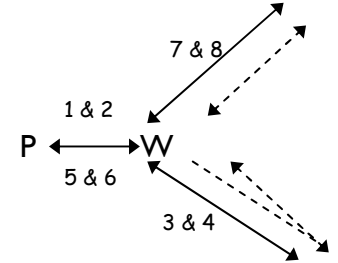
\* Stand opposite a wall. Throw the ball at the wall on an angle and sprint to collect it before it touches the ground.



## Things you can do in 2's

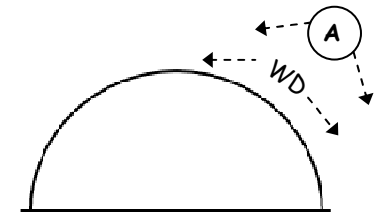
### \* Passer and Worker

The worker runs in to receive a short pass, and gives a short pass back (1-2 & 5-6). The worker then drives back on an angle to receive a long pass and gives a long pass back (3-4 & 7-8). Repeat 5 times. Swap over.



### \* I Attacking Player and I Wing Defence

The Wing Defence has to prevent the attacking player from getting onto the circle edge. NOTE: NO contact allowed.



\* Race each other from the circle edge to the transverse line.

\* Extend your partner by passing the ball into space for your partner to run onto.

