

# Day 1 - Game/Task Outline – Open Space and Passing

## Lesson 1 – Open Space and Passing

### **Game Aim:**

To move to open space to receive and deliver 5 consecutive passes and then “score” on the endball bench

### **3 Rules:**

**Start/Restart:** If ball goes out of play, the team with possession goes to the wall and passes the ball into play (first pass free)

**Stop/Score:** Must make 5 consecutive passes before attempting to score

**In-Play/Out-of-Play:** If ball is intercepted or removed approximately 1 foot from the stick, the pass count returns to zero

### **Tactical Problems:**

**Space:** how can you make space for others to move into? How do you create space for yourself? How do you identify open space?

**Time:** How do you increase the time with the ball? How do you decrease that time as a defender? When do you run with the ball/what indicates a good time to move with the ball?

**Force:** What type of pass should you use and how much force is required to get the ball to your teammate so that they can control it?

**Risk:** Is it better to hold onto the ball or pass it immediately? When should you try to score or pass for a teammate to score?

### **Lesson Focus**

Introductory task/game:

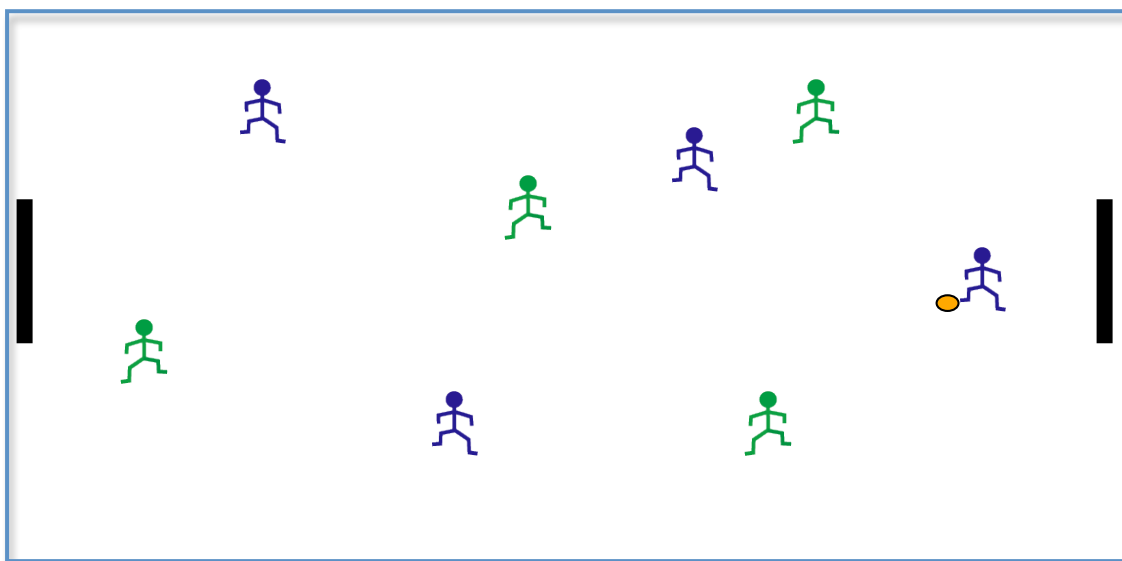
Skill/Concept development tasks/games:

1. Narrowest Gateway
2. Four Corners
3. Partner mass Pass

Culminating Game Activity:

1. Bench Endball

## Bench Endball



**Aim:** To move to open space to receive and deliver five consecutive passes and then score on the endball bench

**Rules:**

- |  |
|--|
| 1. If the ball goes out of play, the team that did not touch the ball last gains possession. The player goes to the wall and passes the ball into play (first pass free) |
| 2. Must make five consecutive passes before attempting to score  |
| 3. Cannot check the player with the ball unless they are moving  |

**Tactical Problems**

- |   |
|---|
| How do you create space for yourself and your teammates?  |
| How can you use the boards to your advantage?   |
| How do you decrease the time the player has with the ball (defender)? And how do you increase the time you have to make a decision (offender) |
| What are the risks of passing to one player or the other? Where are the defenders located?  |

**Skills to address these problems**

Off-the-ball Movements	On-the-ball Skills
Move to take defender with you	Bank shots off the wall to get around defender
Change of speed/direction to elude defender	Change of speed/direction to elude offender
Keep body open to the pass	Cushion pass to gain control quickly
Communicate with teammates	Strong passes to teammates

**Questions to help learner read tactical problems**

Space: How can you make space for others to move into? How do you create space for yourself? How do you identify open space?
Time: How do you increase the time with the ball? How do you decrease that time as a defender? When do you run with the ball/what indicates a good time to move with the ball?
Force: What type of pass should you use and how much force is required to get the ball to your teammate so that they can control it?

**Skill Phases for Passing**

Preparatory phase	Wind-up phase
<ul style="list-style-type: none"> <li>⇒ Knees bent</li> <li>⇒ Non dominant foot slightly forward</li> <li>⇒ Head up</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Bring stick back (distance back depends on force required)</li> <li>⇒ Rotate torso slightly to dominant side</li> <li>⇒ Shift weight to back leg</li> </ul>
Force phase	Recovery phase
<ul style="list-style-type: none"> <li>⇒ Unwind torso slightly before bringing stick forward</li> <li>⇒ Bring stick forward and make contact with ball at the center of the blade</li> <li>⇒ Shift weight to front foot</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Follow through with stick to target</li> <li>⇒</li> <li>⇒</li> </ul>

### Outline Task Progression

TASK PROGRESSION	REFINEMENTS - Cues	Extensions/ Simplifications
<p><b>1. Narrowest Gateway</b></p> <ul style="list-style-type: none"> <li>- start with cone about 4 feet apart</li> <li>- move the cones further/closer</li> </ul>	<ul style="list-style-type: none"> <li>- Head up</li> <li>- Follow through</li> <li>- Have control first</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>- move cones farther apart after 4 passes at each distance</li> <li>- move farther from cones</li> </ul> <p><b>Simplification:</b></p> <ul style="list-style-type: none"> <li>- move closer to the cones</li> <li>- move cones farther apart</li> </ul>
<p><b>2. Four Corners</b></p> <ul style="list-style-type: none"> <li>- Pass then remain or move (whichever necessary) so that a triangle of support is created</li> </ul> <p>Progress to:</p> <ol style="list-style-type: none"> <li>a) Run to open spot and receive pass</li> <li>b) Run and receive pass while moving</li> </ol>	<ul style="list-style-type: none"> <li>- Head up</li> <li>- Cushion the ball when receiving</li> <li>- Know where players are</li> <li>- Anticipate pass</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>- add a defender</li> <li>- move with ball to open space, then pass</li> </ul> <p><b>Simplification:</b></p> <ul style="list-style-type: none"> <li>- have 4 students rather than 3 to start</li> <li>- move to open corner, rather than creating the support triangle</li> </ul>
<p><b>3. Partner Mass Pass</b></p> <ul style="list-style-type: none"> <li>- 3 to 4 groups of three</li> <li>- pass to own teammates</li> <li>- avoid others in the same square</li> </ul>	<ul style="list-style-type: none"> <li>- Keep head up</li> <li>- Communicate</li> <li>- Find open area</li> <li>- Continue to move</li> <li>- Lead the pass to moving target</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>- allow other teams the option of intercepting other teams ball</li> <li>- If lose ball, must retrieve a ball</li> </ul> <p><b>Simplification:</b></p> <ul style="list-style-type: none"> <li>- Remove teams from the area</li> </ul>

**Game Diagrams:**

