

Offence

Module
16



Types of offence

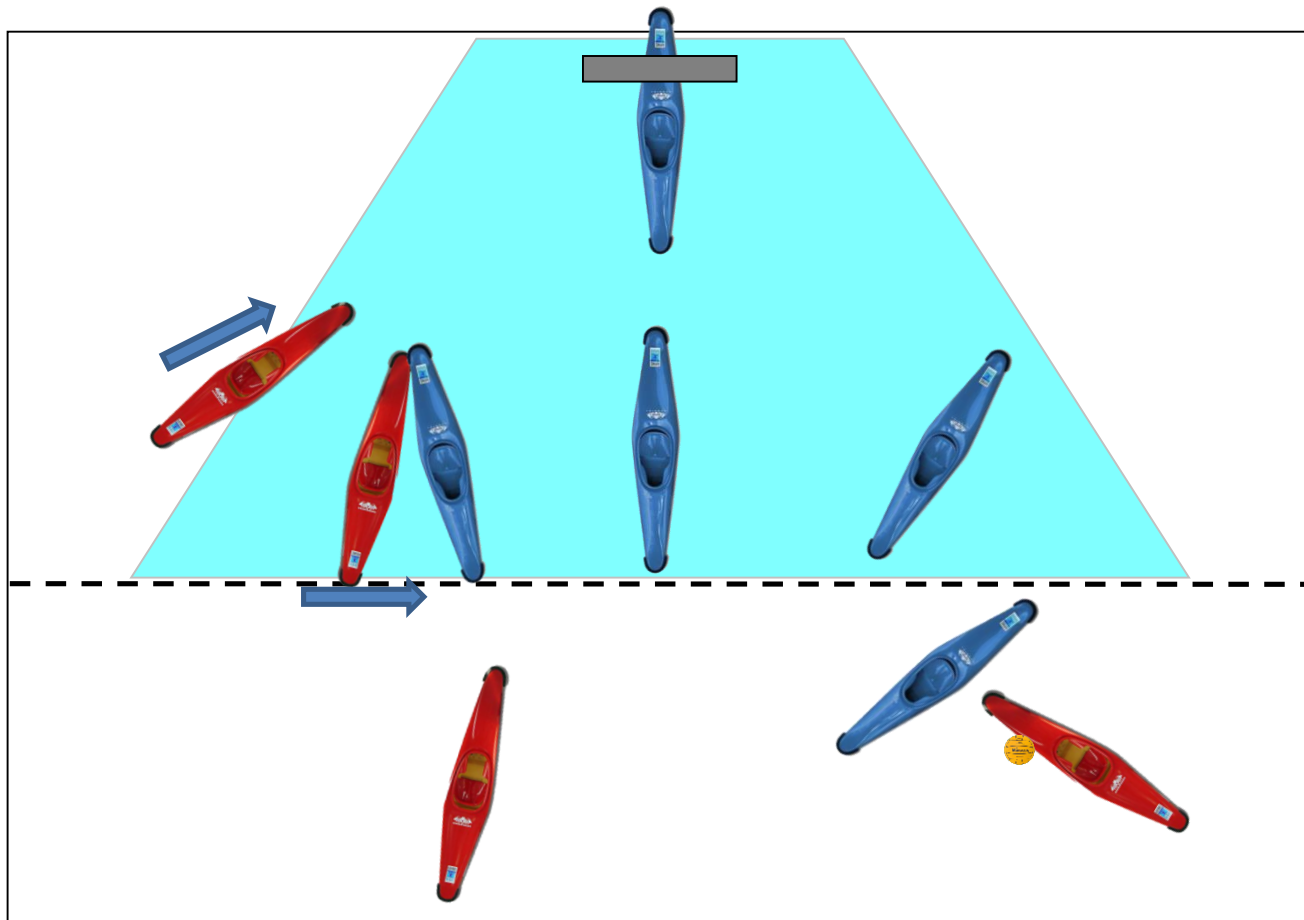
- ⦿ Screen
- ⦿ Penetrate
- ⦿ Shift
- ⦿ Overlap
- ⦿ Jungleball

We will cover screen, penetrate, shift

Screen

- ① One or two teammates set up a screen against a defender
- ① The screen creates a lane or open area for a drive at goal
- ① The screen prevents the defender attacking the driver

Screen to allow a clear shot at goal



Screen to allow a shot



Screen to assist a shot

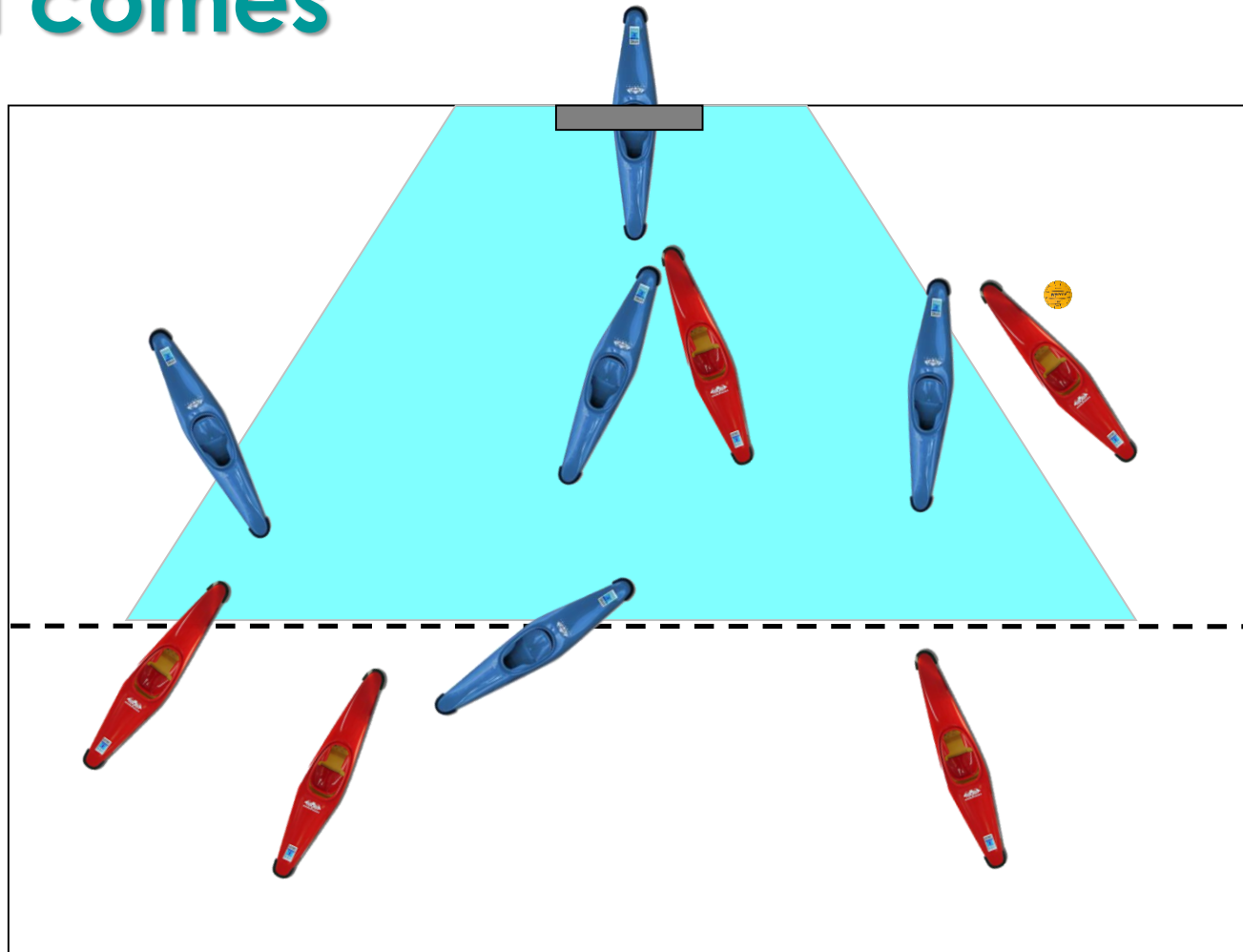


Penetrate

Two approaches:

- ① send one player in
- ① drive a wedge

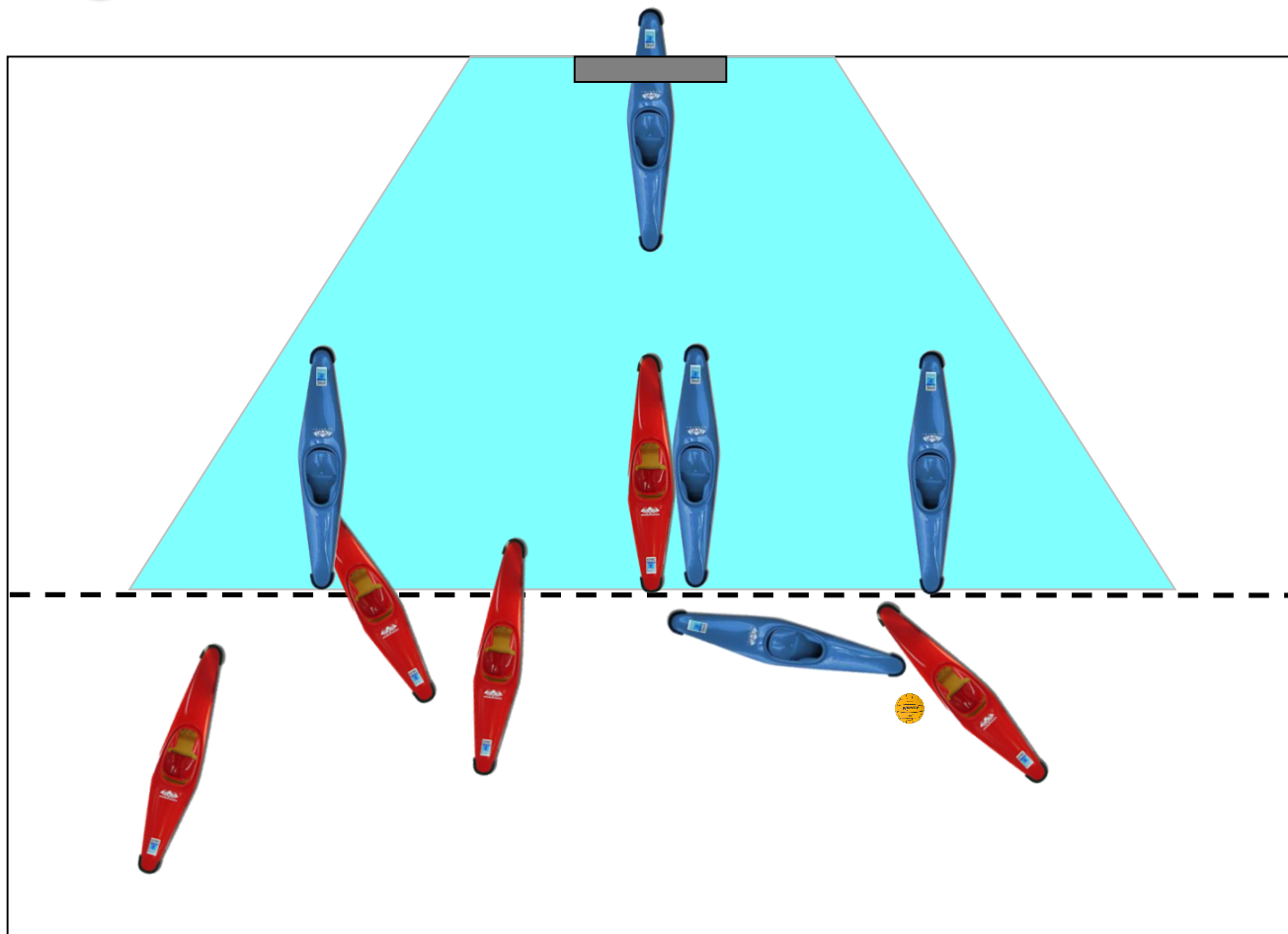
One player holds position until the ball comes



Be ready for the ball



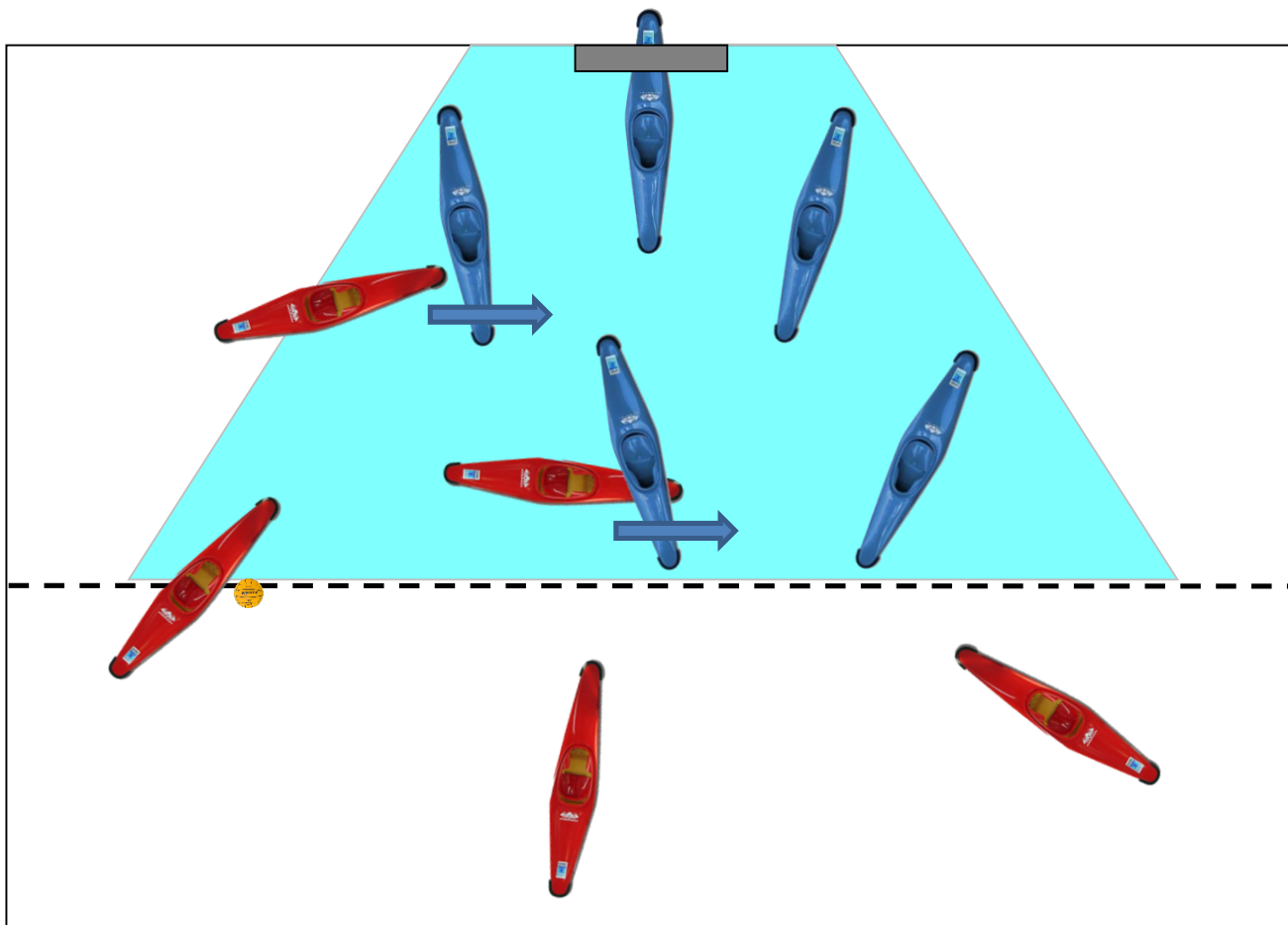
Wedge – two players create a driving lane



Shift

- ◎ Push defenders across the centre of the field to create an open area
- ◎ Attack to the front of a defender's bow or to the rear of their stern to draw them out of position

Shift offence across the field



Shift defence across the field



Key points in offence – 1

- ⦿ Always threaten the goal
- ⦿ Create high percentage shots
- ⦿ Attacking moves are most successful at speed
- ⦿ Have someone ready to defend (cover) if the ball is turned over
- ⦿ Talk to each other – give specific directions

Key points in offence – 2

- ① Know where the ball is
- ① Know where the goal is
- ① Know where teammates are
- ① Know where opponents are