



## WEBINAR 2

[www.growcoach.ie](http://www.growcoach.ie)

### Attacking Channels/Quick Transitions/Diagonal & Back Post Ball

#### Making Space if closely marked

##### Timing of Webinar Contents:

00.10 Introduction

##### **QUICK TRANSITIONS**

02.36 Attacking channels/lanes

04.57 Ball into space to run onto/Outlet Ball

09.30 Good Outlet ball

14.29 Outlet ball not given

16.50 Poor attacking transition/spatial awareness

##### **SCORING ZONES – GETTING BALL THERE QUICKLY AND MAKING SPACE**

20.30 Scoring Chart – where to get the ball to when attacking

21.50 Spatial awareness – Using Diagonal Ball

23.35 Diagonal Ball not given

25.19 Making space when tightly marked – Walk opponent away

29.20 Making space when marker in front – Peel Away

34.30 Drills to show impact of running into and receiving ball in different channels

##### **SPORTS PERFORMANCE**

35.57 Coaching Pillars

##### **GROWCOACH GOLD**

41.00 “look inside before you decide”                      “Play big Coach small”

##### **QUESTIONS & ANSWERS**

44.15 Toughest part of making space/Useful language when coaching transition play

47.25 Timing of running & filling channels/Encouraging Players when learning new concepts

53.11 Managing Coaching Time