

SERIES

06

## Centre / Wing Attack: The How To

WRITTEN AND PRESENTED BY HIGH PERFORMANCE COACHES  
SUE GAUDION & LYN PEMBERTON

TIME	SESSION	CONTENTS
8:45am	Arrive for Registration	
9:00am	<b>The Essentials</b> <i>Game Skills</i>	Let's keep it simple. Choose the right pass and execute it will. Develop agility with efficiency and a repeated effort mindset.
10:00am	<b>Break the Double D</b> <i>Game Skills</i>	We will show you all of the elements that contribute to a wing attack successfully breaking through a double defence on a centre pass.
11:00am	<b>Recognise the Pattern</b> <i>Game Skills / Knowledge</i>	Let's show you some patterns that regularly appear on court by the wing attack and centre. Add smart decision making and your midcourt are ready to dominate.
12:00pm	Lunch Break	
12:45pm	<b>Master the Circle Edge</b> <i>Game Skills / Units</i>	Understand both the individual and unit role when working the circle edge and develop the tools to move creatively - but only when necessary!
1:45pm	<b>Feed with Finesse</b> <i>Game Sense</i>	See the defender, read the space, know the pass. Develop your midcourt to responsibly finish with finesse.
2:45pm	<b>Connect the Court</b> <i>Game Sense</i>	By far one the toughest elements of a centre's game to master. Let's take a look at how to develop a good centre court connection.
3:30pm	<b>Quick Fire</b>	This is your opportunity to put Sue and Lyn under the pump. You ask the questions, we give/show you the answers. On court or off court, it's up to you... load your guns!

Cost: \$100 (includes Series booklet)

Register online @

[thegoodthebadandtheugly.org](http://thegoodthebadandtheugly.org)



PRINCIPAL PARTNER



This program is proudly endorsed by the netball governing bodies in Western Australia, South Australia and New South Wales.