



## BEDFORDSHIRE COUNTY NETBALL

### Coach Education Programme – Attacking the Circle Edge

The initial Bedfordshire Coach Education Programme is now well underway with the third Workshop having taken place.



Karen Atkinson, Performance Director of Netball Scotland and formerly Head Coach at Hertfordshire Mavericks and Loughborough Lightning, led the third Workshop which covered the subject of **Attacking the Circle Edge**.

This session looked at the role of the Centre and Wing Attack and how they work together in the attacking third, and what is needed by both players to be effective.

Mid-Court Attacker Attributes covered during the workshop resulted in a knowledge of :

- Spatial Awareness - Anticipation
- Vision - Feeding/placement/others attackers
- Trusting/Confidence in others & themselves, want the ball, not afraid, dominate
- Passing Skills - Variety, accuracy, creative
- Quick short movements, change of pace, controlled and effective timing
- Playmaker - creative, able to read play, controlling the speed of play





The workshop was an inspiring session which was well received by all workshop attendees.