

## **PLAYING 2-METERS**

General concepts, Fundamentals, and Techniques

### *A. Selecting – Type of athlete and characteristics:*

1. Size important – must match up with 2-meter defenders.
2. Leg strength – ability to show fouls to official, hold position and remain in strike zone.
3. Mobility – ability to get back on defense, help counter-attack.
4. Endurance – able to set several times in succession, over a whole game and during a multi-game tournament.
5. Length of arms – often overlooked; important to player's ability to protect ball, shoot, and control ball.
6. Type of offense and level of play affects type of player needed – large or quick, shooter or passer.
7. Emotions – ability to control emotions and temper.

### *B. Developing 2-meter player:*

1. Leg strength – weights, walking with chairs, bottles and weight belts.
2. Size – weight room very important; upper body and lower body.
3. Attitude – control emotions in practice and games: coach controls calls during workouts; handle bad calls; calm demeanor.
4. Speed - 2-meters must be best conditioned athlete; swim team or club a must.

### *C. Training and Technique:*

1. Ball handling – train both hands in both shooting and passing, with and without defense.
2. Repetitions – develop motor memory, practice technique.
3. Body position – maintain balance
  - a. Ability to set near cage and back in; stay up to show shoulders for foul.
  - b. Keep foot under ball for balance (right hand/right foot)
  - c. Be wide with arms and shoulders – make yourself difficult to get around.
  - d. Set center goal – use opposite goal to determine position.
4. Stay active – 2 –meters should make themselves difficult to guard, constant work.

### *D. Coaching Tips:*

1. Go to set with intensity; be unpredictable.
2. Grab defender before turning around at set.
3. Holding set or position:
  - a. Stay wide with shoulders and arms.
  - b. Stay under defender's arm pits with arms.
4. Hips farther from goal than shoulders – sitting in a chair position.
5. Hold off defender – don't push off, use non-shooting hand.

*E. Shooting from 2-meters:*

1. Body position:
  - a. Keep head up when turning defender; turn just over 90° - not 180°
  - b. Hold off defender (don't push) – maintain space between you and defender, don't increase suddenly.
  - c. Need legs to score – stay balanced with foot under ball during any shot or turn.
2. Shooting technique:
  - a. Get shooting arm free before you receive ball.
  - b. Shots need to be explosive, release grip of defender.
  - c. Develop a shot for when defender is on right shoulder or left shoulder.
  - d. Attempt to make moves to ball for shot parallel to cage front, not away; take defender out from between 2-meters and goal.
3. Shots:
  - a. **Sweep** (either hand) – get ball underneath, keep arm straight, turn shoulders and hips toward goal, follow through with arm.
  - b. **Step-out or roll-out** – step out over leg, roll onto back and shoot around defender.
  - c. **Backhand** – move defender to non-shooting side of body; while balanced, rotate from stomach to side with bent elbow and follow through.
  - d. **Turn and shoot** – with head up, use non-shooting arm as lever under defender's arm (or grab suit) and pivot or turn just 90° towards goal; move ball away from defender and release shot.

*F. Practice and Drills*

1. Develop both hands – passing and shooting.
2. Technique without defense during shooting drills; explosion and power with defense.
3. Devote practice time to 2-meter work.
4. Stress 2-meters demeanor during practice.