



Wahroonga Netball Club

Coaching Handbook

OUR COACH

LEADS BY EXAMPLE

DEDICATED & DETERMINED

TEACHES TEAMWORK

MOTIVATES and LISTENS

BUILDS CHARACTER

CHALLENGES and **DEVELOPS**

Committed to OUR TEAM

Our **BIGGEST** Fan



Introduction

Congratulations and Welcome to the Wahroonga Netball Club Coaching Team. Your time and support are greatly appreciated by the club. This handbook contains information related to coaching Netball at Wahroonga Netball Club. The handbook is here to assist you, but should you have any further queries or require additional support please contact the coaching convenor.

Coaches assist athletes in developing to their full potential. They are responsible for training athletes, analysing their performances, improving specific skills and providing positive encouragement. Coaches also serve as mentors. Their competitive nature and leadership skills make them natural mentors to athletes. Leading by example, coaches teach players work ethic, discipline, and valuable lessons about life.

BENEFITS OF BEING A COACH

Coaching involves so much more than just teaching sport; you teach players values that will make a positive impact in their lives. You educate players in the value of fair play and the laws of the game; you teach the value of setting realistic goals and objectives and enjoying the feeling of accomplishment when those goals are met. Players learn to trust, not just in the game arena, but in life, through a good coach.

Coaching is a rewarding experience that can make you feel:

- **Connected:** Coaching is a great way to make new friends and be part of the vibrant netball community
- **Respected:** Coaches create a safe, fair and enjoyable environment for netball players.
- **Energised:** Coaching lets you experience the thrill of the game, contributes towards maintaining a healthy lifestyle and offers a pathway to participate in sport at the highest level.

WHAT IS A COACH ?

A Coach plays many roles: Teacher Organiser Selector Philosopher
Psychologist Student Mentor Trainer Mum/Dad Planner Motivator
Manager

As you can see a coach has many roles. As a leader you are not merely the person with authority, but the person that some players spend more time with than anyone else.

Coaches are people who instruct players in the execution of specific skills. Coaches need to know the difference between what is required and what is actually performed. Therefore the coach must know

- What went wrong
 - Why it went wrong
 - How to correct the mistake
- Coaching is a consistent challenge to:
- Get the best performance out of the players at the right time
 - Keep the players interested and motivated
 - Be consistent and enthusiastic in your approach
 - Be patient
 - Out-think the opposition coach

A Coach must:

- possess a sound technical knowledge of the basic netball skills and the rules governing the game
- must have an awareness of the basic strategies, game tactics, routines and practices to complement that sound technical knowledge
- have clear and firm speech to obtain and hold attention
- be a good listener
- be flexible and adaptable to change when it is required
- needs a sense of responsibility, good personal organisation and the administrative ability to effectively and reliably implement their coaching programs.

Coaching Framework

Netball Australia have developed a six-tier Coaching Accreditation Framework to assist Coaches in successfully moving through the Coaches pathway process, with each stage being accredited.

Below is each step of the coaching pathway process.



FOUNDATION (ONLINE) Designed for beginner coaches, teachers and parents, the course outlines introductory coaching information and basic netball techniques. The Course contains four modules: Role of the coach; Planning; Teaching netball skills; and the Coach in action.

DEVELOPMENT (1 DAY) To enrol, Coaches must complete the Section 1 Umpires Theory Exam with a minimum of a 70% pass as a pre-requisite. The course outlines the skills and general principles of netball, and includes a competency based assessment of practical coaching.

INTERMEDIATE To enrol, Coaches must complete the General Principles Theory Course through the Office of Recreation & Sport as a pre-requisite. Coaches receive mentoring through the planning process and feedback regarding coaching behaviour and skill progression of a training program.

ADVANCED To enrol, Coaches must submit two mentor approved session plans from the Intermediate course. The course is conducted over 3 Sundays, with the final assessment conducted at a training session. Participants will also be required to attend a match analysis session.

ELITE Designed for state league and state team coaches, the course is modular based with alternative delivery methods (practical in each state and theory online) to facilitate professional development.

HIGH PERFORMANCE Designed to reflect the coaching requirements of a high performance environment; this course is the highest level of accreditation for national/international coaches.

At Wahroonga Netball Club, we encourage all our coaches to develop their knowledge further by attending **KNA coaching course, observing other coaches sessions** (club or representative) to learn from other coaches and even asking other coaches to observe and provide feedback on their sessions.

Any coaching courses that come through the club will be directly emailed to you as a coach.

If you have any further questions about how you can develop your skills as a coach please contact the Coaching Convenor – Stephanie Sheppard – snep7@hotmail.com or 0416075757 for guidance.

Check-List for Beginner Coaches

1. Create a positive environment

- Learn names quickly.
- Smile, praise and encourage.
- Be patient and supportive.
- Make it FUN!

2. Set achievable goals

- Keep the player's development in mind.
- Make sessions challenging.
- Ensure skill development is progressive.

3. Vary your sessions

- Change format and activities when required to continually engage players.
- Ensure equal opportunity for all players.
- Avoid elimination games where players sit out.
- Include non-competitive team work.
- Include Game Sense activities and allow players to 'play the game'
- Use different coaching methods.

4. Teach skills

- Plan to have a learning outcome for your session based around skill development.
- Regularly revise skills from previous weeks.

5. Demonstrate

- Appeal to visual learners
- Use the players to demonstrate correct skill execution where possible.
- Demonstrate *correct* execution or decision making, not *incorrect*.
- Make sure all players can see the demonstration.

6. Involve all players

- Have ample equipment available.
- Use several small groups rather than one large one.
- Understand what motivates your players and plan accordingly

7. Provide instant feedback

- Use lots of purposeful praise (that was well done because you.....)
- Ask questions to make players aware of areas to improve

8. Be a great communicator

- Try not to have too many instructions.
- Try to have as much one-to-one (discrete) coaching as possible.
- Offer opportunities for 2 way communication.



Responsibilities of the Coach

Training

The Coach is expected to prepare and run the trainings for their allocated team. A range of resources including session plans and templates are available on the KNA website. <http://kna.nsw.netball.com.au/content.aspx?file=39192|33392p>

It is the responsibility of the coach to decide if training is cancelled and to notify all team members and manager of this

We recommend that a 1 hour session be broken up into:

- Warm up/stretching/fitness - 10 minutes - INCLUDE KNEE PROGRAM IN EVERY WARM UP
- Ball skills 10 minutes
- Skill drill – 15 minutes
- System/set court play 15 minutes
- Cool down/stretch/fun game 10 minutes

Communication

As the coach you need to decide what is the best way to effectively communicate with the parents and players of the team. This may be through email, using WhatsApp and creating a team group, or using text messages.

Team players and positions

While the coach has complete control of positioning of players on the court during games, the club's aim is to ensure as close to equal court time for all players as possible. At all levels the **'enjoyment' of the sport of netball is paramount**. The number one reason why young children play netball is for FUN. Adjustments for injury, illness, time away will mean that some players have less court time over the season - but the average number of quarters per week should be equal. It is recommended you retain a record of weekly game sheets to support you in responding to any enquiry received. For teams playing in Finals, the coach has the discretion to select players based on performance, skill and team dynamics on the day.

Player Injuries/Illness

The coach is responsible for determining the ability of a player who is injured during a match, or who is returning from injury, to continue on court or take the court. This may be discussed in conjunction with the respective parents; however, the safety of the player should be the sole concern. It would be strongly suggested that a player who is unable to train during the week (due to injury), not play in the match on that weekend. It would be expected that they still attend the match (if at all possible) to observe and participate in team discussions. Where an injury has resulted in medical treatment, a medical clearance should be requested prior to the player taking the court.

Player discipline

The coach is responsible for player behaviour relating to

- : • Non-attendance at training
- Player attitudes (towards coach, team members or umpires)

Any player/parents behaviour of a significant nature can be referred to the Wahroonga Netball Club President or Coaching Convenor to manage on your behalf.

Saturday games

Coaches are required to attend Saturday games and ensure a Team Manager has been appointed for the season.

The coach:

- Send a game time reminder through the day before (this is a good prompt for parents who 'forget' to let you know their child is not playing)
- Set a time that you want your players to arrive before the game. Half an hour prior to the start of the game allows time for a good warm up and a chat with you before the game
- Set a meeting place so that all players know where to meet each week, eg. the undercover area, or at the court your match is scheduled on.
- Have a regular warm up so that players can run it themselves where possible. Leave yourself 5 minutes before the game to hand out bibs to the starting players and to deliver the pre-match talk.
- Try not to stand with parents during the game – it is difficult to coach objectively with the distractions.
- Ensure the player team list is accurate and completed
- Ensure players are rotated fairly for player development

The team manager:

- Ensure the score sheet is collected (when you are first named team), completed correctly and returned to control office after the game.
- Manage a roster of scoring amongst parents
- Ensure first aid kits is easily available courtside

The Key to Great Coaching

1. Create a positive environment

- Learn names quickly
- Smile, praise and encourage
- Be patient and supportive
- Make it FUN!

2. Set achievable goals

- Keep the player's development in mind
- Make sessions challenging

3. Ensure skill development is progressive

- Vary your sessions
- Change format and activities when required to continually engage players
- Ensure equal opportunity for all players
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- Have ample equipment available
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7. Provide instant feedback

- Use lots of purposeful praise (that was well done because you.....)
- Ask questions to make players aware of areas to improve
 - Try not to give too much feedback – choose one or two main points to work on

8. Be a great communicator

- Try not to have too many instructions

- Try to have as much one-to-one (discrete) coaching as possible
- Offer opportunities for 2 way communication.

Skills Focus

Shoulder Pass

The pass should be aimed ahead of the receiver to where they are running to. This is the pass that should be used by all players most of the time, for distance and power.

Coaching Points:

- Opposite foot steps forward to throwing arm forward.
- Feet shoulder width apart. Weight should be on back foot when begin the pass
- Hold ball with 2 hands initially, then bring back behind shoulder with one arm.
- Fingers should be spread wide behind the ball.
- Transfer weight forward as you bring the throwing arm through. This provides the power to the pass.
- Follow through until throwing arm is extended and wrist and fingers also follow the pass.
- Your hips and shoulders rotate in the direction of the pass.
- Direct the pass into the space ahead of the receiver.

Chest Pass

This pass is used for quick, short and accurate passes, eg around the goal circle.

Coaching Points:

- Stand front-on with the ball in two hands at chest height, with elbows down (chicken wings in!)
- Spread fingers around the ball with thumbs behind.
- Step forward and transfer your weight to this foot as you release the ball.
- Flick the wrist and fingers as the ball comes out evenly from both hands.
- Always keep your head up and eyes looking forward.

Bounce Pass

This pass is used when the area is crowded and should only be used over a short distance. It is a good pass to teach shorter players who have trouble passing around a defender's long arms.

Coaching Points:

- Step forward on opposite leg and lunge down.
- Push the ball forward and downwards, so it bounces 2/3 of the distance towards the receiver.
- The ball should be released by the thrower below hip height.
- The ball should be received by the catcher at knee height.
- The aim is for the pass to stay low at all times, they should bend to throw it and bend to receive it - otherwise it defeats the purpose of doing a bounce pass at all.

Safe Landings

A safe and effective landing technique will reduce the chance of ankle and knee injuries by reducing the forces experienced by the body.

Coaching Points:

- Knee and toe should be facing the same direction
- Knee and hip should be controlled - they should not swing inward or outward
- 'Soft' landing, with knees slightly bent.

Two Foot Landing Coaching Points:

- Land with feet shoulder width apart to give good base of support for better balance.
- Keep body upright. Bend at knees, hips and ankles to soften the impact. Shouldn't sound like elephants when they land.
- Keep body weight evenly placed above both feet.

Pivot

Players should be encouraged to pivot to the outside as that is the way their body is naturally heading. It also means that they will be turning away from their defender.

Coaching Points:

- Pivoting must always be done on the grounded foot.
- Bend knees slightly and put weight on grounded foot.
- Turn on the ball of the grounded foot while pushing off with the other foot. This other foot provides you with direction and balance.
- Turn your body to face down the court to your teams' goal post.

- While pivoting, keep the ball close to your body and get in a position ready to throw.
- Make sure you catch the ball cleanly before you begin pivoting.

One Foot Landing

Coaching Points:

- When you run to your right you should land on your right foot and pivot to your right.
- When you run to your left you should land on your left foot and pivot to your left.
- Once landed, place the other foot on the ground quickly to help absorb impact and help with balance.
- Bend your knees, ankles and hips on impact to cushion your landing.

Shadowing in Defence

Coaching Points:

- Stand in front of opponent with back to them, your body half way across their body.
- Keep arms close to your sides.
- Feet shoulder width apart, knees slightly bent, back upright.
- Keep good vision of both the ball in front and the player behind you.
- Shadow the player's moves using fast feet to keep up with them.
- Do not turn your head - move your feet faster instead.

Recovery and Arms Over

Coaching Points:

- Push off strongly using long stride or a few steps to get back 3 feet.
- Use arms to help power you backwards.
- Feet shoulder width apart, knees slightly bent, weight forward on ball of foot but with whole foot on ground.
- Stretch arms upright. Arms follow the movement of the ball.

Change of Direction

This is essentially two straight leads joined together. The idea is you convince the defender you are making a break in one direction before you actually make your real move in another direction.

Coaching Points:

- Sprint strongly out to the ball, either directly forward or at a 45 degree angle on either side.
- The first 3 or 4 steps made are the ones that must be strong.
- Push off on your outside foot strongly and make a sharp drive in the direction you want to go.
- Again, put emphasis on the first 3 or 4 steps when moving in the new direction.

Dodge

All movement when dodging should be quick and definite.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Keep body upright, your feet shoulder-width apart and your knees and hips slightly bent.
- Move a few steps (2 or 3) away from your intended catching direction.
- Push off your outside foot strongly and move in the direction you want to go.
- Pump your arms to accelerate faster and extend your arms to catch the ball.
- Do not have your feet too far apart as it is harder for you to change direction quickly and strongly.
- Make sure movements are strong and definite and not just a bit of a lazy sway. You are supposed to be fooling your opposition about which way you are going to run.



Netball Australia Knee Program

The KNEE Program is an on court warm up program designed to enhance movement efficiency and prevent injury before training and matches.

It is imperative that coaches are educated in this program and implemented into their warm up

Video demonstrations of each exercise available at <https://knee.netball.com.au/junior/>

Sidelines Jog Forwards and Backwards x2 Reps

Butt Flicks Forwards and Backwards x2 Reps

High Knee March and High Knee Skip x2 Reps

Side Skipping x2 Reps

Forward and Backward Shuffle x10 Reps L/R

Single leg balancing

Partner Squats 2x12 Reps

Partner Push 30 Seconds

L/R Ball Roll 30 Seconds

L/R Partner Ball Passes x10 Passes L/R

Jump & Land Technique

Double Leg and Single Leg x10 Reps

Anticipated Change Of Direction

Zig Zag Run 2x ½ Court

Defensive Shuffle 2x ½ Court

Lateral Shuffle 2x ½ Court



9 & 10 Clinics

Ku-Ring-Gai Netball Association

Session 1

Theme: Passing, Catching & Footwork

Equipment Required:

- 5 x netballs
- 2 x hoops
- 8 x cones

Warm Up Activities:

1. Scarecrow Tiggy (5 minutes)

- Work this whole session with just your own group of 9 or 10 in one third of the court.
- One person is 'it'. When they catch someone, they have to stand like a scarecrow.
- A scarecrow can be released by a person crawling between their legs.
- Limit the space used depending on numbers.

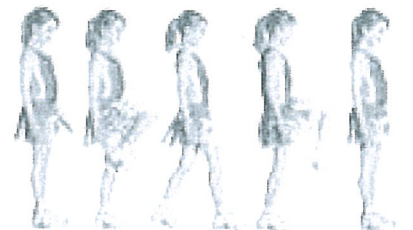
2. Stretching (5 minutes)

- Dynamic stretches. Select 3 or 4. Examples include;

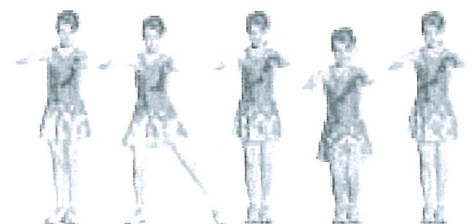
Lunge Walks: Keeping stomach tucked in and back straight, players take a step forward, dropping the back knee towards the ground. Alternate legs.



High Knees: Keeping the trunk upright, players step forwards lifting alternate knees up.



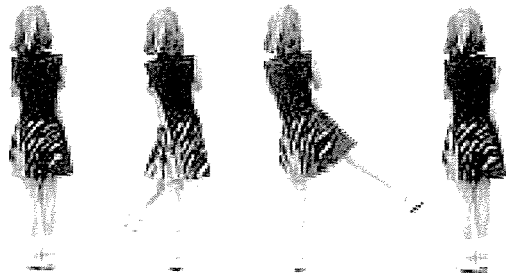
Side Steps with Squat: Players begin by standing as straight as possible. They take a step sideways then bring their feet together. Keeping knees pointing straight forwards they bend their knees then straighten.



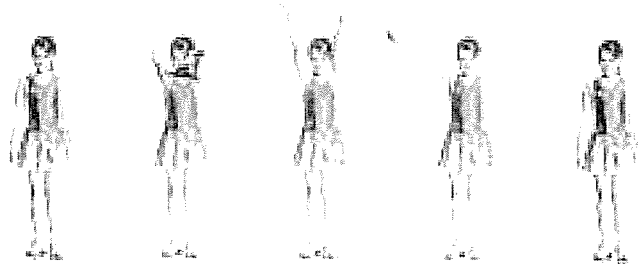
Leg Swings Forwards and Backwards: Players hold onto a solid object and balance on one leg. Keeping the body straight, they then swing the other leg forwards and backwards.



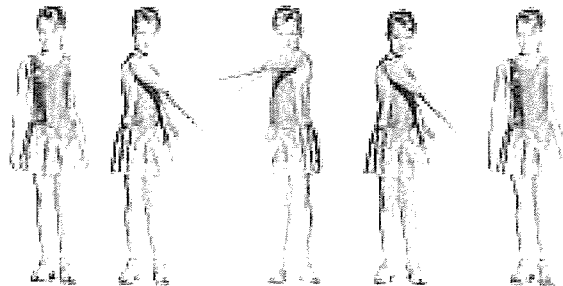
Leg Swings Sideways: Players hold onto a solid object and balance on one foot. Keeping the body as straight as possible, they then swing the other leg from side to side.



Arm Circles: Standing tall and still, players circle arms backwards then forwards.



Upper Body Trunk Rotation: Keeping hips still players swing their arms across their body to shoulder height then back to their sides.



Skill Development:

Coaching Points for shoulder pass:

- Opposite foot forward to throwing arm
- Ball held with 2 hands initially, then in one hand with arm back behind the shoulder
- Shoulders turned.
- Fingers spread wide behind the ball.
- Transfer weight forward as throwing arm comes through.
- Follow through and extend arm, fingers and wrist in direction of pass.
- Rotate hips and shoulders towards target.

Coaching Points for catch:

- Use 2 hands to catch.
- Keep eyes on the ball at all times.
- Move towards the ball.
- Extend hands forward with fingers spread and thumbs behind the ball (in W formation).
- Extend arms to meet and snatch the ball towards the body and control it with fingers and thumbs.

3. Passing and Catching in Pairs (5 minutes)

- Set up Pairs in two straight lines approximately 2m apart.
- Players shoulder pass and catch to each other demonstrating correct technique.
- Once technique is looking pretty good, add challenges such as
 - ⇒ fastest to pass 20 passes without dropping, or
 - ⇒ how many passes in a row without dropping, can they complete in 30 seconds

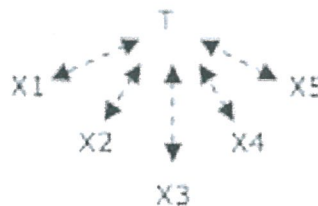
4. Shuttle Ball (5 minutes)

- Set up markers approximately 3 metres apart. Have 4/5 people stand behind each end.
- Player 1 in Line A throws the ball to player 2 in Line B and then runs to end of Line B.
- Player 2 throws the ball to player 3 in Line A and then runs to join the group at line A.
- Continue repeating this pattern.
- Increase or decrease the distance between Line A and Line B depending on level of success.



5. Corner Spry (5 minutes)

- Stand in a semi circle with a thrower (T) standing 2-3m in front. T passes to each player in turn in the semi circle.



Coaching Points for pivot:

- Pivoting must always be on grounded foot.
- Bring weight over grounded foot.
- Bend knees slightly.
- Turn on ball of the pivot foot, pushing off with the other foot.
- Non-grounded foot is lifted and re-grounded to maintain balance throughout movement.
- Players must be able to turn quickly after receiving a pass and face the play down court.
- Keep ball close to body and positioned ready to throw.

6. Two Foot Land and Pivot (5 minutes)

- Split your group in two lines of 4 or 5. Set up one hoop about 3m in front of each line.
- Players move forward and jump to land on both feet in the hoop. Keep repeating until coach is able to give feedback on correct 2 foot landing to each player.
- Repeat and pivot with right foot in each hoop (squash the spider), left foot traces a circle around the outside of the hoop.
- Repeat pivoting with left foot.
- Add a thrower out the front. X passes to Thrower, runs and catches a ball as 2 foot land in hoop, pivot and throw to next person in line. Swap over throwers regularly.

X X X

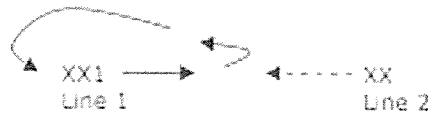


X X X



7. Shuttle Ball with Pivot (5 minutes)

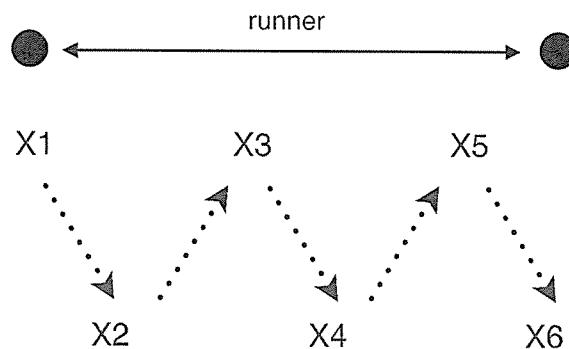
- Form 2 lines facing each other about 5m apart. Use a cone to mark the start of each line.
- The worker (X1) leads forward from the line and receives a pass from line 2.
- X1 lands on two feet, pivots and then passes back to their line and returns to end of their own line.
- The sequence continues with alternate leads from line 1 then line 2.



Modified Game:

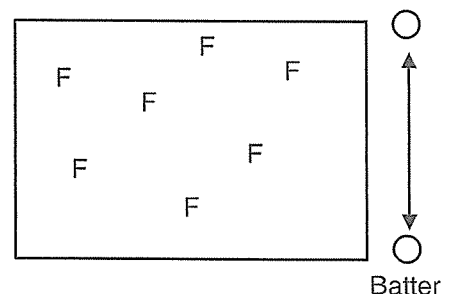
8. Cross Ball Beat the Ball (10 minutes)

- One player is runner, everyone else forms cross ball formation (use cones to mark this out).
- When coach says 'Go', throwers pass ball in zigzag pattern to each person in team.
- End player passes back in reverse direction so team passes up and back in total.
- Must use shoulder pass.
- At the same time, the runner must run up and back the length of the cross ball formation, counting the number of runs they score. When the throwers finish passing up and back they yell out 'Stop'.
- Repeat with new runner, and continue until all have had a turn running.



9. Corner Spry v Laps (10 minutes)

- Set up players in one third of a court. One player is a batter, everyone else is spread throughout the third as fielders.
- Batter begins in the corner of the court. They pass the ball into the court where the fielders are standing. They then run between 2 cones placed 10m apart, scoring 1 point per run.
- At the same time, the fielders run to field the ball. All the fielders run and form a semi circle around the fielder with the ball, and corner spry the pass to them. They yell 'stop' when spry is completed.
- The batter stops running when they hear them yell 'stop'. Count the runs they scored.
- Swap over for a new batter.
- If time permits, give everyone a second go and see if they can beat their previous score.



Concluding Activity:

10. Let's See It (5 minutes)

- Select a skill learnt in the session, e.g. shoulder pass or catch. Ask different people to demonstrate the correct execution of the skill to revise what was learnt in the session.
- Gather together all group equipment.



9 & 10 Clinics

Ku-Ring-Gai Netball Association

Session 2

Theme: Attacking Skills

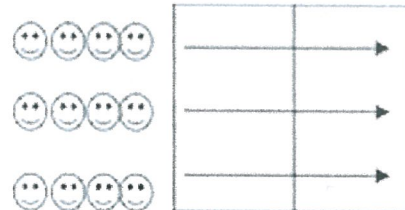
Equipment Required:

- 3 x netballs
- 1 set coloured bibs
- 8 cones

Warm Up Activities:

1. Relays (5 minutes)

- Set up relay over one third of the court.
- Split group into equal teams of about 3 or 4 players.
- First person in each team runs with ball to transverse line, bounces ball three times, runs back to line and passes ball to the next person.
- Continue relay doing different tasks at transverse line;
 - 3 catches
 - 3 balls in air with clap
 - ball in the air and turn 180° & catch
 - 3 x body wraps with ball
 - 3 x figure 8 between legs



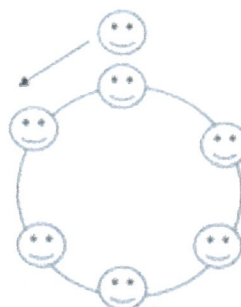
2. Stretching (5 minutes)

- Select 3 or 4 dynamic stretches to perform. (See Session 1 for ideas).

Skill Development:

3. Race the Ball (5 minutes)

- Work with your own group.
- Players stand in a circle with one person outside the circle standing level with the ball.
- On 'go' the person on the outside of the circle tries to beat the ball being passed around the circle.
- Repeat until everyone has had a turn.
- To make it more difficult or easier, you can increase the size of the throwing circle.

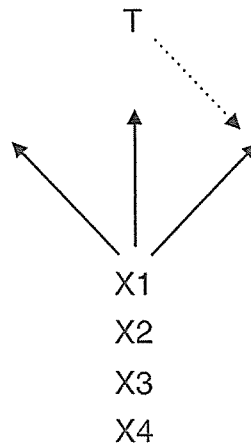


Coaching Points for Straight Lead:

- Sprint strongly for the ball, either straight ahead, or 45° diagonally to the left or right.
- When leading to the left, you take off on your left foot first.
- When leading to the right, you take off on your right foot first.
- The first few steps should be the strongest. Pump your arms to move faster.
- If you run to the right, you should land and pivot on your right foot to the outside.
- If you run to your left, you should land and pivot on your left foot to the outside.
- Do not slow down your drive until the ball is in your hands.

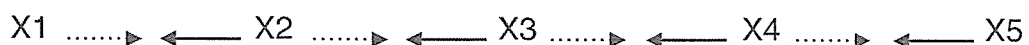
4. Straight Lead Basics (10 minutes)

- Work in groups of approximately 4 or 5.
- Have one thrower out the front, and everyone else in a line about 5m away.
- X1 passes ball to T, then drives out to the right at 45°, lands on right foot to catch the ball, pivots to the right and passes to X2 back in the line.
- X2 then repeats, etc etc.
- Swap over throwers regularly.
- Continue drill having turns driving out to the left and landing on the left, then also driving straight ahead to receive the ball. When driving straight ahead, players should land on their preferred leg so they can easily step on to pass the ball (that is, their right leg if they are right handed, and their left leg if they are left handed.)



5. Straight Lead Lines Down Court (5 minutes)

- Have 4 or 5 in a group.
- The players stand about 3m apart in a straight line down the court.
- X1 starts with the ball and tosses it up to themselves to start the drill. When they catch it, X2 drives towards them and takes a pass. X2 catches, lands, pivots and then throws to X3 who is driving towards them for the ball. Continue down the line.
- Work the ball up and down the line.
- Nominate whether the players do a straight lead out to the left, right or straight ahead each time.

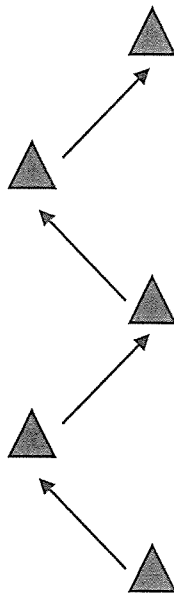


Coaching Points for Change of Direction:

- A Change of Direction is just two straight leads joined together.
- Take off strongly for your first straight lead, then push off hard on your outside foot to run in a new direction.
- Pump your arms to accelerate each time you take off.
- Do not slow down until the ball is in your hands.
- Keep your eyes up so that you can always see the ball.

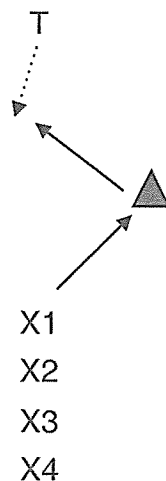
6. Cone Drive (5 minutes)

- Set up cones in a zig zag manner, about 3m between cones.
- Players drive strongly to each cone, pushing off using their outside foot to change direction at each cone.



7. Change of Direction (5 minutes)

- Work in groups of 4 or 5. One thrower out the front.
- Worker passes to thrower, drives out to cone, then changes direction and drives again to take a pass. They catch, land, pivot and throw back to their line.
- Change throwers regularly.
- Change position of cone regularly to try different changes of direction.
- Remember to check for their landed foot. If running to the right, land on your right foot. If running to your left, land on your left foot.

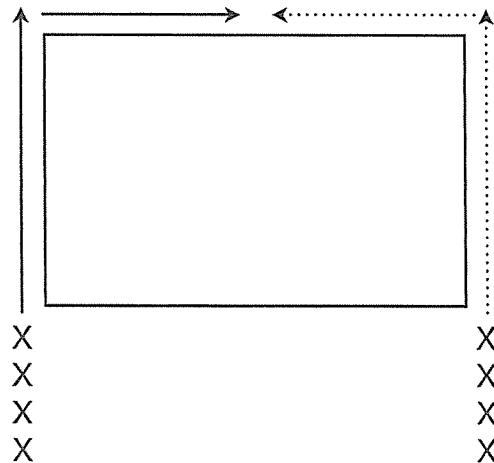


Modified Game:**8. Team Passing (10 minutes)**

- Form 2 teams. One team should wear bibs.
- Play in one third of the court.
- The team with the ball makes as many passes as possible before the opposing team intercepts. They cannot run with the ball. Netball rules apply.
- Swap over after a set time period, e.g. 1 minute.
- The team with the greatest number of passes in a set time is the winner.
- Dropped passes do not score.
- Encourage players to drive into a space using straight leads and changes of direction.

9. Scissors, Paper, Rock (5 minutes)

- Split into 2 teams. Each team starts in an opposite corner of one third.
- On 'go', the first person in each team runs around the perimeter of the third you are using, until they meet.
- When they meet, they face each other and perform scissors, paper, rock until there is a winner. The loser returns to the end of their own line. The winner keeps running around the perimeter towards the opposing team's corner. Meanwhile, the next person in the losing team runs out to meet them.
- Again, they perform scissors, paper, rock until there is a winner. Winner continues, loser goes back to the end of their own line.
- If a player reaches the other team's corner without getting out, they score 1 point for their team.

**Concluding Activity:****10. What Did You Learn? (5 minutes)**

- Ask players to list things they learnt in today's session.
- Gather together all group equipment.



9 & 10 Clinics

Ku-Ring-Gai Netball
Association

Session 3

Theme: Defending Skills

Equipment Required:

- 3 x netballs
- 1 set coloured bibs
- 8 cones

Warm Up Activities:

1. Partner Tag (5 minutes)

- Form pairs.
- Allow players to decide which partner is the tagger.
- Set the boundary (e.g. centre third)
- The tagger counts to 5 to give their partner a chance to get away.
- Begin by making players skip instead of run to ensure that they have safe awareness of others around them. Once you think they can work safely, you can allow them to run.
- When the player is tagged, swap roles.
- To make more interesting, you can change the locomotion, e.g. skip, hop, fast walk, jump etc.

2. Stretching (5 minutes)

- Select 3 or 4 dynamic stretches to perform. (See Session 1 for ideas).

Skill Development:

Coaching Points for Shadowing:

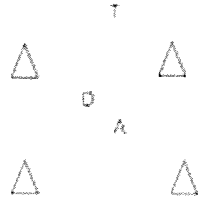
- Stand in front of your opponent with back to the attacker, and body halfway across your opponent's body.
- Keep arms close to your sides.
- Feet shoulder width apart, knees bent, weight over toes and back straight.
- Use side on vision so that you can see both the attacker behind you and the ball in front of you.
- Shadow sidesteps to move with the attacker using small, fast steps.
- Keep your head facing the same way the whole time. Don't turn your head.
- Move your feet faster to keep up with attacker - never turn your head.

3. Shadowing on a Line (5 minutes)

- Work in pairs - one attacker, one defender.
- Attacker starts on a line on the court. They can only move side to side on that line (not forwards or backwards).
- Defender takes up shadowing position and tries to stay as close as possible to the attacker.
- When the whistle blows, they should be able to reach out and touch their attack.
- Swap over roles.
- Have attackers moving slowly at the start so that defence can get confidence.

4. Shake the Shadow (5 minutes)

- Work in groups of 4 or 5. Use cones to mark out a grid for each group.
- Defender tries to stick close to the attacker using shadowing.
- The attacker tries to evade their opponent and receive a pass from the thrower (T).
- Swap over roles.

**Coaching Points for Recovery to 3 Feet:**

- Push off strongly to 0.9m (3 feet). This equals the diameter of the centre circle.
- Players can step back or jump back - their preference.
- Use arms to add power to your jump back. It has to be as quick as possible.
- Always keep head up and eyes on the ball.
- Keep balanced with weight even over both feet.
- Bend slightly at knees, hips and ankles to provide greater reach over ball with arms up.
- Make sure you get your distance right before you put your arms up.

5. Recovery to 3 feet (5 minutes)

- Have entire team stand on a transverse line facing you.
- They start in a ready stance - feet shoulder width apart, knees slightly bent, back straight and eyes up.
- On 'Go', each player steps or jumps back 3 feet (0.9m). They then put their arms up to defend the ball. Follow the movement of the ball with your arms.
- Practice different positions for your arms up over the ball - e.g. call out 3 o'clock, 9 o'clock and 12 o'clock. Make sure players know why they would move their arms into different positions.
- Repeat the drill a number of times until all players have confident movements.

6. Defence Over Ball (5 minutes)

- Work in groups of 4 or 5, one ball per group.
- Thrower stands with back to defender who is right behind them.
- Thrower tosses ball into the air and catches it and turns around ready to throw.
- As soon as the thrower catches the ball, the defence must get back 3 feet and put their arms up.
- Arms should follow the ball and put pressure on the pass.
- Repeat a number of times and then swapping over roles regularly.

Coaching Points for Intercepting:

- Read cues provided by the thrower to anticipate where the ball will be going.
- Drive for an intercept at an angle - not straight to the side.
- Keep strong focus on the ball at all times.
- Your first couple of steps are the most important.
- Keep running and your feet moving until the ball is in your hands - don't just lean in for the intercept.
- Try and land on your outside foot when you have taken the intercept so you can stay balanced.

7. Interception (10 minutes)

- Work in groups of 4 or 5.
- T1 and T2 pass the ball between each other then pass to either attacker (A) with X1 trying to intercept.
- X1 should move to cover the pass to As.
- A's remain still the whole time.

T1<.....>T2

X1

A

A

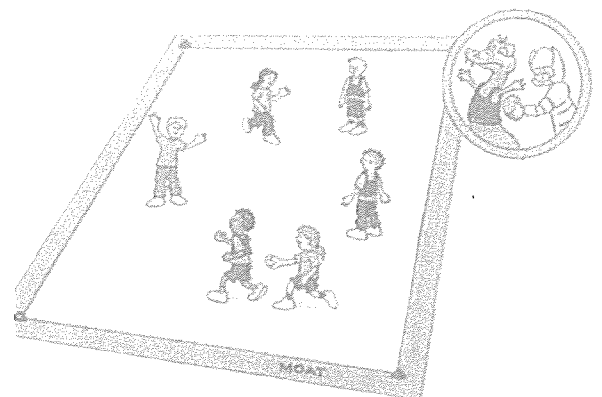
Modified Game:

8. Pig in the Middle (5 minutes)

- Players stand in a circle with two people inside the circle.
- People inside attempt to intercept the ball.
- Encourage the person closest to the ball to get 3 feet and arms up over pass, with the other person hanging back to try and get the intercept.
- Players on the outside must not pass the ball to the person right next to them.
- Swap defenders regularly.

9. Warriors and Dragons (10 minutes)

- Play in the centre third.
- Split into two teams. One team called warriors, the other called dragons. Dragons should wear bibs.
- Warriors pass a ball to other warriors and try to tag the dragons. Warriors cannot step with the ball or throw the ball at a dragon. They cannot hold the ball for longer than 3 seconds.
- If dragons are tagged, they take their bib off and become warriors.
- When all the dragons are caught the teams swap over.



Concluding Activity:

10. Great Work (5 minutes)

- Coach lists examples of some of the good things you noticed players do during the session. Examples might be 'Today I saw lots of examples of players keeping their eyes on the ball when intercepting', or 'There were some great examples of squishing spiders when we did pivoting today', etc.
- Gather together all group equipment.



9 & 10 Clinics

Ku-Ring-Gai Netball
Association

Session 4

Theme: Space Awareness and Shooting

Equipment Required:

- 3 x netballs
- 1 sets coloured bibs
- 10 cones

Warm Up Activities:

1. Pac Man (5 minutes)

- Select 2 players to be 'in'.
- Everyone else can be scattered on any line on the court.
- Pac Men run along the lines trying to 'tag' the other players. They need to work together to try and corner players.
- If tagged, players must sit down on the line. Pac Men can travel past them, but everyone else cannot.
- Keep playing until all players have been tagged.
- Swap over players who are in when suitable.

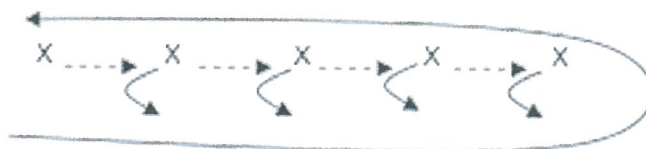
2. Stretching (5 minutes)

- Select 3 or 4 dynamic stretches to perform. (See Session 1 for ideas).

Skill Development:

3. Beat the Ball (5 minutes)

- Form a straight line 3m apart.
- Jump as you catch the ball and land on two feet, pivot, and pass to next person in line.
- Move ball up and down the line.
- A runner tries to beat the ball as it is passed along the line and back to the start.
- Give everyone a chance at being runner.



Coaching Points for Space Awareness:

Netball is a game that is all about space. Attackers try to create space and defenders try to shut down space to get an intercept.

The netball court should be balanced at all times. There needs to be enough room for all players to make effective breaks. If you are not actually making a break for a ball, then you should be creating space for someone else to use.

Teach netballers early on where each position should play and ensure that they stick to this plan for the most part. A player who tries to be involved in everything often just takes up everyone else's space so that they cannot play to the best of their ability.

4. Find Your Cone (10 minutes)

- Ensure each player in the team has a cone. Have them place their cone in a clear space within one third and stand next to it.
- On "go" the players should start jogging around the third. When the whistle blows, they drive hard back to their original cone.
- Have players move the position of their cones after 5 or 6 tries to keep it mixed up a bit.
- Once the players have good space awareness, add the following extensions;
 - ➔ On the whistle players run to somebody else's cone. They cannot go to a cone that another player is heading for.
 - ➔ On the whistle they drive to one cone, then push off and immediately drive to another cone.
 - ➔ Add a passer outside the third. The passer can throw to anybody who is driving to a cone.
 - ➔ Add two passers to outside of third. They can throw the ball in at any time.

5. Number Chasers (5 minutes)

- Assign each team member a number from 1 to 8 (or however many people you have).
- Work in one third. Players are to move around the third passing in sequence from 1 to 8 and then back to 1.
- Keep working for a set period of time.
- Players must drive for the ball when it is their turn to receive. When they are not receiving the ball, they should be clearing space and creating space for others.
- Nobody should be standing still. Ensure that the space remains balanced at all times.
- Extend the drill by changing the number order (e.g. go backwards, go from 1,3,5,7,2,4,6 etc). You can also gradually add defences so eventually it is one team against the other.

Coaching Points for Shooting:

- Ball is held above the head.
- Arms are extended with the shooting arm reasonable straight and close to the ear.
- Ball rests on the base of the spread fingers and the thumb.
- The opposite hand is placed on the side of the ball to steady it.
- Stand upright with feet shoulder width apart.
- Feet, hips and elbows pointing towards the goal post.
- Bend and then straighten the elbows and knees.
- Release the ball just before the the elbows and knees are straight.
- Flick the ball with the wrist.
- Straighten fingers pointing towards the post.
- The ball should travel in an arc towards the post.

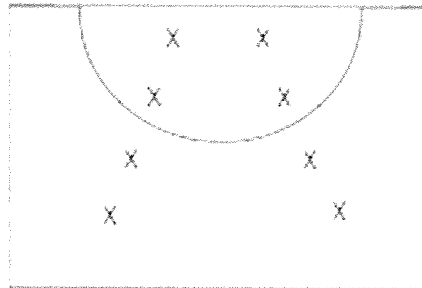
6. Shooting Technique (5 minutes)

- Demonstrate shooting technique using one player.
- Players then work in pairs, with one player shooting and the other helping them correct their technique.
- Have a couple of shots at goal and then swap over roles. Don't forget to emphasise that players need to follow in and jump for rebounds if they miss.

Modified Game:

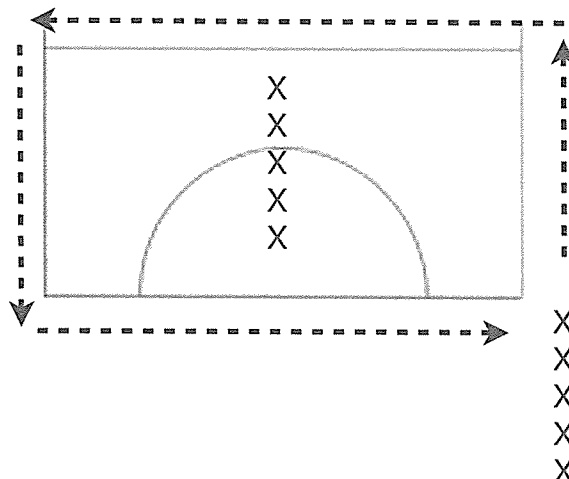
7. Shooting Relay (10 minutes)

- Two even teams line up from the corner of the third to the goal circle. Mark each station with a cone.
- Pass the ball down the line using shoulder passes.
- The front person has one attempt at goal, rebounds the ball and then runs to the end of their line.
- Everyone shuffles down one place.
- Repeat until everyone has had two shots at goal.



8. Golden Child (10 minutes)

- 2 teams - the running team line up outside the court at corner and shooting team form a line behind marker in goal circle.
- On 'go', the shooting team takes turns to have one shot. Call 'stop' each time they score a goal.
- At the same time, the first runner takes off on their circuit around the outside of the goal third. If they hear the word 'stop', they must freeze on the spot where they are. The next runner in line then takes off.
- If the runner returns to home base before a goal is scored by the other team, 1 run is scored. The next runner then takes off.
- The last runner is called the 'golden child'. As they run around the outside of the goal third, they 'unfreeze' each player that they pass. All runners then try to make it home before the shooting team scores a goal.
- If the shooting team scores a goal while the golden child is running, the game stops and teams change roles.



Concluding Activity:

9. Group Evaluation (5 minutes)
 - Gather players together. Ask for feedback on the activities most enjoyed during the 4 sessions.
 - Gather together all group equipment.



**KU-RING-GAI NETBALL ASSOCIATION
CLUB CLINIC PROGRAM**

ATTACKING SKILLS 1

The 'Change It' Approach

As a coach, it is important that you cater for individual skills and abilities - which in a team sport can be quite difficult. Every player in your team should have the opportunity to take part in every activity. One way to do this is to follow the major concept behind the 'change it' approach. Each time you plan an activity or drill, keep in mind how you can make that drill a bit easier and how you can make it a bit harder. In that way the same drill can meet the needs of all players.

Ways that you can change a drill to vary the difficulty include;

- ☉ make the playing area larger or smaller
- ☉ alter distances between players or targets
- ☉ vary the number of players involved in teams
- ☉ change the rules - make it easier or harder to score points
- ☉ use different equipment - softer balls, shorter goals, smaller balls
- ☉ introduce time limits

Take-Off

Stride length should be short on take-off. The feet are on the ground more often which allows for greater force and therefore speed.

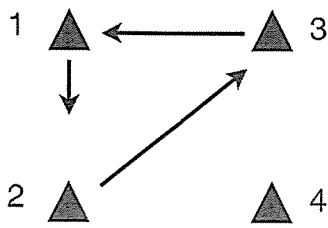
Coaching Points:

- First step must be forward.
- First steps are small and then gradually get bigger
- Arms drive on take-off with elbows bent.
- Keep head and eyes up at all times.
- If leading to the right, then your first step should be on your right foot. If leading to your left, then your first step should be on your left foot.
- If you are leading straight out, then your first step should be on the inside foot. This means that you cut your opposition off from being able to move their feet and body across the front of your body.

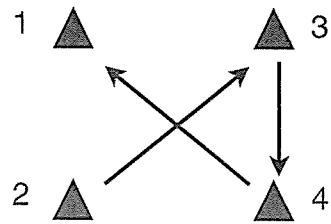
Balance and Take-off Drills

1. Power Position Reactions. Players all stand along the goal line facing the coach. They adopt the power position. If the coach calls 'right', they turn to the right and back again, landing in a stable, balanced power position. If the coach calls 'left', they turn to their left and back again. If they call 'back', they turn 180 degrees and then back again. If the call is 'up', then they jump high in the air, land in a solid stance and then sprint forward to the transverse line. Work for about 30 seconds each time and repeat 3 or 4 times in total.
2. Take-off Foot. Start along line as in previous drill, in power position. Remind players that when they take-off, their first step should always be forwards. Use cones or dots to mark a distance 5m from goal line. On the coach's command or whistle, players sprint forward 5m. Check that their first step was forward. Repeat approximately 3 times until you have had a chance to look at each player carefully. If players are having trouble, allow them to fall their weight forward before you tell them to 'go', until they get the hang of that first step. Once comfortable, extend the drill;
 - starting off with fast feet (pitter patter)
 - from a slide movement
 - facing away and then turning to sprint
 - from a jump
 - lead out to the right
 - lead out to the left
3. Inside foot take-off. Line up in pairs side by side on a starting line, thrower about 6m in front. The thrower tosses the ball to themselves to start the drill. As soon as she catches it, the first pair drive out for the ball, both taking off on their inside foot. Repeat for the next pair etc. Players go back to the opposite line each time. Swap throwers regularly.

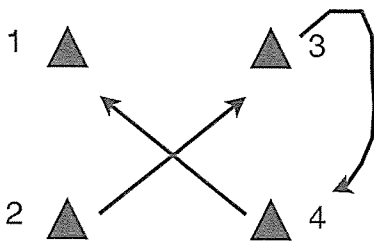
5. Footwork Grids. Work in groups of 3 or 4. Set up a grid of four cones approximately 3m apart.



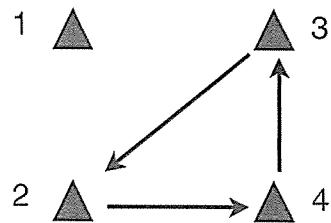
- Sprint 2-3
- Sidestep 3-1
- Jump back 3 feet and arms up



- Sprint 2-3
- backwards 3-4
- Sprint 4-1



- Sprint 2-3
- Clearing drive 3-4
- Sprint 4-1



- Sidestep 2-4
- Sprint 4-3
- Turn and sprint 3-2

Encourage players to develop their own footwork routines using the grid.

Shoulder Pass

A shoulder pass is a one handed pass used for speed and accuracy over longer distances. The pass should be aimed in front of the receiver to where they are running to. This is the pass that should be used by all players most of the time - thus is the focus when teaching passing to younger players.

Coaching Points:

- Opposite foot to throwing arm forward.
- Feet shoulder width apart. Weight should be on back foot when begin the pass.
- Hold ball with 2 hands initially, then bring back behind shoulder with one arm.
- Fingers should be spread wide behind the ball.
- Transfer weight forward as you bring the throwing arm through. This provides the power to the pass.
- Follow through until throwing arm is extended and wrist and fingers also follow the pass.
- Your hips and shoulders rotate in the direction of the pass.
- Direct the pass into the space ahead of the receiver.

Chest Pass

This pass is used for quick, short and accurate passes. It is not as important as a shoulder pass when developing skills in young players.

Coaching Points:

- Stand front-on with the ball in two hands at chest height, with elbows down (chicken wings in!)
- Spread fingers around the ball with thumbs behind.
- Step forward and transfer your weight to this foot as you release the ball.
- Flick the wrist and fingers as the ball comes out evenly from both hands.
- Always keep your head up and eyes looking forward.

Bounce Pass

This pass is used when the area is crowded and should only be used over a short distance. It is a good pass to teach shorter players who have trouble getting around a defender's long arms.

Coaching Points:

- Step forward on opposite leg and lunge down.
- Push the ball forward and downwards, so it bounces 2/3 of the distance towards the receiver.
- The ball should be released by the thrower below hip height.
- The ball should be received by the catcher at knee height.
- The aim is for the pass to stay low at all times, they should bend to throw it and bend to receive it - otherwise it defeats the purpose of doing a bounce pass at all.

Lob

This pass is used to go high over a defender's arms, in a looping arc.

Coaching Points:

- Begin in a similar position to how you would stand for a shoulder pass.
- As you step forward to pass, you extend your throwing hand upwards and forwards, releasing the ball when your arm is fully extended (at about head height).
- Pass the ball in a high arc which lands in the space ahead of the receiver.
- The receiver should run sideways back to catch the ball so that they can see both the thrower and where they are running to.
- The receiver should jump up and snatch the ball out of the air at the highest point possible. They should never stay on the ground and wait for the ball to reach them.

Pass Placement

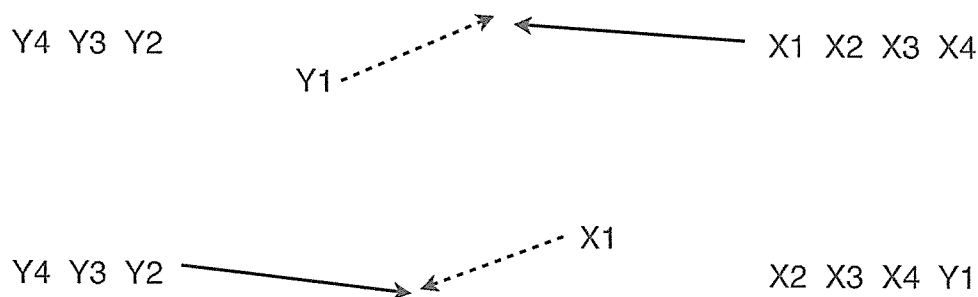
Players should always aim to pass the ball in front to where a player is running to. In most instances you are aiming to deliver the ball at chest height.

Timing

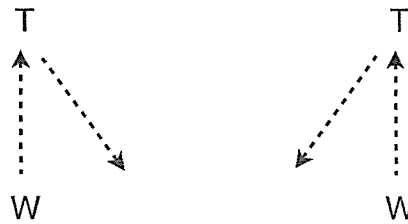
Players should wait to make their final break when the thrower has turned and is ready to pass. Having good landings and balance is important for timing to work. It is hard for a player to judge timing if a team-mate lands unbalanced or fumbles the ball.

Passing Drills

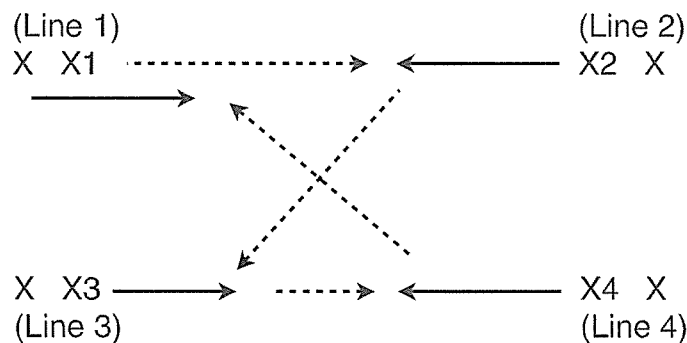
1. Power Position Passing. Players work in pairs. One player stands on transverse line with the ball (thrower), their partner stands opposite them on the goal line (worker). The thrower stands on the line in the power position, feet shoulder width apart. The worker completes about 10 pitter patters, then sprints forwards for the ball. The thrower steps out of the power position and passes a flat, strong shoulder pass to the worker. The step forward by the thrower imparts a lot more strength into the pass. Repeat 5 times then swap over. Insist on strong, flat passes delivered with perfect placement to chest height. Ensure that the worker's first step on take-off is forward.
2. Pings. Start in two lines, approximately 12m apart. Y1 starts with the ball. X1 drives out, catches and lands in a balanced position. Y2 then drives out from the other end, takes a pass from X1, catches and lands in a balanced position. X2 then drives out and the drill continues. Once you have passed the ball, you join the end of the other line.
 - Pass placement should be at chest height, in front to where the player is running.
 - Use strong, direct shoulder passes.
 - Players should be catching and landing on their preferred foot so they can continue to step forward on their opposite foot to complete the next pass.
 - Timing is everything. Do not break until the person throwing to you is ready to pass.
 - Insist on good pass placement and good timing of breaks in this drill.



3. Lob Passes. Work in pairs - one thrower, one worker. Worker runs up to thrower, touches the ball and then moves sideways backwards on a diagonal to take a lob. Repeat moving backwards on the other diagonal as well. Do 10 passes, then swap roles.



4. Bow Tie Drill. Players form four lines, two lines facing each other. X1 passes to X2 driving out, then joins the end of Line 2. X2 passes diagonally to X3 driving out, then joins the end of Line 1. X3 passes to X4 driving out, then joins the end of Line 4. X4 passes diagonally to X1 driving out, then joins the end of Line 3. Thus players always stay on the lateral side for the drill, but keep swapping ends. You can extend the drill by changing the type of pass used as well as the distance between lines.



5. Four Corners. You need at least 8 players and 2 balls for this drill to work. Players stand in four corners in equal lines. The two balls start in diagonally opposite corners (B in the diagram below). First players from lines A lead diagonally across square. They receive a pass from the player on their right. They then pass to the player who they are running towards (the other Line A), and then join the end of that line. Then the first players in Line B lead out on the diagonal, again take a pass from the player on their right, then pass on to the player they are running towards (other Line B). They then join the end of that line. Over time, change to take a pass from your left instead. To extend the drill, you can vary the type of pass and the size of the square. Timing and pass placement are extremely important to this drill.



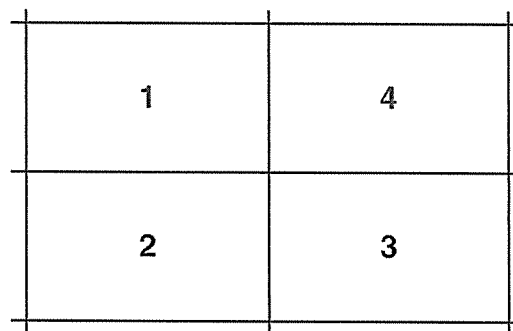
Space Awareness

Like most team sports, netball is a game that has a focus on the importance of space. Attackers try to create space and defenders try to shut down space to get an intercept.

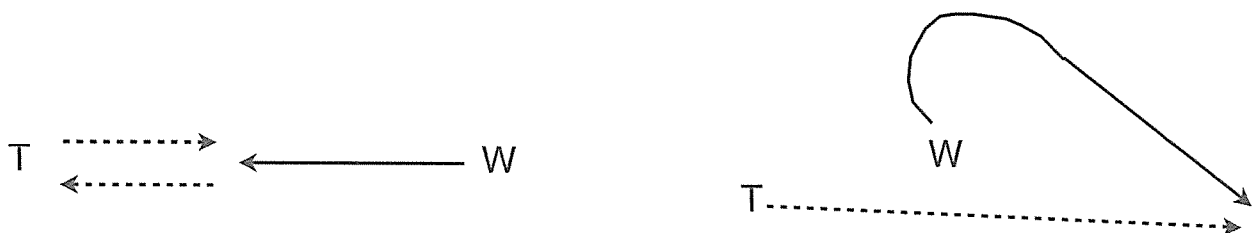
The netball court should be balanced at all times. There needs to be enough room for all players to make effective breaks. If you are not actually making a break for a ball, then you should be creating space for someone else to use.

Space Awareness Drills

1. **Four Zone.** Split one third of a court into 4 zones. Have a player stand in Zone 1, Zone 2 and Zone 3. The 4th Zone remains empty. When the coach gives the signal, the players move to a new zone. They should move to the empty zone (there will always be one empty zone). Ensure that they do not just run in circles. They will need to adapt and change direction when they see where other players move. Once their movement is good, add a ball into the drill. Players then pass to another player as they move into the empty zone.

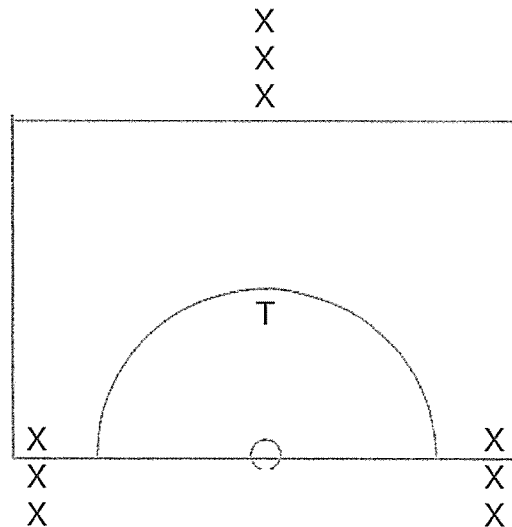


2. **Clear and Re-offer.** Work in pairs. Pairs stand about 8m apart across the court. The worker offers a straight lead towards the thrower and receives a pass. They then pass the ball back. The worker then does a clearing run out to the side, then drives back to the start to receive another pass. Repeat 5 times to each side then change roles.



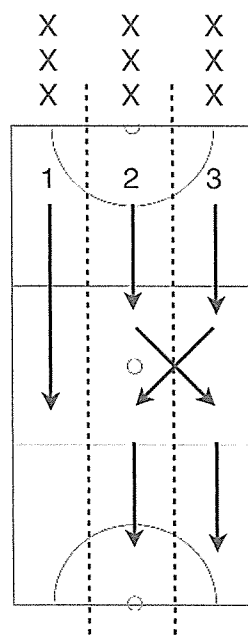
3. **Number Chasers.** Assign each team member a number from 1 to 8 (or however many people you have). Work in one third. Players are to move around the third passing in sequence from 1 to 8 and then back to 1. Keep working for a set period of time. Players must drive for the ball when it is their turn to receive. When they are not receiving the ball, they should be clearing space and creating space for others. Nobody should be standing still. Ensure that the space remains balanced at all times. Extend the drill by changing the number order (e.g. go backwards, go from 1,3,5,7,2,4,6 etc). You can also gradually add defences so eventually it is one team against the other.

4. Triangle Leads. Form 3 groups of roughly equal players. Two groups start at the corners of the goal line, one group starts at the centre of the transverse line. One player starts with the ball at the top of the goal circle. The front person from each line breaks forward - the thrower can pass to any of them. The other 2 players must continue to re-offer breaks until they have received a pass. The last player to catch the ball can pass to any of the next 3 players to break from each line. Continue until you reach a target of consecutive passes (e.g. 12).



5. Progressive Keepings Off. Split into 2 equal teams and work in one third. The first team begins by passing 10 consecutive passes using all of the space in the third. When they make 10 passes without dropping the ball, they progress to have 1 defender from the other team against them. They again try to make 10 consecutive passes using all of the space. Each time they make 10 consecutive passes, 1 more defender is added against them. If the attacking team drops the ball or the defence makes an intercept, the other team comes in and has a turn. The winning team is the one that first makes 10 consecutive passes with full defence against them.

6. 3 Lane Highway. Divide the court into 3 imaginary channels. Players line up behind each channel at one end of the court. One player from each lane moves down the court, one in each channel. The coach calls out a number and the player in that lane must move to another lane. Players must then move to re-balance the court. Continue calling out numbers for players to change as they move down the court. The next 3 players then start the drill again.





KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

ATTACKING SKILLS 2

The 'Change It' Approach

As a coach, it is important that you cater for individual skills and abilities - which in a team sport can be quite difficult. Every player in your team should have the opportunity to take part in every activity. One way to do this is to follow the major concept behind the 'change it' approach. Each time you plan an activity or drill, keep in mind how you can make that drill a bit easier and how you can make it a bit harder. In that way the same drill can meet the needs of all players.

Ways that you can change a drill to vary the difficulty include;

- 🕒 make the playing area larger or smaller
- 🕒 alter distances between players or targets
- 🕒 vary the number of players involved in teams
- 🕒 change the rules - make it easier or harder to score points
- 🕒 use different equipment - softer balls, shorter goals, smaller balls
- 🕒 introduce time limits

Straight Lead

This is the most important attacking move for players to develop.

Coaching Points:

- Sprint strongly out to the ball. Go directly forward, or at a 45 degree angle on either side. Players should never run sideways across the court for a pass.
- If you are leading to the right, you should take off on your right foot. If you are leading to your left, then take off on your left foot.
- The first 3 or 4 steps made are the ones that have to be strong.
- When leading to the right, encourage players to pivot on their right foot.
- When leading to the left, encourage players to pivot on their left foot.
- Pump your arms to go faster.
- Do not slow down until the ball is in your hands.
- Do not start your break until the person with the ball has got their balance and is ready to throw to you.

Change of Direction

This is essentially two straight leads joined together. The idea is you convince the defender you are making a break in one direction before you actually make your real move in another direction.

Coaching Points:

- Sprint strongly out to the ball, either directly forward or at a 45 degree angle on either side.
- The first 3 or 4 steps made are the ones that must be strong.
- Push off on your outside foot strongly and move in the direction you want to go.
- Again, put emphasis on the first 3 or 4 steps when moving in the new direction.

Dodge

All movement when dodging should be quick and definite.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Keep body upright, your feet shoulder-width apart and your knees and hips slightly bent.
- Move a few steps (2 or 3) away from your intended catching direction.
- Push off your outside foot strongly and move in the direction you want to go.
- Pump your arms to accelerate faster and extend your arms to catch the ball.
- Do not have your feet too far apart as it is harder for you to change direction quickly and strongly.
- Make sure movements are strong and definite and not just a bit of a lazy sway. You are supposed to be fooling your opposition about which way you are going to run.

Double Dodge

This is just another dodge added to the first one. It is used when the first dodge did not work properly and the defender is still with you.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Keep body upright, your feet shoulder-width apart and your knees and hips slightly bent.
- Move a few steps (2 or 3) towards your intended catching direction.
- Push off your outside foot strongly and move in the opposite direction for 2 or 3 steps.
- Perform a second dodge by placing the other foot firmly on the ground and pushing off in the other direction.
- Pump your arms to accelerate faster and extend your arms to catch the ball.

Lead and Drop

This preliminary move is designed to set up space for a pass behind you.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Sprint out hard towards the ball using a straight drive.
- The first 3 or 4 steps should be very strong.
- Stop suddenly and push off strongly on your front foot. Move back in a direction opposite to your initial drive.
- When moving backwards, the first 3 or 4 steps should again be very strong.
- Ensure when moving in a backwards direction your body is turned to the side. In this way you can still maintain a view of the thrower but also see where you are running.
- Extend arms to their fullest to receive the pass.

Roll

When standing, turn on one foot 180 degrees with your shoulder leading backwards, so you are facing the opposite direction. Keep turning so you actually turn a full 360 degrees, then lead. You should roll backwards towards the direction that the defence is not facing.

Half Roll

When standing, turn on one foot 180 degrees with your shoulder leading backwards. Turn back the same way and sprint towards the ball.

Clear and Drive

A player uses a clear when they want to move out of the area of play and create space for themselves or another player. This might happen if they find themselves too close to the player who has the ball, or when they have made a drive but not received the ball, or when the area of play is too crowded.

Coaching Points:

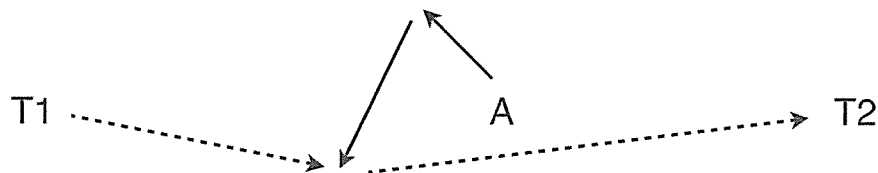
- Players most often use a side step or jog to perform a clear.
- When clearing, you should always maintain a clear vision of play - never turn your back to the ball.
- When space is created, or when a team-mate receives the ball the player can then drive again.

Go-Stop-Go

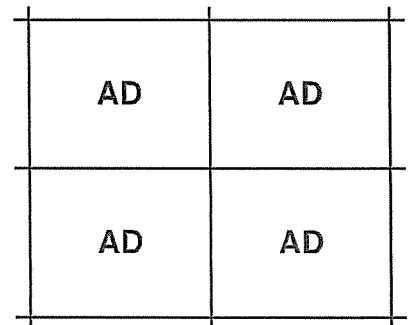
This just refers to a change of pace. The player can accelerate, then slow down (or stop), then accelerate again over a short distance. A player who runs at one speed all the time is very easy to defend. By mixing up their speed, an attacker can continually be unpredictable and difficult to defend.

Preliminary Move Drills

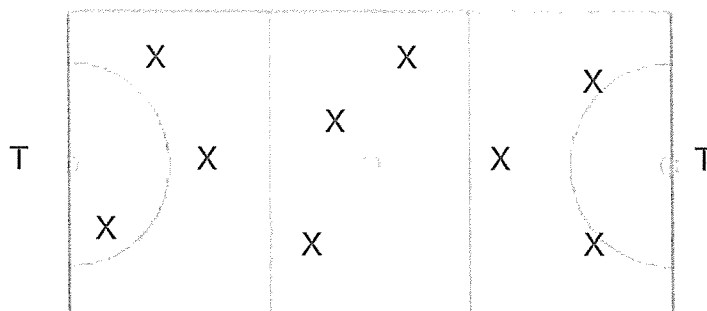
1. All Leads with a Ball. Work in groups of 3. Two throwers, one attacker. Thrower 1 starts the drill by tossing the ball up in the air and catching it again. This signals the attacker to time their move. The attacker receives the ball, pivots and throws to Thrower 2. Repeat until all the attacking preliminary moves have been practised. Swap attackers. Drill Extension: Change Thrower 2 to be a defending player instead. Thrower 1 tosses the ball which signals to the attacker it is time to move. The attacker uses a variety of preliminary moves to evade the defence and receive the ball. Complete each preliminary move at least once before swapping roles.



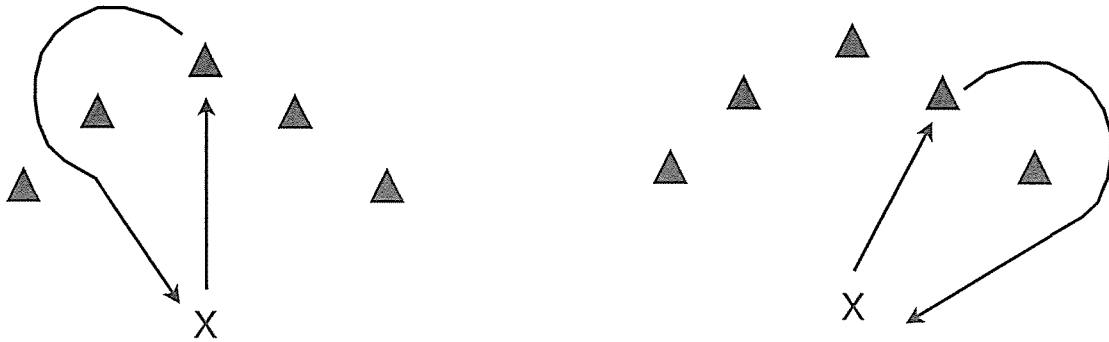
2. Teamwork Dodging. Use this drill with 8 players. Split into 2 teams and use 1 third of a court. Divide the court into 4 squares and assign one attack and one defence per square (see diagram). Teams pass the ball from one square to another without the defences being able to take an intercept. They must use a variety of dodges to break free from their defences. If the other team takes an intercept, teams swap over.



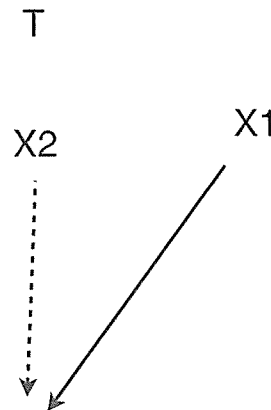
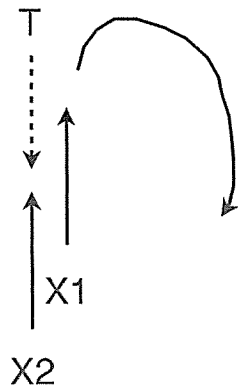
3. Three in a Third. Have 3 players in each third with a stationary thrower at each end. (Use 2/3rds only if have 8 players). Pass the ball to each player in the third before you can move the ball into the next third. All players must offer a lead when the ball is entering their third. If they don't receive the pass they must change direction and re-offer. Extend this drill by adding a defence in each third, then 2 defences etc.



4. Clear and Drive. Set up 5 cones in a semi circle. Players drive to a cone, then use a jog or sidestep to clear around another cone, then drive back down court.



- Extend this drill by adding a thrower at the top of the cones. When X drives to the cone, they don't release the ball, but then X clears and receives a pass as they drive back down the court.
- Extend again by removing the cones and having 2 attackers, one behind the other. X1 drives forward for a ball, but doesn't receive a pass and clears out to the side. X2 then drives forward and receives the pass instead. After clearing, X1 drives back down the court and receives a pass from X2.

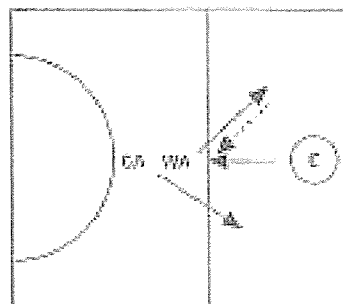
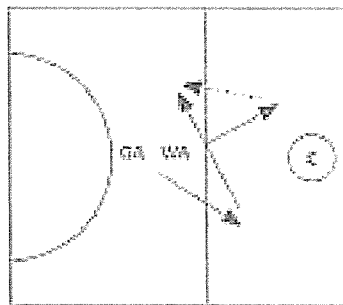
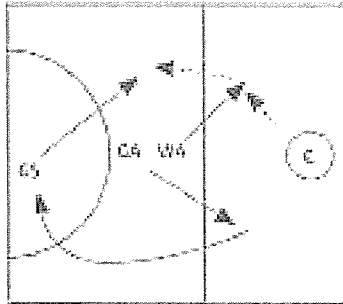
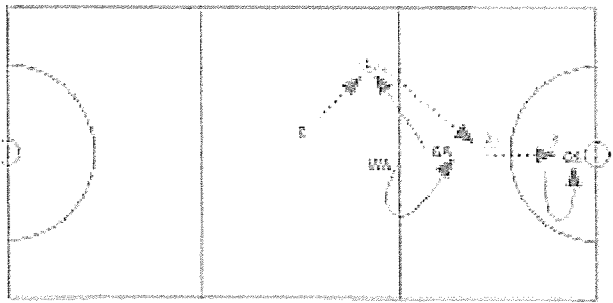
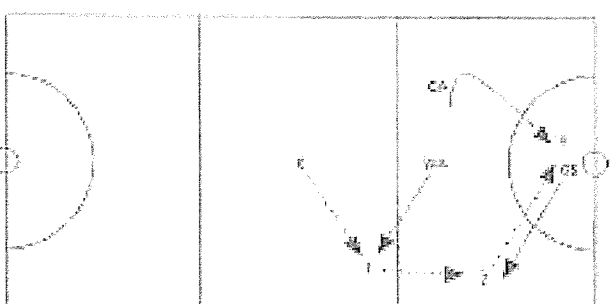


Court Systems

Court systems are used at training to set up likely game scenarios and plan some team strategies. If you practise systems enough, players will be able to fall back into familiar routines when they face pressure situations in games. Rather than learn specifics (such as it will go to the WA here, followed by the GS here and then the GA under the post), encourage players to learn to read off their team-mates movements and create and use space effectively. Players need to learn to be able to adapt and think on their feet when things don't always go to plan.

Aspects of the game which can benefit greatly from court systems work include back line throw ins, throw ins down court and centre passes. When learning different systems, start first with no defence, and then gradually add in more and more defence until it reflects a real game situation.

Centre Passes





KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

DEFENDING SKILLS 1

The 'Change It' Approach

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Five Phases of Defence

There are five phases of defence. To place maximum pressure on an opponent, all 7 players on a team need to consistently apply these 5 phases;

1. Shadowing	Adopt the defensive stance and shadow the attacker's every move.
2. First attempt	Contest for the ball. Try to get an intercept or tip or just put pressure on the attacker to cleanly take the ball.
3. Recovery	Get your balance very quickly and get back the required 3 feet.
4. Arms Up	Put your arms up over the ball. Follow the ball with your arms and hands or try to block vision for the thrower in the most obvious path.
5. Delay	If the attacker gets rid of the ball cleanly, you need to block their next move down the court so that it delays them getting back into the game. Block off their drive down the court.

Defensive Stance

Coaching Points:

- Feet shoulder width apart and pointing straight ahead. If feet are too close together they will trip over them and have poor balance. If they are too far apart it becomes difficult to push off and change direction quickly.
- Stand on the balls of your feet, not flat footed.
- Knees bent. With knees bent properly players should not be able to see their toes when they look down.
- Upper body upright and bottoms tucked in.
- Arms by side and relaxed.
- Head up and eyes up. Keeping head up also helps keep your upper body straight.

Shadowing in Defence

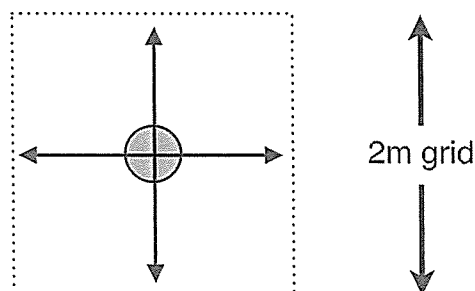
Coaching Points:

- Stand in front of opponent with back to them, your body half way across their body.
- Keep arms close to your sides.
- Feet shoulder width apart, knees slightly bent, back upright.
- Keep good vision of both the ball in front and the player behind you.
- Shadow the player's moves using fast feet to keep up with them.
- Do not turn your head - move your feet faster instead.

Shadowing Drills

1. **Defensive Shuffle.** Players work individually in a space of about 2m x 2m. They all face the same direction, towards the coach. On 'go' the workers begin fast pitter patter in the defensive stance with weight over their toes, arms by their side and eyes up. The coach can then call any of the five following commands - front, back, left, right or up (an explosive jump in the air). The workers take quick defensive steps in the direction called, fake an intercept, then shuffle back to the centre again and recommence pitter patter. Repeat several times over.

Coaching Points: Players should sit low and move their feet quickly. Ensure that they can see the coach at all times - keep head and eyes up.



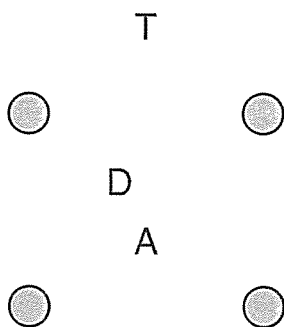
2. Shadowing between 2 cones. Place 2 cones about 2m apart. The defender starts in the shadowing position. They slide between the 2 cones, keeping in the defensive position with their head still. Practise with the head facing in both directions.

Extension 1: Add a passive attack player who moves slowly side to side between the cones. A thrower stands out in front of them both, moving a ball in their hand around. The defence has to call whether the ball is 'high', 'low', 'left or 'right'. This tests that the defence has eyes on the ball out in front of them at the same time as shadowing the attack player.

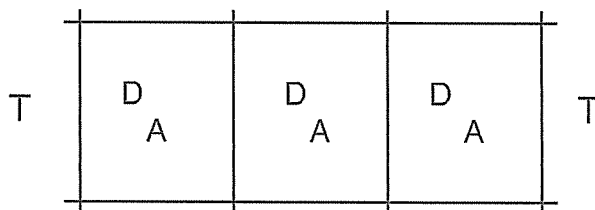
Extension 2: The thrower with the ball does a count of 5. At any time within that 5 seconds, they can pass the ball into the attack player. The defence attacks the ball to take an intercept. The attack can start off relatively passive, and then increase their contest for the ball as the defence becomes more confident.

Extension 3: The attacking player can now make a break in front of the cones for the pass.

3. Shake the Shadow. Work in groups of 3 within a grid approximately 3m x 3m. Defender tries to shadow the attacker within the grid. The attacker can offer up a variety of moves, rather than just going side to side. Thrower can pass the ball into the attack at any time with defence trying to intercept.



4. Shadow Down the Line. Split into two teams, one team wearing bibs. Set them up in grids down a line (as in diagram below). Have one thrower at either end of grids. T at one end passes the ball to first attack, whilst defender tries to shadow. The attacking team tries to pass the ball all the way down the grid to each of their players, without defenders getting an intercept. If the defending team does take an intercept, then they become the attacking team and the game starts again. Do not allow lob passes, so that the defenders get more practice. You can vary it by allowing one team to stay defenders for a set period of time and counting the intercepts they achieve in that time. Ensure you swap Ts regularly so everyone gets a turn.



First Attempt

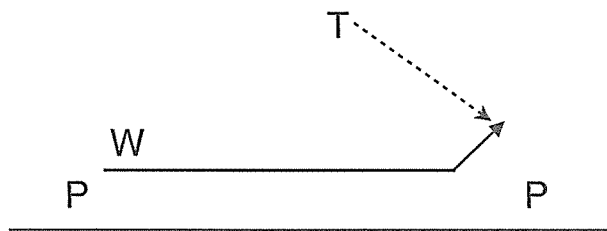
First Attempts are important in defence. Shadowing is only effective if you then follow it up by actually trying to intercept a pass sent to your attacking player. The pressure applied when shadowing needs to be continued right through to the player attempting to catch the pass. The ultimate goal is to try to take an intercept with two hands cleanly. However, a tip or deflection gathered up by yourself or a team-mate is also good.

Coaching Points for First Attempt Drills:

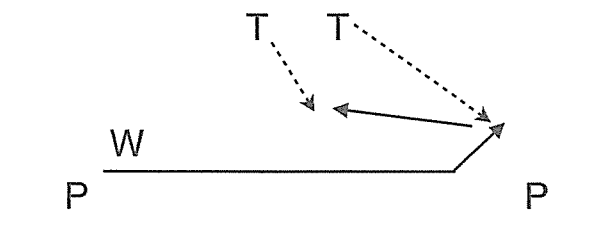
- Defender should start with a wide, solid defensive stance before extending fully to the ball
- Have the passes go to the attacker at chest height to begin with. As the defender gets better, vary the height of the pass from hip height to above the head.
- The defender should take the intercept with their upper body at full stretch. They should snatch the ball aggressively to their chest.
- Look for balance on landing. A wide stance on landing will enable them to get better balance after taking an intercept.
- Ensure that you keep good body control as you sprint past the attacker to take an intercept so that you do not contact them on the way through.

First Attempt Drills

1. Shadows and Intercepts. Work in groups of 4 - 1 worker, 1 thrower and 2 stationary posts. The worker starts sliding along line in defensive position, imagining they are shadowing an attacking player. The thrower then passes the ball towards the post at one end. The worker runs forward to intercept the ball in front of the post with two hands preferable. Start back level with the line and move towards the other side.

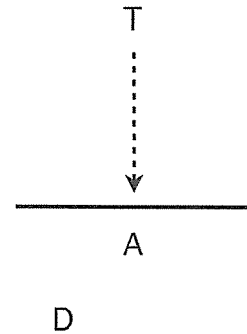


Extension 1: Have 2 Throwers out the front. The defence intercepts the first ball but then takes another ball straight away.



2. Two Hand Take. Work in groups of 3. One thrower stands about 5m in front of an attack and defence who start behind a line. The attack stands with her hands out in front of her face, presenting a clear target for the thrower. For the first part of this drill, the defence starts beside the attack, behind the line in the defensive position. The thrower passes the ball to the attack at the target. The defender has to stretch across to take an intercept with two hands, without touching the attacking player. Ensure the defence starts on both the left and right hand sides of the attacking player. Swap over roles when had sufficient turns.

Extension 1: Have defender start approximately 3m behind the line (see right). They now have to sprint to take the intercept. Adjust the length of the pass to the attacker to make it easier or harder. Longer pass is easier to intercept.

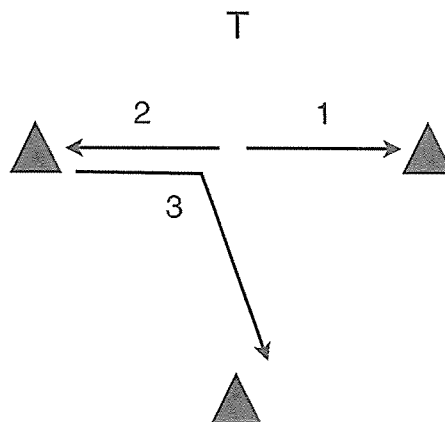


Extension 2: Allow the attacking player to lunge for the ball.

3. One Hand Tip. Set up as in above drill. This time defenders come around the body and tip the ball with their outside arm, then chase it down. Ensure the players practise from both sides of the attacker's body.

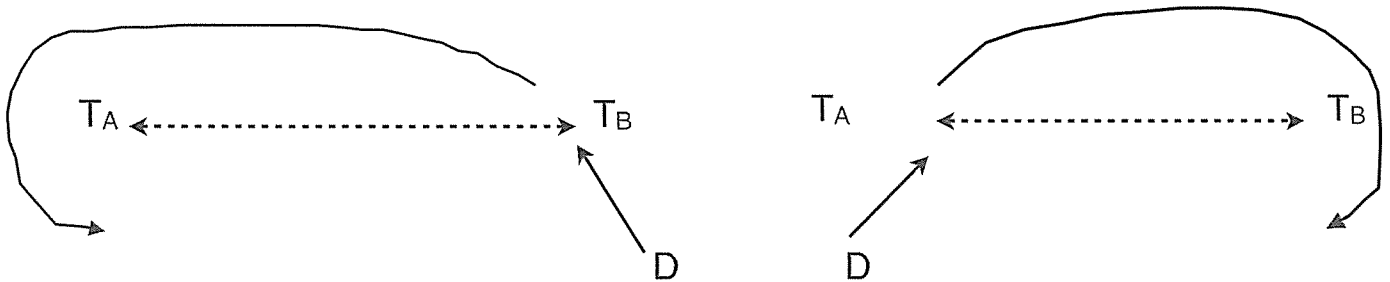
4. Defence Triangle. Use 3 cones to mark out a triangle with sides approximately 5m. The defender starts in the middle of the triangle baseline and defensive shuffles to the right to take a pass from the thrower. They then shuffle to take a pass to the left, and then head back towards the middle before dropping back to take a lob at the tip of the triangle.

Coaching Points: Players should sit low and move their feet quickly. Dance on the balls of your feet. Take an intercept with your upper body at full extension. Make sure you have a wide, balanced landing before passing the ball back to the thrower.



Extension 1: Add an attacking player into the mix. Have them start out quite slowly, but as the defence gets better they can increase the contest for the ball.

5. **Figure 8 Intercepts.** Work in 3s. Two throwers, one defender. Throwers stand approximately 8m apart passing the ball to one another. The defence starts about 4m away from the thrower. They time their move to take an intercept as it heads from Thrower A to Thrower B. They try to take the intercept with 2 hands, then throw it back to Thrower A. They then move in a figure 8 around Thrower A, ready to time an intercept again, this time for the pass from Thrower B to Thrower A. The two throwers just continue to pass backwards and forwards to one another the whole time.



Extension 1: If the defence does not make the intercept, they recover instead to 3 feet and put their arms up to defend the next pass from the Thrower.

Extension 2: Adjust the length of the pass. Having a shorter pass means the defence has to have quicker reflexes and footwork.

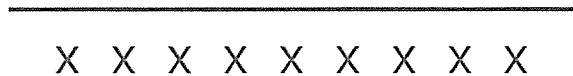
Recovery and Arms Over

Coaching Points:

- Push off strongly using long stride or a few steps to get back 4 feet.
- Use arms to help power you backwards.
- Feet shoulder width apart, knees slightly bent, weight forward on ball of foot but with whole foot on ground.
- Stretch arms upright. Arms follow the movement of the ball.

Recovery and Arms Over Drills

1. **Recovery to 3 feet , arms over.** Have players all start up on the transverse line. On 'Go', they all step back 4 feet, get balance and put arms up. Check that their feet get back before they put their arms up.



Extension 1: Add arms over the ball movement. Coach stands out in front of the line with the ball and moves it slowly around. Players move their arms to mirror those movements.

Extension 2: Set up cones about 2m apart along a transverse line. Players work to the cone, deflect an imaginary pass with their outside hand, then recover to 3 feet and hands up.



Extension 3: As above, but add a ball thrown in randomly to check that players have their eyes up.

2. Dictating the Pass. Work in groups of 3. The Thrower tosses the ball to self and catches it. The Defender fakes an attempt at the intercept. The Thrower turns to pass the ball to the Attacker, the Defence must get back 3 feet quickly and defend with arms over. Have the Defence vary their arm positioning to dictate the next pass;

- One arm high and the other out to the side (9 o'clock or 3 o'clock)
- Both hands wide in a V
- Tracking the pass - mirroring the ball movement

The Thrower then tries to make a successful pass to the Attacking player

T D A

Coaching Points:

- Arms straight up vertically block the pass straight down the court and open up passes to both sides.
- Arms at 3 o'clock position block passes to the defender's right hand side and encourage the player to pass down the left hand side of the defender.
- Arms at 9 o'clock position encourage the player to pass down the right hand side of the defender.
- Arms in a lateral V hinder passes down both sides and encourage a high ball.

3. Defensive Strike. Work in groups of 4. Two Throwers stand approximately 8m apart, with a Defence and an Attack between them. Thrower 1 passes to the Attack, with the Defence trying to shadow and intercept. If unsuccessful, they must get 3 feet and arms up to defend the pass from the Attacker to Thrower 2. Continue working backwards and forwards down the line for a set time. Swap over roles.

T₁ D A T₂

Extension 1: Allow the Throwers to move when receiving a pass from A. See if the defender's arm position can dictate the pass.

4. Defence Circle. Form a circle with around 6 players, about 8m in diameter. Have one Defence and one stationary Attack in the middle. Players pass the ball around the circle to other players. The Defence has to continually readjust their position to ensure that they remain in a front position to the attack. The players can also throw into the Attack at any time. The Defence must try to go for intercepts when available, as well as using fast feet to maintain a good defensive position. Have circle players use slow passing until the defence gains confidence. The defence should move to get between the ball and the attack as soon as they see the ball in flight. They need to keep their head and eyes up, sit low in defensive position and move feet quickly so they do not contact the attack.



KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

DEFENDING SKILLS 2

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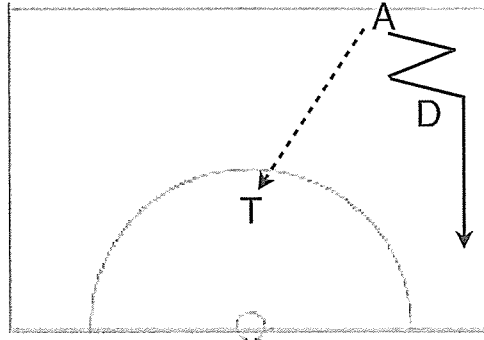
Delaying

Coaching Points:

- If an attacker gets a pass away, the defence then needs to step in and delay the attack's movement down court.
- Try to make the attack have to dodge two or three times before they can get past. In this way valuable time has been wasted and the defence has essentially taken that player out of contention for the next pass.

Delaying Drills

1. Delaying the Drive. Use half a width of one third for this drill. Set up with one attacker, one defender and one thrower.



The attacker passes the ball to the thrower. They then make a break down the court for the next pass. The defender tries to block and delay their progress down court, making them change direction a number of times and therefore slow their passage. Ideally the defender tries to make the attacker go down the sideline so that the defender always stays between the attacker and the ball. When the player gets past them, the defender should 'open out' so that they have eyes on the ball to try and take the intercept.

Coaching Points:

- The defender should try to have eyes on the ball at all times.
- Once the attacker gets past them, they need to open out so that they are facing the ball and have an in-front defence position.
- If they can make the attacker change direction at least twice, they will be very close to having a held ball called.

2. Up to the Line. Players stand about 5m behind the transverse line facing down the court.

- Sprint to the transverse line. Work the ground moving backwards in defensive shuffle to the starting point. Repeat 5 times.
- Sprint to the transverse line. Imagine you are going for an intercept - that is, put your arms out for an imaginary ball. Work the ground back to the starting point. Repeat 5 times.
- Sprint to the transverse line. Imagine you are going for an intercept. Get back 3 feet from where you went for the intercept. Hold that distance for 3 seconds with your arms out over the imaginary ball. Work the ground back to the starting point. Repeat 5 times.
- Sprint to the transverse line. Imagine you are going for an intercept. Get back your 3 feet with arms over the ball. Hold for 3 seconds. Imagine the thrower has released the pass and you then 'close off' the distance - that is, jump forward about 30cm towards the thrower to delay their next move. Work the ground back to the starting point. Repeat 5 times.

Lean Defence of Shot at Goal

The aim of the Goal Keeper and Goal Defence is to limit the scoring opportunities of the opposition and to try to gain possession of the ball. They also try to make the shooters take their shots at goal from further out so that they have the least chance of success.

Coaching Points:

- Take a position 3 feet from the shooter's landed foot.
- Lean over the ball with one hand or two hands to apply instant pressure on the shot.
- A player can obtain greater stretch using one hand, but has greater balance leaning with two hands.
- The defence can use a swinging action where they start defending with one hand, then switch to the other hand to assist with balance as they fall to the side of the shooter.

Jump Defence of Shot at Goal

Coaching Points:

- Mixing up the type of defence can keep the shooter guessing and unsure of their timing of shot.
- On the jump, defenders start with their knees bent in a crouched position, ready to explode and jump to tip the ball.
- They must time their jump for the shooter's release of the ball or for the full 3 seconds.
- Varying the timing of the jump can put more pressure on the shooter as they don't know what to expect.

Rebounding

One of the most important aspects of circle defence is rebounding. The defence should aim to get in the best position for a rebound, which generally means a front position. A circle defender needs to be quick thinking and block the shooter out from getting a good position for a rebound.

Coaching Points:

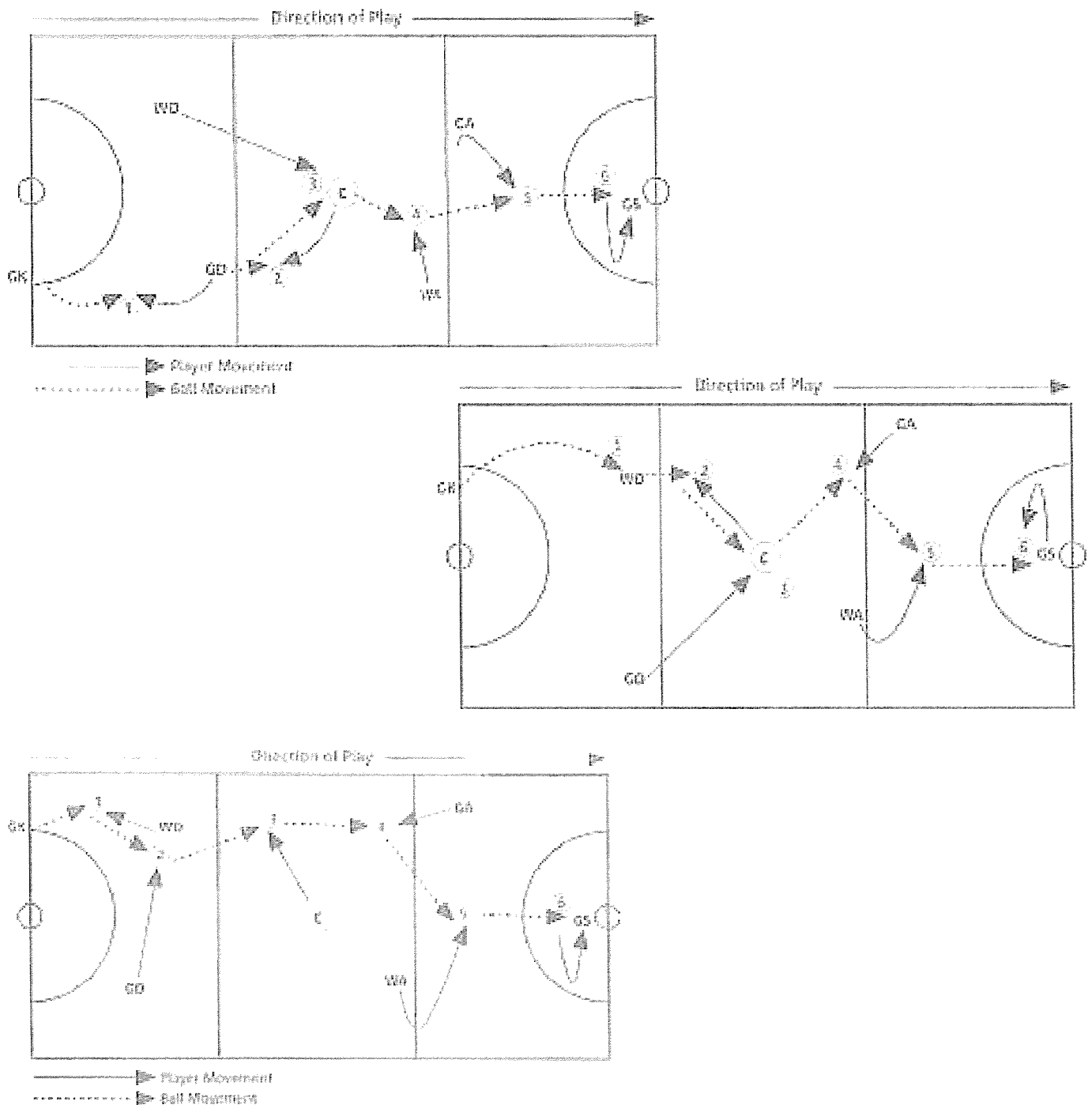
- After a shot is released, the defender needs to recover quickly, turn and block the shooter with a wide, balanced stance.
- They then have front position for the rebound.
- The defender should always go up for the rebound with two hands and pull the ball down aggressively to their chest.
- The defender of the non-shooter needs also to set up for a rebound. They should aim to secure a front position whilst also keeping an eye out for an off-load by the shooter.

Court Systems

Court systems are used at training to set up likely game scenarios and plan some team strategies. If you practise systems enough, players will be able to fall back into familiar routines when they face pressure situations in games. Rather than learn specifics (such as it will go to the WA here, followed by the GS here and then the GA under the post), encourage players to learn to read off their team-mates movements and create and use space effectively. Players need to learn to be able to adapt and think on their feet when things don't always go to plan.

Aspects of the game which can benefit greatly from court systems work include back line throw ins, throw ins down court and centre passes. When learning different systems, start first with no defence, and then gradually add in more and more defence until it reflects a real game situation.

Back Line Throw Ins



Passing Pairs

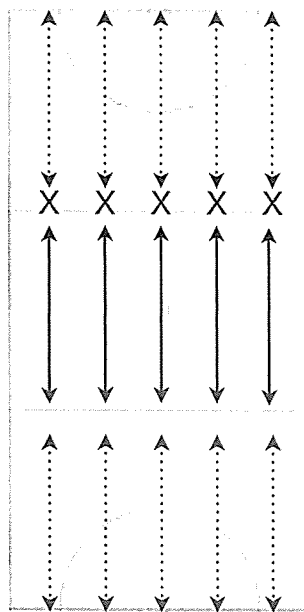
1. Power Passing (5 minutes).

Work in pairs, standing opposite each other on transverse lines, one third apart. Thrower tosses ball to self, lands in 2 foot power position, then steps forward and does power pass to partner who is doing a straight drive towards them. Repeat 6 passes each.

Focus: Ensure solid, stable power position land. Use the extra momentum as you step forward to ensure the pass is a firm, straight, hard pass. Ball placement is everything. Attacking player must not stop until the ball is in their hands - drive hard to the ball and land in balanced position so you can give a solid pass back.

2. Pairs Passing. (5 minutes)

10 shoulder passes, put ball down, turn and sprint to end of court and back again. Repeat x 5.



Focus: Concentrate on keeping good technique even when tired.

3. Distance Challenge. (5 minutes)

Work in pairs. Pass 10 passes without dropping the ball, move back a step. If you drop the ball, move in one step and start count again.

4. Time Challenge. (5 minutes)

Work in pairs. Within 30 seconds, pass as many shoulder passes as possible. If drop, start count from zero again. Compete against rest of team or try to score a personal best.

5. Fast Feet Lunging (5 minutes)

Work in pairs. Stand about 5m apart. Thrower A passes to B who takes ball on a left lunge. Return ball to A and take pass on straight lunge, return and take ball on right lunge. Return, run forward around A and back to take a lob. Swap over. Repeat 5 times each.

Focus: Fast feet on spot by worker. Aim to take ball on full stretch. Outstretched arms and fingers, eyes on ball. Take a clean catch each time.

6. Peripheral Vision. (5 minutes)

Work in pairs. Both stand on line. A thrower, B receiver. A faces B, B faces forward on line. A passes an easy pass just in front of line to B. B uses peripheral vision to site ball and take catch. Repeat 5 times from each side then swap over. Repeat again, this time starting with fast feet and attacking the ball as you see it coming.

Focus: Track ball with eyes as soon as it is released. Attack ball on second time around. Keep fingers wide and outstretched to improve catching.

7. Pairs Ball Challenges. (10 minutes)

One hand control in pairs (soft)

One hand control in pairs (hard)

Side to side (outside foot landing)

Side to side (outside pivot)

Passing on the move

Balance jumps (taking high pass and landing in front of line)

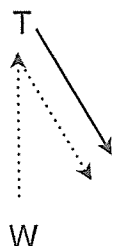
Left and Right Calling

Reaching over line and snatching in (right and left sides hook ins)

Surprises

8. Drive and Drop (5 minutes)

T has ball. Worker drives in to T and touches ball, then drives back at angle to take ball on right side. Repeat again, this time driving back to left. Continue for a set time or number of passes then swap over roles.



9. Cross (5 minutes)

One thrower, one worker. Worker drives out to R for a pass, returns the ball. Drives back to the left, at middle of cross they do a double dodge then drive out to left for pass. Return the ball. Drive in and touch the ball, then drive back to take lob. Start again. Repeat 5 times then swap over.

10. Reaction Work. (5 minutes)

Work in pairs. Thrower holds the ball at head height and drops the ball. Worker must catch the ball before it hits the ground.

- W starts with hands on thighs
- W starts with hands on side of head
- W starts with hands behind back
- W starts with hands in front, must go behind and clap before catching the ball. (You may allow the ball to bounce once for this one).

11. Get Up Off the Floor. (5 minutes)

In pairs. Thrower has the ball, Worker sits on the floor about 3m away. Thrower tosses the ball in the air, Worker must get up off the floor and catch the ball before it lands on the ground. Pass the ball back to thrower and repeat.

Progressions: Worker has to get up without using their hands; W starts lying on stomach.

12. Working Across an Area. (10 minutes)

Both players working. W1 starts going forwards, W2 works backwards. They move from one transverse to the next transverse.

- Both Ws just move while passing the ball
- W1 passes from right hand to W2's right hand (1 handed)
- W1 passes from left hand to W2's left hand (1 handed)
- W1 passes to W2 who places the ball on the floor and moves backwards. W1 picks it up, passes to W2 who again puts it on the floor etc.

13. Boundary Pass. (5 minutes)

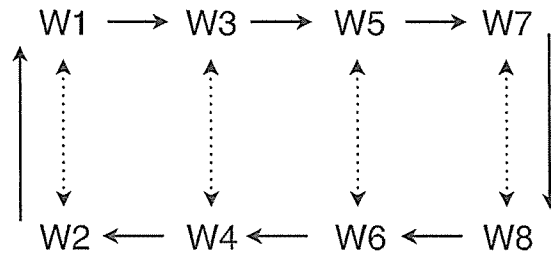
Players run around the outside of the court passing or bouncing to each other. On the whistle they change direction.

14. Forwards and Backwards. (5 minutes)

Pairs stand facing each other at one end of the court. One run backwards and the other runs forwards whilst chest passing. Aim to maintain the same 2-3m distance along the length of the court. Reverse roles on the way back down the court.

15. Ball Formation Shuffle. (5 minutes)

Set up in pairs in two straight lines using dots as markers. Each pair has a ball. Pairs pass the ball 8 times, then put their ball down, everyone shuffles one place to the left and you start again. You can have two groups competing against each other to see who gets back to the start first.



16. Hear and Catch. (5 minutes)

Partner stands with back towards thrower. Thrower drops the ball. When the worker hears the ball bounce they turn and catch it before it bounces a second time.

17. Over and Under, Twist and Turn. (5 minutes)

Players stand back to back. Ball is passed to partner backwards over their heads, then returned forwards through the legs, thus is traveling in a circle. Reverse direction.

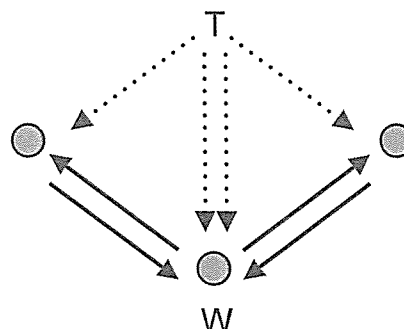
Twisting - players pass ball from one side of body and receive it on the other side of body. Reverse direction.

18. Shrink and Grow. (5 minutes)

Begin 3m away from partner. Each pair throws shoulder passes. If they drop the ball, both players kneel on one knee. If they drop it again they drop to both knees. Drop again they sit, drop again they lie down. For every 10 successful passes they grow one step again, or take a step backwards if still standing.

19. Outside Pivot. (10 minutes)

Worker drives to right diagonal take a pass, lands on outside foot, pivots to the outside, returns ball. They then drive back to starting point and receive a second pass on their left foot. They then return the ball and work same drill to other side. Repeat 3 times to each side.



20. Clock face (5 minutes)

One thrower, one worker. Thrower calls out a time on a clock face and passes the ball in that direction. Worker must react quickly to snatch the ball in.

21. Passing Clock 1 (5 minutes)

Pairs stand 2m apart facing each other. Worker runs fast feet on spot. Thrower passes ball

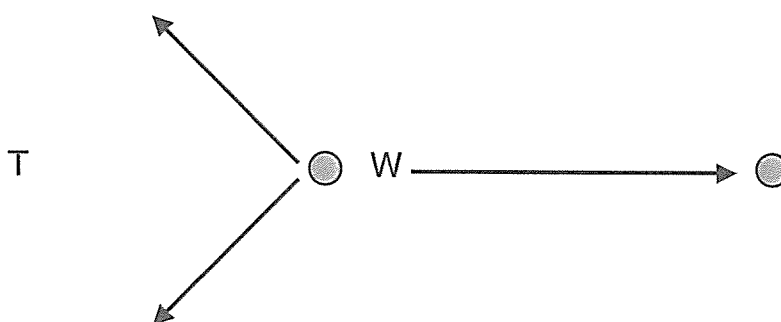
- low left for worker to catch and return
- low right for worker to return
- high left for worker to return
- high right for worker to return
- over the head of worker. They must turn and get the ball before it hits the ground. They pivot and pass a chest player back to thrower to finish.

Focus: Passes should come rapid fire. The final pass must be sensible and give the player some chance of success.

22. Passing Clock 2 (5 minutes)

Pairs stand 2m apart facing each other. A dot marks the starting position with another dot placed 5m behind. Thrower passes the ball to the left of the worker. She drives onto the ball to make the catch then returns it to the thrower. They then backtrack to the starting position. Repeat out to right hand side and return to starting position. Thrower then passes two high passes in a row that require the worker to jump high and snatch them in. The worker then turns and runs to the back dot to receive an overhead pass into the space. She pivots and returns ball back to thrower to start drill again.

Focus: Passes should come rapid fire. The final pass must be sensible and give the player some chance of success.

**23. Left, Right, Up or Down.** (5 minutes)

Pairs stand 5m apart, worker's back is to thrower. Thrower passes an easy ball and at the same time calls out either left, right, up or down. The worker must turn and try to catch the ball before it hits the ground. Swap roles after 10 attempts. On second rep, worker starts by doing pitter patter on the spot and tries to do the drill faster than the first attempt.

24. Reflex Balls. (5 minutes)

Pairs stand facing each other two steps apart. Thrower stands with ball at waist height and an underarm grip. The worker keeps eyes focussed on the ball, knees slightly bent and hands on sides of legs. Thrower flicks the ball softly but quickly in a random direction for the worker to snap hands forward and take possession, snatching the ball away in a smart take. They return the ball quickly to the thrower and reset. Rotate roles after 15 attempts.

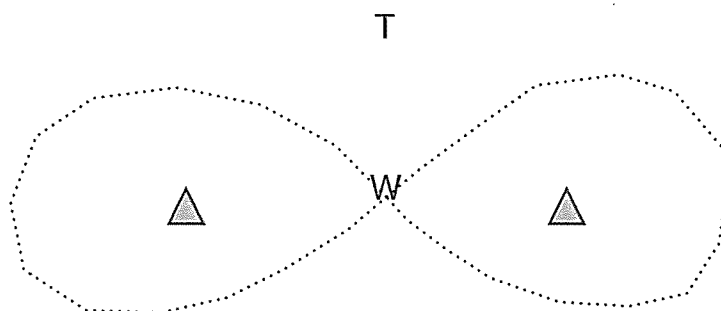
Next rep, worker adds fast feet to mix. The pairs move slowly down court whilst doing the drill, maintaining the same distance between them and ensuring they comply with the footwork rule when in possession of the ball.

25. Cross Body Work. (10 minutes)

Thrower stands 3m away from worker. They pass an easy ball at head height to the worker's left side. The worker comes across their body with their right hand and returns the ball with a tap to the thrower's chest. The next pass goes out to their right side and they cross over with their left arm and tap it back. Continue for 30 seconds then swap over.

26. Figure 8 drill. (5 minutes)

Set up 2 cones about 2m apart. Thrower stands out in front. worker moves figure 8 around cones, always keeping eyes and body forward to have eyes on ball. They will use a variety of footwork patters to do this fast - sidestep, sprints etc. At any time the thrower can throw the ball in and worker must drive to the ball to take catch. She then returns the ball and continues the circuit. Work for a set period of time.

**27. Straight Cross (One handed ball control).** (5 minutes)

In pairs, about 1m apart facing each other. One ball. Using one hand only, players pass the ball across to each other. One player passes straight to the other - they pass on diagonal back. Do 20 passes, then swap over roles from straight to diagonal and vice versa. Increase distance to shoulder pass if capable. Can also add an extra ball for greater challenge.

28. Drive and Catch. (5 minutes)

Stand one third apart. Pitter patter x 10 on spot, then drive forward to receive ball from thrower. Repeat x 5 then change roles. Complete three times. Do not slow down until ball is in your hands.

29. Touch and Drive. (5 minutes)

In pairs, thrower standing on transverse, worker standing halfway to goal line. Worker jogs back to goal line. When they hit it they turn and sprint hard to take a shoulder pass. return ball. Repeat 6 times and then swap over.

Can extend the drill by having the thrower use different passes (chest, high, bounce) or by doing bad passes within their reach.

Focus: Use the outside foot to push off and change direction. Catch each pass cleanly without a second grab, and snatch the ball into the chest. Steady and return each pass accurately. Accelerate towards the ball on receipt. Jump forward to snatch.

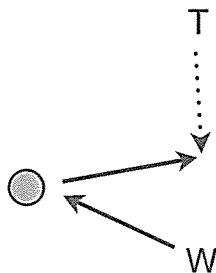
30. Up and Down Court. (5 minutes)

In pairs, players pass the ball across to each other as they move up and down the court. They should stay 4-5m apart.

- Chest passes
- 1 hand control (outside hand)
- double lead for ball

31. Touch and Reach. (5 minutes)

Thrower stands out front with ball. Worker sprints to dot, changes direction and sprints no more than 4 steps to take a pass at full stretch. Repeat 5 times then swap. Repeat going out to the other side.

**32. Hook Ins.** (5 minutes)

Stand 1m apart. The thrower passes the ball within reach of the worker's outstretched arms. The worker must react to pull the ball in with one hand only, jamming/ snapping/ hooking it into the other hand.

33. Balance Jumps. (5 minutes)

One player is thrower and the other is worker. Worker stands in front of line (heels almost touching), and the thrower passes a high ball. The worker is to jump and take the ball in two hands and to stay in front of the line. Repeat 6 times and change.

34. Toe Tiggy. (5 minutes)

With a partner, find a space and hold hands. On "go" each player tries to touch the other person's feet with her feet. Count how many times you are successful. Continue for 30 seconds.

35. Speed of Ball. (5 minutes)

With a partner, players stand 1m apart and have their preferred throwing hands level. They catch with 2 hands and pass with 1. Players move the ball out of their hands as quickly as possible after they catch. Speed and accuracy are the key points here.

Can extend by using non-preferred hand or by increasing the distance between players. Can race against time or race against each other. Good drill for working with intensity.

***Focus:** Hands need to be out in front of body to catch. Once the ball is caught, they need to use one hand to push the ball back, with control and accuracy to their partner's throwing hand. Virtually no backswing is needed at this close distance, all their power and control comes from the wrist and fingers.*

36. 5 Passes and Run. (5 minutes)

Players pass to each other 5 times. The player without the ball then turns and runs to touch a line about 5m away. They then run back to their original position and receive a pass. 5 more passes - and this time the other person should be without the ball and run. Continue at high intensity for about 1 minute.

***Focus:** When players return from their run they must set up immediately in the correct throwing position - opposite foot forward, pass with 1 hand.*

37. Passing on the move. (10 minutes)

Limit a grid for each pair to pass in, approximately half of 1 third. Players move to receive the ball consecutively. Do a series of 10 passes using straight, high, bounce, long and double leads. Rest for 30 secs then repeat again. OPlayers should stay 3-5m apart throughout. Work at high intensity with good quality for a short period of time.

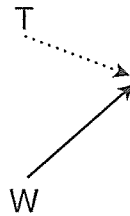
***Focus:** Expect high quality and high intensity. Speed off the mark when leading is important. Hard, accurate passes are imperative. Passing out in front is a necessity.*

Passing Threes

1. Outside Pivot (10 minutes).

Worker breaks to right 45° to take pass from thrower, landing on right foot and pivoting to right. They pass to the other thrower and then again break to the right, land on the right and pivot to the right. Rotate regularly, then repeat again breaking to the left.

Focus: Pass placement is important. Thrower must pass in front to where they are running, so that outside pivot is possible.



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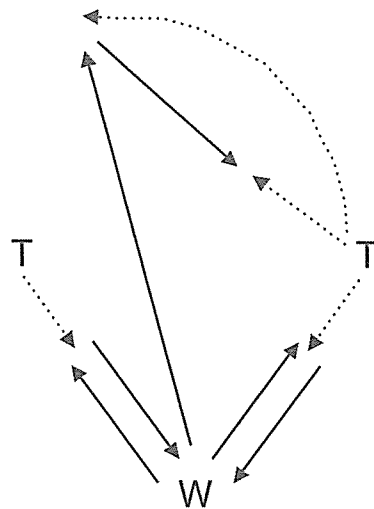
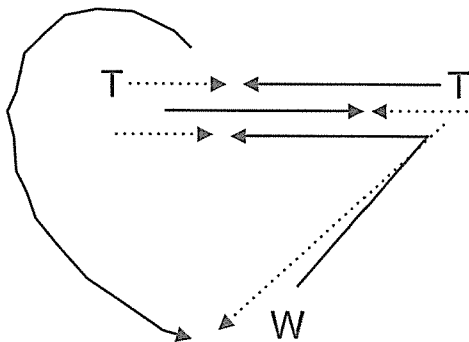
2. Long Passes. (10 minutes)

1 Thrower on each sideline, 1 worker in middle of court. Worker drives towards thrower A and receives a pass, pivots and passes to thrower B. They then drive towards them to receive a pass, pivots and then throws back to player A. etc

Focus: Drive hard to the ball without slowing down. Looking for a strong, straight shoulder pass and landing on the correct foot for pivot. Throwers need to focus on placing the pass at chest height for the worker. May have to start at shorter distance if need be.

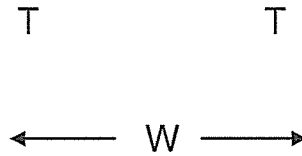
3. Grid Challenges. (10 minutes)

One worker, 2 Throwers, both with balls.

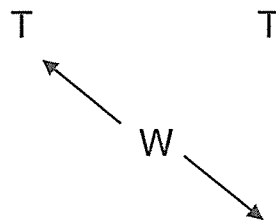


4. **Ball Skills.** (10 minutes)

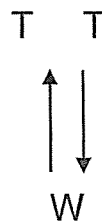
- a) Side to side. Turn shoulders so they point in the direction of running movement. Land on outside foot. Pivot to open up to thrower before doing a good pass back.



- b) Run forward to pick up a low ball, return ball. Turn to run at an angle away from the thrower keeping head turned to watch the ball. Jump off two feet for a high ball - ensure player goes straight up in air so don't contact. Repeat in opposite direction.



- c) Forward to pick up a low ball, step back and jump off two feet for high ball. Straight in air so don't contact.



- d) Drive towards RH shoulder of thrower to receive a pass. Land on outside foot, pivot and pass to other thrower. Repeat driving to their LH shoulder.



- e) Start drill as above driving to the RH shoulder. When they get to the shoulder, they stop and push off with their left foot so they continue to face the thrower to receive a lob. Land on outside foot and shoulder pass to other thrower and repeat. Repeat driving to the LH shoulder.



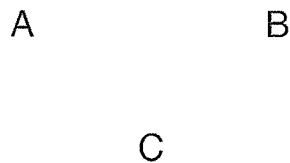
5. Triangles (5 minutes)

Two balls between 3 players. Players A, B and C stand in a triangle sufficiently apart to allow chest passes. Players B and C both have a ball. Player B throws to A who passes it straight back again. Player C then passes to A who throws it back. Repeat, moving as fast as possible without dropping the ball.

Focus: Quick, accurate passing and lots of concentration are needed.

6. Double Touch Jump. (10 minutes)

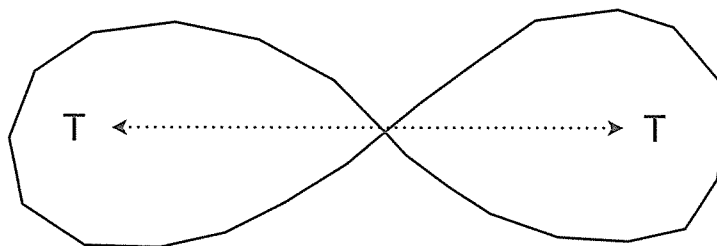
A, B and C form a triangle about 2 steps apart. A holds ball with 2 hands overhead, B holds the other ball with two hands in front, just below waist level.



C steps forward with left foot and touches A's ball, slip-steps back quickly to change feet and steps with right foot to touch B's ball. C quickly slides the front foot back and elevates powerfully off both feet to receive a short lob from A, who releases the ball at the same time as C touches B's ball. C rakes the ball in with one hand and returns it to A. Sequence repeats immediately in reverse as C starts the routine at B's ball.

7. Figure 8. (10 minutes)

Two players stand facing each other about 3m apart. These players throw the ball back and forth between each other. The worker has to run around these players in a figure 8 pattern trying to anticipate when the ball will be thrown and explode onto the ball to intercept it.



Focus: Don't just keep running at the same pace. The throwers should vary their passes; ie straight, high or bounce, and the worker should adjust the speed of their running to time their intercept. If need be, they can wait behind a thrower. Do 6-8 figure 8s and swap over.

8. Touch and Up (5 minutes)

2 Throwers with a ball each and one worker. Worker goes forward and touches ball at Thrower 1, then runs back quickly and jumps off two feet to catch a lob from Thrower 2. They must move their feet quickly to get under the ball when jumping to avoid contact. Do 6-8 on each side before swapping. It simulates the idea of going for an intercept, the quickly having to recover to react to a pass coming in.

9. Reactions (5 minutes)

Work in a grid approximately 2m. Two throwers with a ball each, 1 worker in centre of grid. Thrower 1 releases ball anywhere in grid. Worker must react quickly, gather it in and give the ball back. Other thrower then does same. Keep repeating, moving faster and faster.

Focus: *Be on the balls of your feet ready to move. Have head up watching at all times.*

10. Pass and Move. (10 minutes)

Work in a grid 5m x 10m (half a third). One person in each group rests at a time. The two working pass the ball to each other whilst on the move, using all the space in their grid. Players should only ever be 3-5m away from each other. Rotate the resting player every 10 passes. Concentrate on something different every 10 passes;

- Get used to the drill
- Be in the air to catch the ball. Land one foot after the other.
- Pivot so you are facing where you are throwing.
- Pass the ball ahead of the receiver.
- Run fast, pass hard.
- All of the above.

Can progress this drill from putting the third person in as a defender. They must try to stay between the attackers. Attackers can only use straight passes and straight leads.

11. Quick Passes (5 minutes)

1 worker, 2 throwers with a ball each. Players stand in a triangle. The worker alternatively receives passes from each thrower and returns the ball to the thrower who passed them the ball. Throwers gradually pass the ball faster and faster so the worker continually has a high work rate.

Focus: *All players need to try to catch the ball out in front of their body and flick the ball quickly, with control. Always have one foot forward when passing.*

12. Keepings Off (5 minutes)

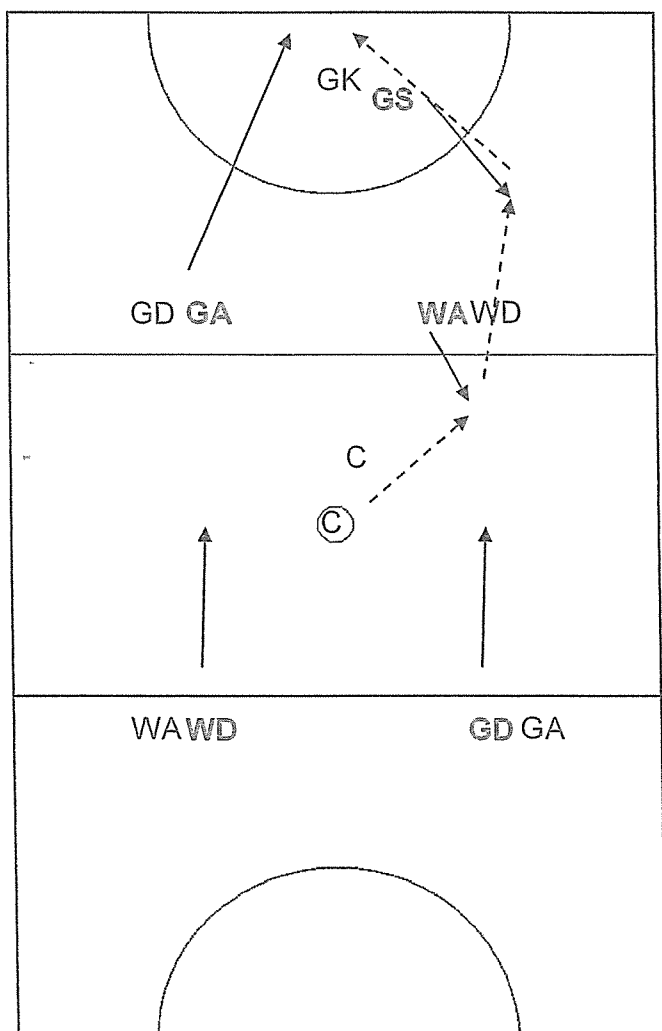
2 Attackers, 1 defender, 1 ball. Players use a grid the size of half of 1 third. Defender starts between the two attackers. The attacker without the ball leads to a space and receives a pass, then it's the other attacker's turn to break. The defender tries to stay between the 2 attackers. Attackers cannot pass over the top of the defender, and no bounce passes are allowed. This forces attackers to do 'double leads'.

Focus: *Encourage players to use the whole space available to them. Attackers can only use a straight lead or double lead.*

SYSTEMS & SET PLAYS

Repetition of a couple of *simple* set plays will help your team to master (eventually) some full court plays.

Centre pass system 1



1. The GA and WA try to set up on inside/ball side
2. WD and GD set up inside/ball side to come down court as backup.
3. The pass goes C to WA . C to then start drive wide to circle edge.
4. GS to drive out once you see WA has a clear option for the ball.
5. WA to pass to GS
6. GA to commit to the C pass then switch and drive to the post.
7. GS to pass to GA.

Points you want to remember:

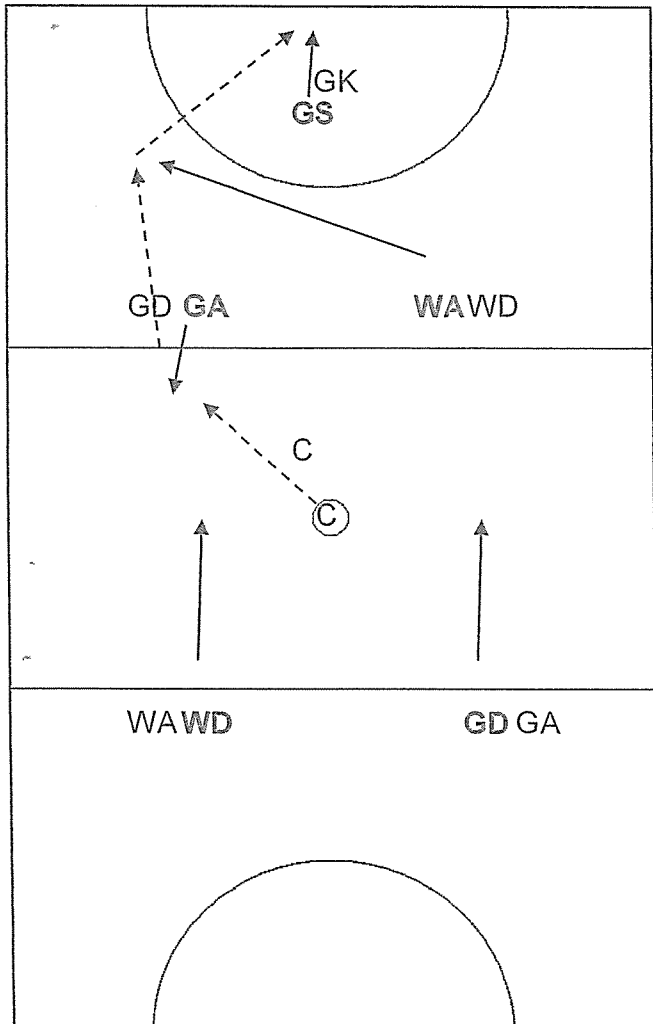
What if?

What if WA is covered?

What if GS cannot make a clearing lead out?

What if GA is not clear to take pass from GS?

Centre pass system 2



1. The GA and WA try to set up on inside/ball side
2. WD and GD set up inside/ball side to come down court as backup.
3. The pass goes C to GA . C to then start drive wide to circle edge.
4. WA to commit to C pass then switch and drive to pocket to receive 2nd pass.
5. GS to hold in the circle
6. GA to pass to WA
7. GA to drive wide to the circle.
8. WA to pass to GS.

Points you want to remember:

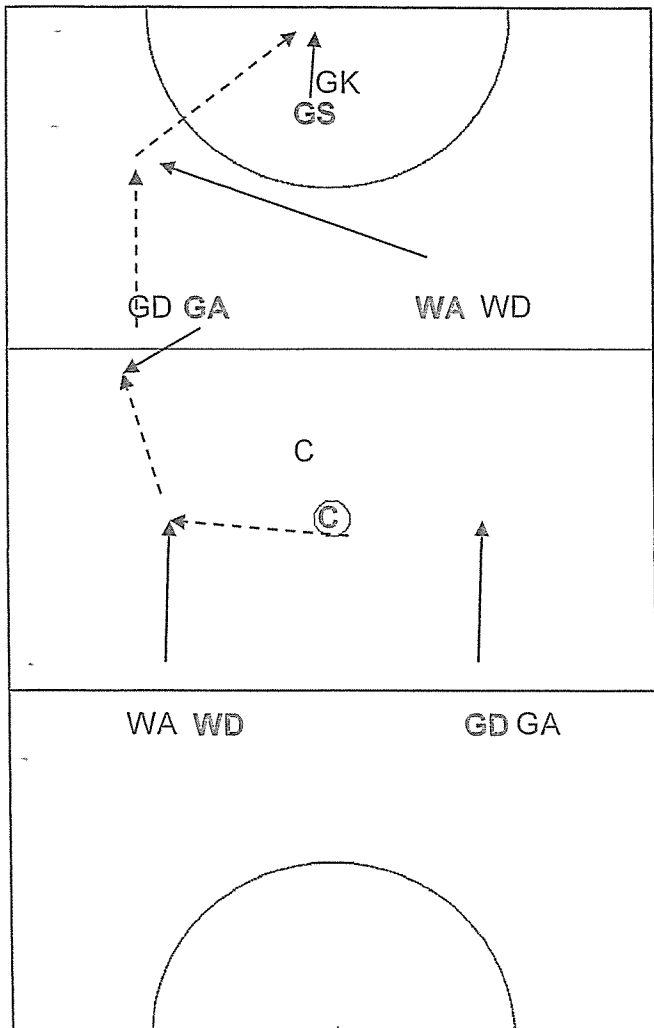
What if?

What if GA and WA are covered?

What if WA cannot take the pass in the pocket?

What if GS is covered by her GK?

Centre pass system 3



1. The GA and WA try to set up on inside/ball side
2. WD and GD set up inside/ball side to come down court as backup.
3. The pass goes behind play to either WD or GD. (this eg is to WD)
4. C to WD. C to then start clearing drive wide towards circle edge.
5. WD pass to GA
6. WA to drive to pocket to receive pass from GA. GA to start clearing drive into circle.
7. GS to hold in the circle and receive pass from WA.

Points you want to remember:

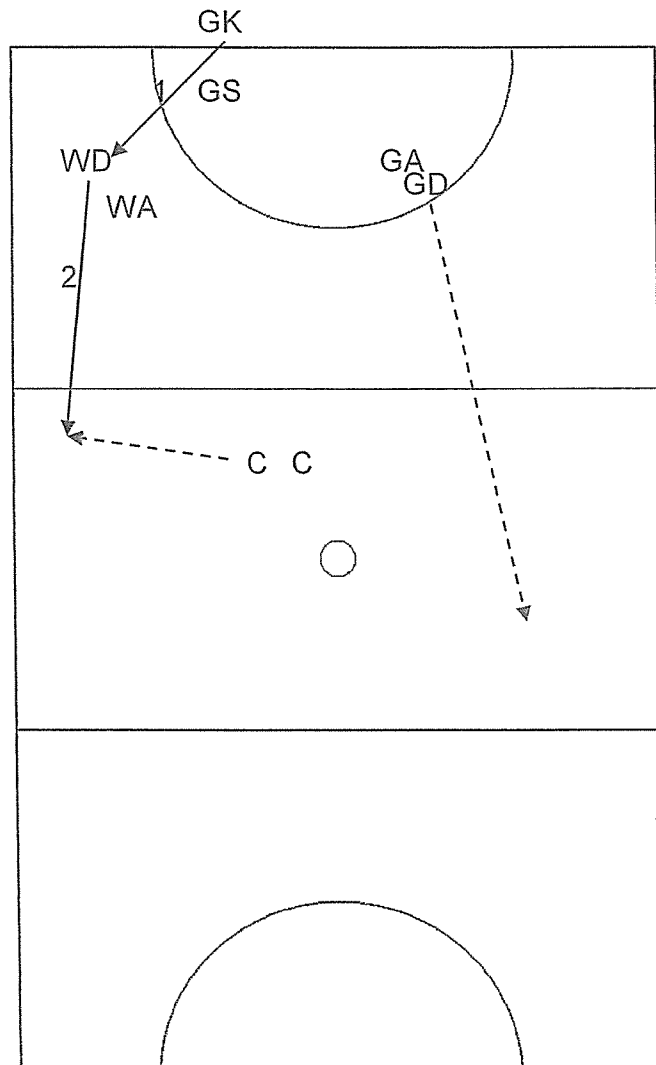
What if?

What if WD and GD are both caught wide and cannot get free?

What if GA is not free for the pass from WD?

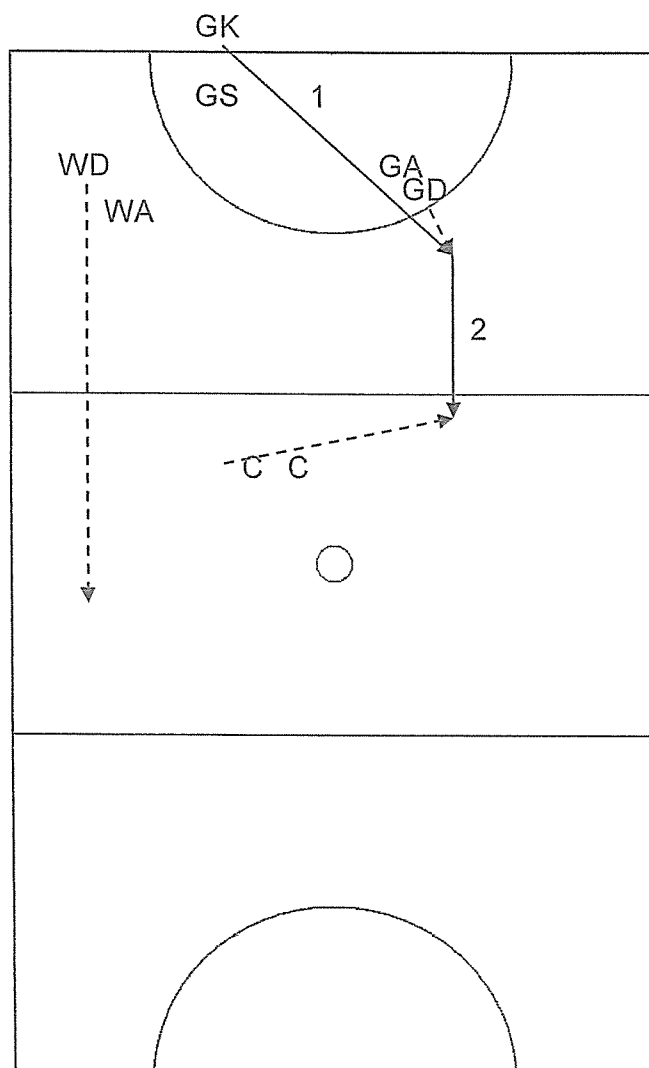
What if GS is covered by her GK?

Base Line Throw Ins – Option 1



- WD sets up on same side as GK, holding WA on one side
- GD holds GA in front of them waiting for lob
- C moves out of goal third
- GK passes to WD (1)
- C leads to side of WD and receives pass (2)
- GD runs down opposite side of court as backup

Back Line Throw Ins – Option 2



- WD sets up on same side as GK, holding WA on one side
- GD holds GA in front of them waiting for lob
- C moves out of goal third
- GK lobs to GD (1)
- C leads to side of GD and receives pass (2)
- WD runs down opposite side of court as backup

15 minute footwork/fitness sessions

AGILITY (FOOTWORK)

Warm Up = 5MIN

Work Out = 15MIN

Do each station 3x
Before moving to next
1 Min break between

Stations

Station 1

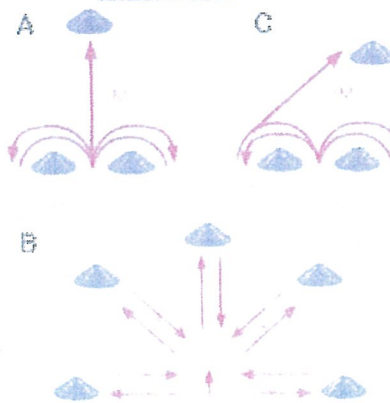
Example

A Full sprint
CREATED RECOVERY

B Full rest over cones
with sprint up and the
DOWN REPT

C Full rest over cones
with sprint 1, 2, 3, 4
then full rest
repeat 3 times

20-30 SECONDS PER STATION



EQUIPMENT
NONE

Station 2

Example

Knee Bumping Pattern: Left 45
right 45 back right 45 back
marker forward pattern 45
down marker

EXPERIENCE OPTIMAL FOR
CORE BUILDING ACTIVITY



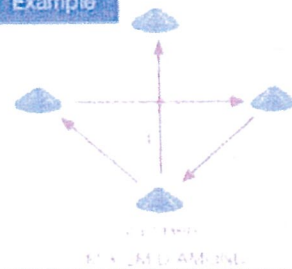
Cool Down = 5MIN

Station 3

Example

Knee Bumping Pattern: Left 45
right 45 back 45 forward sprint
REPEAT right 45 left 45 back 45
forward sprint

EXPERIENCE OPTIMAL FOR
CORE BUILDING ACTIVITY



15 MINUTE WORKOUT – 1 QUARTER OF NETBALL

Warm Up = 5MIN

Workout = 15min

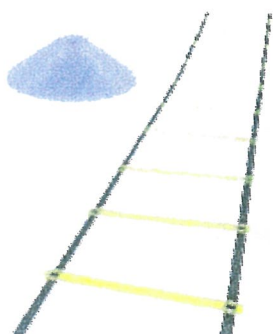
45 SEC ON 15 SEC OFF

REPEAT EACH X 3

15 SEC OFF = Passing



ESSENTIAL



♥ Sarah + Kim

Fast feet, 2 feet in each Ladder Spaces/Forward/Reverse Sprints

1.

- Place a cone 5m from the ladder.
- Fast feet through the ladder
- Immediately sprint to the cone
- Backpedal to the ladder.
- Turn around and fast feet through the ladder



Lateral Jumps In/Out X 3 Ladder Spaces + 5m sprint

2.

- Place a cone 5m from the ladder.
- Stand alongside the ladder and jump in and out of each space with both feet together.
- Immediately follow with a 5m sprint to the cone.



Forward and Back Crabwalks in Ladder Spaces

3.

- Bend your knees with your feet on the floor and use your arms to elevate your hips. Flat back.
- Walk forward with your feet and hands through each ladder space with your hips continually raised off the floor.
- Continue to the end of the ladder, backwards track

Two Vertical Jumps in Each Ladder Space

4.

- Jump as high as possible two times in each ladder space and continue until the end.
- Sprint back to the start of the ladder.
- It's important not to pause between jumps, since momentarily stopping minimizes the explosiveness you want to develop. Upon landing, immediately jump as high as you can for the next jump. Step into the next space and continue the double jumps.






Explosive sprint with burpees

5.

- Fast feet through 4 ladder spaces, 2 feet in.
- Sprint out to cone 1.
- Complete 3 burpees

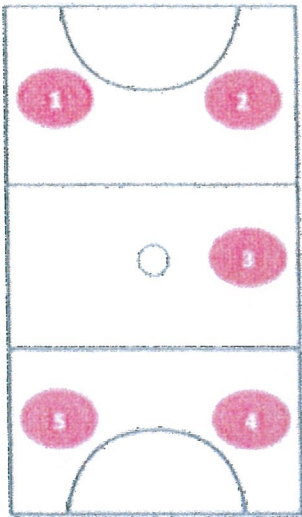


15 MINUTE WORKOUT – 1 QUARTER OF NETBALL

DURATION	REST	EQUIPMENT	LOCATION
 			

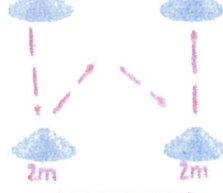
Warm Up = 5MIN


Workout = 15MINS



1   **5 CONES**

SPRINT UP & BACK – EYES UP

2  **4 CONES**


 

FAST FEET "W"

3   **3 CONES**


 

HIGH KNEES

4  **2 CONES**

1 FOOT OVER 2 FEET MIDDLE



Cool Down = 5MIN

5  **1 CONES**

FAST FEET – WORKING AROUND A DEFENDER



www.netfitnetball.com.au

 @netfitnetball  /netfitnetball

15 MINUTE WORKOUT – 1 QUARTER OF NETBALL

WARM UP
= 5 MIN

WORKOUT
= 15 MIN x4

45 sec work
15 sec rest

REPEAT X3
EACH STATION

REST PERIOD
CHEST PASSES

COACHING POINTS

- Shoulders must be facing direction running.
- Quick turn on one foot to change direction.
- Always run hard to the cone, don't pull up.
- Strong push off on outside foot.

EQUIPMENT



x4



Phone timer



Netball

HOW MANY
QUARTERS DID YOU
PLAY TODAY?



JUMPING SQUATS

1. **BEGINNERS:** SQUATS
ADVANCE: SPEED IT UP INCLUDING AN EXPLOSIVE JUMP.



PUSH UPS

2. **BEGINNERS:** DROP TO KNEES
ADVANCE: ADD A EXPLOSIVE CLAP

JUMPING LUNGES

3. **BEGINNERS:** WALKING LUNGES
ADVANCE: BACK KNEE TOUCHES THE GROUND



PLANK

4. **BEGINNERS:** HANDS CROSSED
ADVANCE: ONE ARM OUT IN FRONT, OPPOSITE LEG LIFTED.

NETBALL BURPEES

5. **BEGINNERS:** NO JUMP, NO CHEST TO GROUND.
ADVANCE: CHEST TO THE GROUND.



15 MINUTE WORKOUT – 1 QUARTER OF NETBALL

- WARM UP**
= 5 MIN
- WORKOUT**
= 15 MIN x4
- 45 sec work**
15 sec rest
- REPEAT X3**
EACH STATION
- REST PERIOD**
CHEST PASSES

COACHING POINTS

- Shoulders must be facing direction running.
- Quick turn on one foot to change direction.
- Always run hard to the cone, don't pull up.
- Strong push off on outside foot.

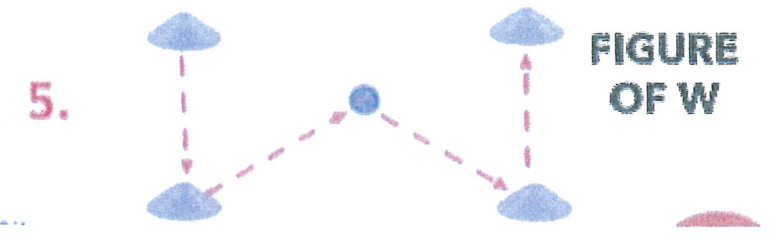
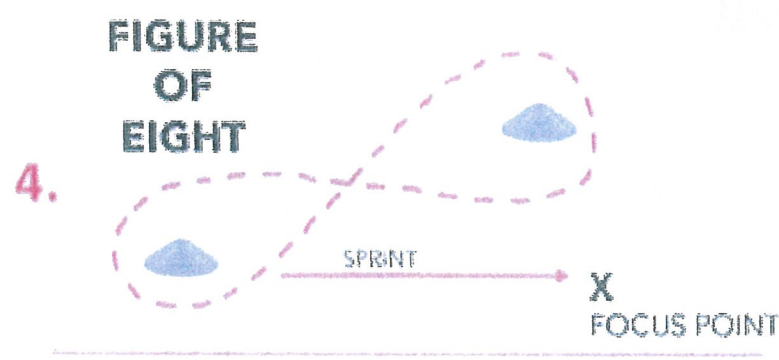
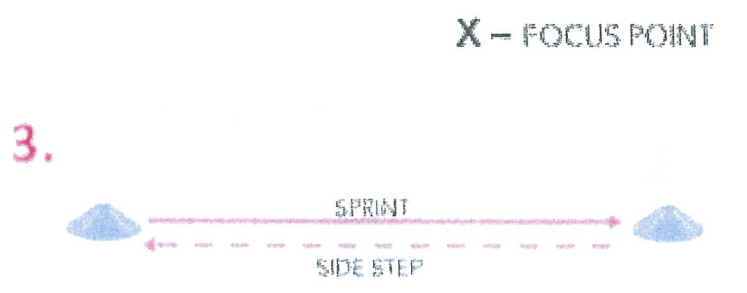
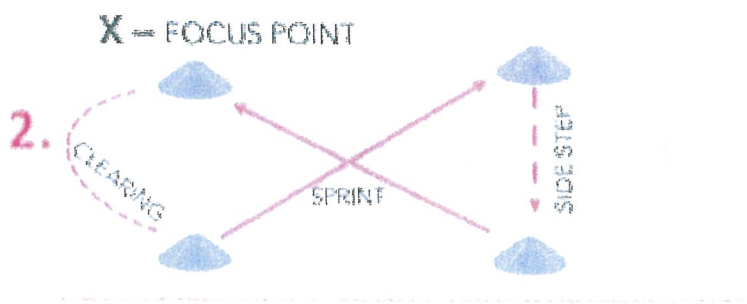
EQUIPMENT

-  x4
-  Phone timer
-  Netball

HOW MANY QUARTERS DID YOU PLAY TODAY?

Sarah + Kim

hello@netball.com.au



15 MINUTE WORKOUT – 1 QUARTER OF NETBALL

WARM UP
= 5 MIN

WORKOUT
= 15 MIN x4

45 sec work
15 sec rest

REPEAT X3
EACH STATION

REST PERIOD
CHEST PASSES

COACHING POINTS

- Shoulders must be facing direction running.
- Quick turn on one foot to change direction.
- Always run hard to the cone, don't pull up.
- Strong push off on outside foot.

EQUIPMENT

 x3

 Phone timer

 Netball

HOW MANY
QUARTERS DID YOU
PLAY TODAY?

 Sarah
+ Kim

LEG BURN

1. PARTNERED WORKOUT:
FAST FEET, GET LOW.
PASSING A NETBALL WITH A PARTNER.



SHUTTLE SPRINT

2. START > 5M > START > 10M > START & REPEAT



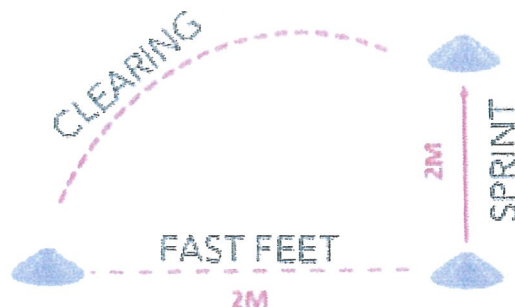
PUSH UPS & BALL TAPS

3. PARTNERED WORKOUT:
PUSH UP THEN TAP BALL BACK AND FORTH



4. CLEARING

4.



SQUAT KICKS

5. SQUAT THEN KICK ONE LEG TO THE
SIDE & REPEAT.



Coaching Session Template

Date:	Skill Focus	Equipment needed:
Warm-up: 10 mins		
Ball work: 10 mins		
Footwork: 5 mins		
Skill: 10 mins		
Set plays/game focus 15 mins		
Cool down/fun game 10 minutes		

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OPPOSITION:..... DATE:..... COURT:..... RESULT:.....

1 ST QTR	
GS	
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2 ND QTR	
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Shooting Stats:

OPPOSITION:..... DATE:..... COURT:..... RESULT:.....

1 ST QTR		2 ND QTR		3 RD QTR		4 TH QTR	
GS		GS		GS		GS	
GA		GA		GA		GA	
WA		WA		WA		WA	
C		C		C		C	
WD		WD		WD		WD	
GD		GD		GD		GD	
GK		GK		GK		GK	
RES:		RES:		RES:		RES:	
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GS		GS		GS		GS	
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OPPOSITION		OPPOSITION		OPPOSITION		OPPOSITION	
GS		GS		GS		GS	
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Shooting Stats:

OPPOSITION:..... DATE:..... COURT:..... RESULT:.....

1 ST QTR	
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Shooting Stats:

OPPOSITION: DATE: COURT: RESULT:

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1 ST QTR		2 ND QTR		3 RD QTR		4 TH QTR	
GS		GS		GS		GS	
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GA		GA		GA		GA	
OPPOSITION		OPPOSITION		OPPOSITION		OPPOSITION	
GS		GS		GS		GS	
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Shooting Stats:

OPPOSITION:..... DATE:..... COURT:..... RESULT:.....

1 ST QTR		2 ND QTR		3 RD QTR		4 TH QTR	
GS		GS		GS		GS	
GA		GA		GA		GA	
WA		WA		WA		WA	
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GS		GS		GS		GS	
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Shooting Stats:

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GA		GA		GA		GA	
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GD		GD		GD		GD	
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RES:		RES:		RES:		RES:	
US		US		US		US	
GS		GS		GS		GS	
GA		GA		GA		GA	
OPPOSITION		OPPOSITION		OPPOSITION		OPPOSITION	
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Shooting Stats:

Coaching Resources

WEBSITES

<http://kna.nsw.netball.com.au/>

www.netball.asn.au

www.intosport.com/academies/netball-academy/8/default.aspx

www.teachpe.com/netball/index.php

www.netskills.com.au

www.sportsplan.net/drills/index.jsp

