



**NETBALL**  
NEW ZEALAND  
POITARAWHITI AOTEAROA

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# Year 9 & 10 Season Starter Programme Resource

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*The aim of the Netball New Zealand's Year 9 & 10 Season Starter Resource is to provide a foundation to be used within secondary schools and at Centre level to enhance participation, skill level and development.*

*The target time for schools and centres to implement this resource is prior to trials or at the beginning of the season once teams are first named.*

## **PHYSICALLY, CAPABLE, COMPETENT MOVERS**

Netball players within Year 9 & 10 are made up of individuals with a particularly wide range of abilities, body shapes, personalities and stages of growth, all of which are changing and developing at different rates.

These factors combined with Netball's high intensity, repetitive stop, start, and jump movements means that coaches of all levels must ensure that players are actively working on fundamental Netball movements each practice. This will maximise players physical development and movement capabilities so they can extend their skills, game play capabilities and reduce the chance of serious injury meaning they can fully enjoy the season ahead and ultimately a lifelong involvement in Netball.



*Fuji Xerox NZ are proud to continue their partnership with Netball NZ, supporting Secondary School students to be active and have a positive experience with netball.*

## Purpose of the Year 9 & 10 Season Starter Programme

- “To develop physically, capable, competent movers”
- “To provide more opportunities for players to further develop and extend their technical, tactical and physical development skills while also encouraging the game awareness
- “Support the transition from Year 8 into Year 9 and provide a quality experience to students in their first year of secondary school”
- “To provide opportunities for student coaches and student umpires”

“ *A good coach understands that in our team we have kids that want to pull on a Ferns dress and other kids that just want to hang with their mates, but we all want to get better and have fun.*

*-Secondary School Netball Player-*

”

### Outline of the Resource:

The resource includes:

- Technical, tactical and physical development skills
- Specialised area skills
- Player Well-Being
- Strength training
- Balance and landing skills
- Education

The resource can be adapted to suit the needs of the players and team in terms of their skill level requirements.

There are several different ways that you can adapt an activity to make it easier to ensure players practice the skills or make it harder to challenge the player. Activities sometimes need to be adapted to maximise participation or meet the objectives of the activity. Adaptations need to be made most importantly to allow players to feel and experience success - read the cues and adapt the activity by making it easier or harder. Below is a coaching tool to provide a framework for adapting activities.

## Adapt It

**A****ASK**

ASK QUESTIONS

e.g. What passing options do you have?

**D****DURATION**

Decrease or increase the amount of time the players have to achieve the goal

e.g. was 2 mins now 1 minute

**A****AREA**

Change the area or amount of space the players have to move in.

e.g. if the area is smaller, it could become harder for the attackers, but easier for the defenders and vice versa.

**P****PLAYERS**

Alter the number of players on each team

e.g. was 3 on 3 change to 2 v 4

**T****TWEAK**

Tweak the rules to ensure all the objectives are met

e.g. must pass to all team members before a shot can be taken

**I****INDIVIDUALS**

Allow individuals to modify the game

e.g. ask the players what would improve the game

**T****TIME**

Allow players time to practice. Just let them play.

The more they practice the more chances they have of improving

“

*Foster the knowledge of Youth  
Hāpaita te ara mātauranga, kia haukaha te tipu ō ngā rangatira mō āpōpō  
Create an environment for Youth to flourish.*

”

Te Whare Tapa Wha model will help teachers and coaches enhance and get the best out of their players ensuring that are promoting well-being/hauora.

A key focus of the Year 9 & 10 Season Starter Programme is to provide an environment where every player has the opportunity to develop and be the best they can be through a quality experience. Re-framing the trial experience for a player into a development opportunity is a key objective of this programme. Youth clearly told us they wanted a fair, fun, learning environment when they start their Netball at Secondary School.

**Te whare tapa whā** sits behind the development of this programme. Below are some ideas of how Sport Leaders can realise this framework through the planning of their Netball programmes.

**Te whare tapa whā**, is a model developed by Sir Mason Durie, Professor of Maori Studies at Massey University. This philosophy looks at the elements we need to address in our youth to develop a balanced environment.

There are four parts to this philosophy and our youth will engage, evolve and mature under each pillar at different rates. These pillars will work together to provide a balanced, holistic experience for the individual, Mauri Ora – Wellness.

### TE TAHA HINENGARO – WAYS OF THINKING, FEELING AND BEHAVING – CLEARING THE MIND

- Sharing the burdens, confronting taniwha, gaining work skills, understanding why, learning things, planning a future.
- How do you support the self-confidence, self-esteem, decision making of your players and provide tools to enhance their psychological skills? Many of these tools are transferrable into other environments.

### TE TAHA WAIRUA – SPIRITUAL LINKS WITH THE WIDER ENVIRONMENT, THE SOUL, BEING MAORI, CULTURAL IDENTITY – LIFTING THE SPIRIT

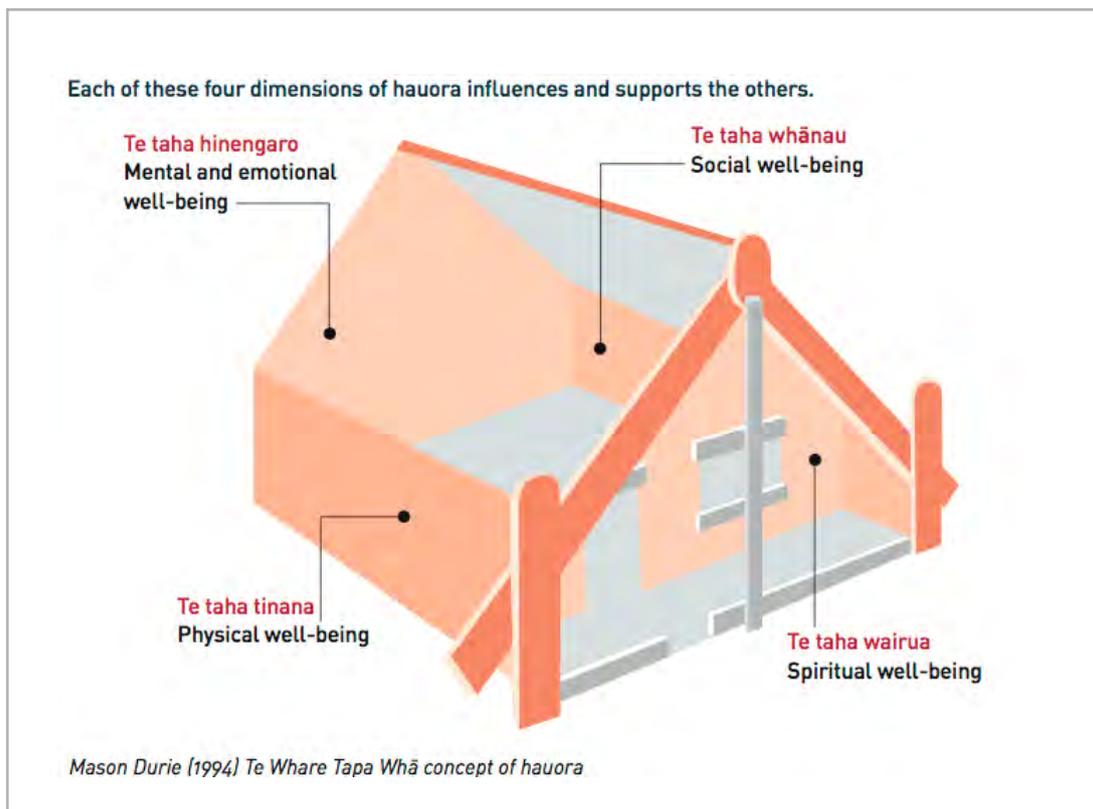
- Sharing it up, talking it up, speaking it up, running it up, watching the sunrise come up, praying it up, singing it up, crying it up, chanting it up.
- How do you create a sense of belonging and embed the belief systems of your players and your team into your planning to lift their spirit?

### TE TAHA TINANA – MOBILITY, FREEDOM FROM PAIN, LEVEL OF FITNESS, STRENGTHENING THE BODY

- Developing strength and fitness, moving well, training well, eating well, sleeping well, having fun.
- How do you plan your sessions to improve all the physical skills required to play Netball, embed NetballSmart to develop physically capable, competent movers?

## TE TAHA WHANAU – RELATIONSHIPS WITH WHANAU, FRIENDS, SOCIETY – AFFIRMING RELATIONSHIPS

- Whānau, Parents and Children, friends for life, whānau cohesion.
- How do bring on your journey the whānau and build a team culture that enhances positive peer relationships?



Mason Durie, Compass seminar 2019

# Implementation

This resource could be adapted to suit individual school timelines. Below are a couple of options on how this resource could be implemented.

## The resource is split into 3 sections

- 4 sessions leading up to trials.
- 4 sessions at the beginning of the season to help the coach implement some basic structures/skills for the season.
- 3 specific sessions to areas of court (Shooters/Midcourt/Defence) during the season.

SECTION 1 [PRE TRIALS]	SECTION 2 [POST TRIALS]	SECTION 3 [SPECIALISED AREAS OF COURT]
Basics	Keeping Possession	Shooters
Attacking Skills	Decision Making	Midcourt
3 Phases of Defence	Defence - working together	Defence
Teamwork	Through Court Attack	

The resource can also be run over a 3-day holiday programme or during summer tournament week for the participants that have finished summer sport.

DAY 1	DAY 2	DAY 3
Session 1	Session 4	Shooters/Midcourters/Defenders
Session 2	Session 5	Mini tournament [mini games]
Session 3	Session 6	

## Target Audience:

Entry into this programme is open to any Year 9 & 10 player who are interested.

To best support players for the season ahead, all players should have the opportunity to be involved in these sessions before, during and after their school trials.

## **Programme Design**

The programme structure is slightly different to previous resources such as the futureFerns. A strong emphasis is put on some exposure to Netball skills and activities prior to the player having to trial for their school team, then followed up with some sessions for the coach to implement with their team at the beginning of the season. It also provides the coach with some specialist area skills / activities / “must haves” if they feel they would like some further knowledge of these specific areas.

### **The programme includes:**

- Technical, tactical and physical development skills
- Specialised area skills
- Player well-being
- Strength training
- Balance and landing Skills
- Education

# Delivery

## Who will deliver the programme?

- Year 11-13 students supported by school staff/Netball Centres
- Parents
- School staff
- Netball Leaders Programme
- CCA coaches [thinking of the 9A & 10A teams with coaches on a pathway]

Once the school teams are organised and picked, the students coaches are encouraged to log onto the learning and development portal on the NNZ website and access the online learning modules - a 10 week online guide for coaching, which takes coaches through various skills, drills and coaching tools for them to implement throughout the season.

<http://www.netballnz.co.nz/get-involved/learning-and-development-portal>

Netball Centres are encouraged to run a coach and umpire development programme alongside this resource in conjunction with secondary schools.

The recommend coach to player ratio will be 1:10

## SESSION STRUCTURE

**Each session can be adapted to various times [45-90 minutes].**

The sessions will include elements of NetballSmart - Dynamic warm up, strength training, balance and landing skills, technical and tactical development, skills and activities as well as some aspects of the NetballSmart player programme.

### CODING FOR DIAGRAMS

**W = Worker**

**P = Passer**

**D = Defender**

**A = Attacker**

**S = Shooter**

**G = Gate**

**RUNNING PATH =** 

**BALL PATH =** 

**BALL =** 

**CONE =** 

**DOTS =** 

### *NetballSmart is the healthy heart of Netball, it isn't just a warm-up.*

NetballSmart is preparing well, moving well, training wisely, it is warming up, cooling down and recovering well, it is managing injuries well and it is the well-being of our players. By being NetballSmart we perform better on the court and reduce injury risk. This resource embeds and weaves NetballSmart through its entirety.

Our year 9 and 10's are in a very transitional phase of their lives. The pubertal growth spurt can mean that coordinated and confident players experience a period of clumsiness and uncoordinated movement. Strength reduces and landing biomechanics change, putting players at higher risk of injury. Therefore, it is crucial that strengthening exercises and landing skills are done in every single training.

Devastating Anterior Cruciate Ligament (ACL) injuries are occurring in our secondary school players, but we know we can make a difference by establishing good landing, stopping, strengthening and warm-up habits. The earlier, the better. Ankle sprains are our most common injury. Scientific evidence tells us that activities incorporating single leg balance, encouraging our nerves and muscles to work together (neuromuscular training or NMT), reduce the risk of ankle sprains. We have embedded exercises into this resource to help develop good habits and reduce a player's risk of ACL and ankle injuries.

Warming up is simply part of Netball, it prepares body and mind for the game or session ahead. This resource uses the NetballSmart Dynamic Warm-up as it is based on scientific evidence and warms up all the movement patterns fundamental to our game. Netballers jump high, stop hard, rapidly accelerate and run fast, change direction and challenge their balance strategies - it is crucial we warm these up well.

“ ***For me as a coach, the warm-up is the fundamental movements that my players will be using during the game*** ”

*Rona Singers, Development Coach*

You will notice that the warm-up is in two parts: The 'NetballSmart Dynamic Warm-up' and 'NetballSmart Tasks'. The NetballSmart tasks are not optional activities but are an integral part of the session's activities. They flow, weave and connect into the theme of each session. In order to balance with the NetballSmart tasks, the NetballSmart Dynamic Warm-up varies between sessions. The resource will suggest that you do one of the following, or particular 'parts' of the warm-up (e.g. Part B and D):

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## Different NetballSmart Warm-ups

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### **The NetballSmart Dynamic Warm-Up – the full warm-up for training:**

15-20 minutes

Part A: Strengthening

Part B: Running warm-up

Part C: Dynamic preparation

Part D: Netball specific preparation

### **The NetballSmart Dynamic Warm-Up :- the warm-up for a game:**

10-15 minutes

Part B: Running warm-up

Part C: Dynamic preparation

Part D: Netball specific preparation

### **The Power Warm-up**

5 minutes

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## NetballSmart Cool Down

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An active cool down is the first step to a good recovery. It aids in the removal of waste products eg. lactic acids, from the muscles. Begin by instructing the group to jog around the court following-the-leader. Encourage the leader to move different directions and patterns such as zig-zag and sidestep. After 2-3 minutes instruct them to slow the jog down to a walk and gradually form a circle in preparation to stretch and chat. Use the NetballSmart stretch guide [inside back cover] to lead (or nominate a player to lead) each session. Players should be encouraged to sip from a water bottle as they stretch and have a sweatshirt handy to maintain body heat.

# NETBALLSMART TOP TIPS

## **Take time to get to know your players and their background.**

Who makes up their family, what interests outside of sport do they have, their cultural beliefs, how do they get to and from school? These are some examples that can help with the coach / player relationship

## **What else do they play?**

It is critical to know what other teams and sports your players are involved in. At the start of the season get each player to fill out the simple form below. This allows you to understand their level of fitness or lack of and how fatigued they might be getting throughout the season. You may need to adapt when and how long your team trains for based on these results. At times it might be necessary to talk to the player about quality of playing over quantity, if they appear to be over committed.

## **Ensure the team warms up and cools down effectively for every training and game.**

When the coach takes the lead, and puts emphasis on the importance both in terms of performance and reducing injuries by consistently allowing time at that start and end of training, it will become an expected habit for the players. The NetballSmart Dynamic warm-up is based on scientific evidence that is proven to reduce serious injuries when completed correctly and throughout the season.

**Lead the way for healthy nutrition.**

Players need to fuel the training they are doing in a healthy and positive manner. The coach is a powerful role model for this. Be conscious of what you are eating at team training and events - is it a healthy option [see cool down chats for examples]? Teach players that eating a healthy snack both before and after training and especially within 30 minutes of game play is important for performance of that session and to recover well for the next one.

**Ask each player about any medical issues** they might have [for example any allergies or asthma that may require medication] and previous injury history that may impact on their performance/enjoyment of Netball.

**Be the role model for healthy return to play procedures.**

If a player suffers an injury which requires time out of training and playing, enforce a team policy of sighting a medical clearance from a physio or doctor before allowing them back out on court. Follow the NetballSmart return to play guidelines, they are simple.

**Make a routine of asking players “how they are?”.**

It is an exciting and challenging time of growth in the teen years, and often the sports coach holds a special place in terms of role-modeling and mentoring. Showing genuine interest in how the young person is, strengthens relationships and allows for open communication.

## **Player Well-Being - Top Tips For Coaches**

Player well-being is essential for individuals of all abilities to be able to learn, develop and perform to their best.

Year 9 & 10 is an exceptionally dynamic period in terms of educational, social, emotional and physical changes. Coaches who view the player as a person first will ensure a successful, enjoyable season for all.



*Balancing school, sport and life as a young woman can be super challenging yet at the same time so rewarding.*

*Getting the balance just right is definitely a hard task however, it is not impossible. Sometimes all you need is for someone to ask "How are you going, are you managing okay? How can I help you?"*

*Someone whom you can go to for help or guidance can make a huge difference. It is always good to remember you're not alone on this journey.*

*Although it may seem difficult now, remember to enjoy the moment because soon you will only have memories.*

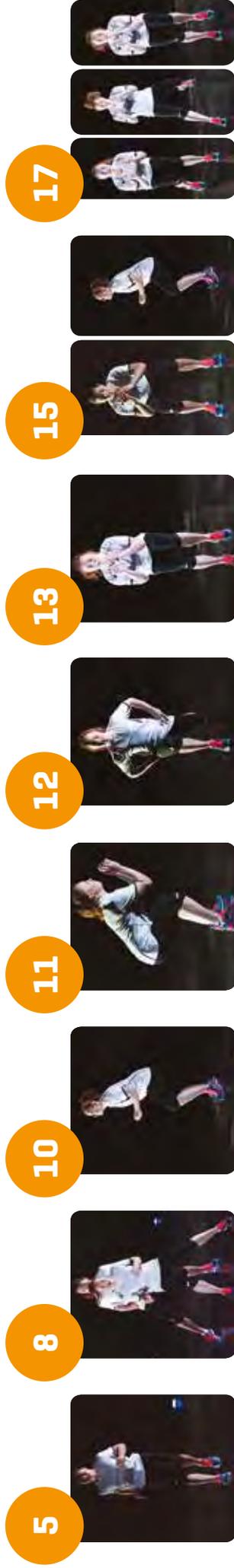
*-Michaela Sokolich-Beatson, Silver Fern #169 and NetballSmart Ambassador* ””



This shortened warm-up is ideal for the tournament setting where time is limited and a full warm-up is not necessary for every game.

NetballSmart Power Warm-Up		Time/Distance/Reps
<b>Part B: Running Warm-Up</b> Place 2 cones out every 3 metres between base line and centre court.	<b>5. Running Straight Ahead.</b> Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.	2 x 15 metres
	<b>8. Running – Circling Partner and Shoulder Contact.</b> Run to first cone, side shuffle inwards and around partner and back out to cone. Run to next cone, side shuffle to the middle, jump and shoulder contact. Land in good stable position. Continue length of 15m and back.	2 x 15 metres
	<b>10. Running – Quick Forwards and Backwards Sprints.</b> Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.	2 x 15 metres
<b>Part C: Dynamic Preparation</b>	<b>11. Squats</b> i. Squats, calf raise and body extension ii. Single leg squats each leg	5 each side 3 each side
	<b>12. Walking Lunges.</b> Walking lunges, calf raise and body extension	5 each side
<b>Part D: Netball Specific Preparation</b>	<b>13. Lateral jump.</b> Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 leg. Hold for 1 second.	3 each side
	<b>15. Running, Stopping and Jump, Turn and Land.</b> Run to first cone at 75–80% speed and stop double foot landing and jump 180 degrees, land in SBP and return. Run to next cone and do 1–2 foot landing. Jump 90 degrees and land in SBP and return. Continue length of 15 metres and back.	2 x 15 metres
	<b>17. Prop, Prop and Stick.</b> Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.	15 metres and jog back

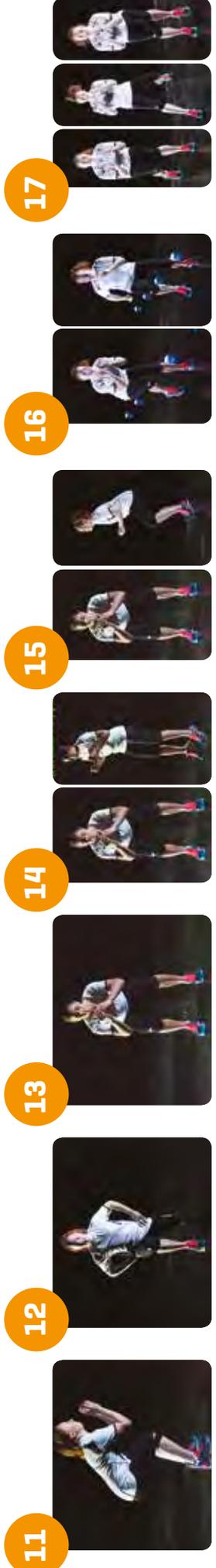
Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under Resources when you visit [netballnz.co.nz/useful-info/netball-smart](http://netballnz.co.nz/useful-info/netball-smart)



	Time/Distance/Reps
<p><b>NetballSmart Dynamic Warm-up</b></p> <p><b>1. The Bench</b></p> <ul style="list-style-type: none"> <li>i. The Bench - Static. Static bench on forearms (or hands) and feet. Lift pelvis off the ground.</li> <li>ii. The Bench - alternate leg (hold each 2 seconds). Continue for 20 - 30 seconds</li> <li>iii. Bench on forearms (or hands) and feet. Lift one leg and hold for 20-30 seconds</li> </ul> <p><b>2. Hips - Sideways Bench</b></p> <ul style="list-style-type: none"> <li>i. Sideways bench - static. On elbow (or hand) and knee on ground or leg straight. Top leg out straight. Lift pelvis and maintain position.</li> <li>ii. Sideways bench raise and lower hips. On elbow (or hand) and legs out straight, raise and lower hips.</li> <li>iii. Sideways bench with leg lift. On elbow (or hand) and legs out straight. Lift hips, lift top leg and lower. Continue for 20 - 30 seconds.</li> </ul> <p><b>3. Hamstrings</b></p> <ul style="list-style-type: none"> <li>i. Beginner Nordic hamstring or Single leg Romanian Dead Lift (RDL)</li> <li>ii. Intermediate Nordic hamstrings or Single leg Romanian Dead Lift (RDL)</li> <li>iii. Advanced hamstring Single leg Romanian Dead Lift (RDL) throw and catch ball</li> </ul> <p><b>4. Balance</b></p> <ul style="list-style-type: none"> <li>i. Single leg stance - hold the ball (or imagine you are holding a ball). Progress to moving ball around back.</li> <li>ii. Single leg standing throwing ball with partner</li> <li>iii. Single leg stance - test your partner. Facing partner. Hand on opposite shoulder of partner, tap each other. Keep balanced if possible or return to starting position. Continue for 30 seconds.</li> </ul> <p><b>5. Running Straight Ahead.</b> Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.</p> <p><b>6. Running Hip Out.</b> Run to first cone, stop, lift knee forwards and rotate knee out to side and put foot down. Run to next cone and repeat with other leg.</p> <p><b>7. Butt Kicks and skipping.</b> Butt kick to first cone (kicking feet up to butt), skip to next cone, butt kick to third cone. Continue for length of 15m and back.</p> <p><b>8. Running - Circling Partner.</b> Run to first cone, side shuffle inwards towards and around partner and back out to cone. Run to next cone and repeat. Continue length of 15m and back.</p> <p><b>9. Running - Shoulder Contact.</b> Run to cone, side shuffle to the middle, jump shoulder to shoulder contact. Land in good stable body position. Continue length of 15m and back.</p> <p><b>10. Running - Quick Forwards and Backwards Sprints.</b> Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.</p>	<p>3 x 20-30 sec 3 x 20 - 30 sec 3 x 20 - 30 sec hold, alternative sides</p> <p>2-3 x 30s ea side 2-3 x 30s ea side 2-3 x 30s ea side</p> <p>3-5 or 3-5 each leg 7-10 or 5 each leg 10 each leg</p> <p>2 x 30 sec ea side 2 x 30 sec ea side 2 x 30 sec ea side</p> <p>2 x 15 metres</p>
<p><b>Part A: Strengthening</b></p>	
<p><b>Part B: Running Warm-up</b></p> <p>Place 2 cones out every 3 metres between base line and centre court</p>	



<p><b>Part C: Dynamic Preparation</b></p>	<p><b>11. Squats</b></p> <ul style="list-style-type: none"> <li>i. Squats</li> <li>ii. Squat, calf raise and body extension</li> <li>iii. Single leg squat</li> <li>iv. Combination of all three</li> </ul> <p><b>12. Walking Lunges</b></p> <ul style="list-style-type: none"> <li>i. Walking lunges</li> <li>ii. Walking lunges and calf raise</li> <li>iii. Walking lunges, calf raise and body extension</li> </ul> <p><b>13. Jumping and landing</b></p> <ul style="list-style-type: none"> <li>i. Vertical jump and land on 2 feet in a stable body position (SBP)</li> <li>ii. Lateral jump – jump sideways 1m off one leg and land on other leg.</li> <li>iii. Broad jump – jump forward 1m off two and land on one foot hold one sec in a stable body position on one foot</li> </ul> <p><b>14. Jumping, turning and landing</b></p> <ul style="list-style-type: none"> <li>i. Vertical jump and turn 90 degrees and land in SBP</li> <li>ii. Vertical jump and turn 180 degrees and land in SBP</li> <li>iii. Vertical jump and turn 270 degree and land in SBP</li> </ul>	<p>10 10 10</p> <p>5 each side 5 each side 5 each side</p> <p>5 each side 5 each side 5 each side</p> <p>5 turns each side 5 turns each side 5 turns each side</p>
<p><b>Part D: Netball Specific Preparation</b></p>	<p><b>15. Running and Stopping.</b> Run to first cone at 75– 80% speed and stop. Use either a double foot or 1–2 foot landing. Continue length of 15 metre and back stopping at each cone.</p> <p><b>16. Running – Plant and Cut.</b> Run at 80–90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 metre and back</p> <p><b>17. Prop, Prop &amp; Stick.</b> Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.</p>	<p>2 x 15m</p> <p>2 x 15m</p> <p>15m and jog back</p>



# Year 9 & 10 Season Starter Programme

## Session 1: Basic Skills

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Equipment needed:** balls / bibs / cones

**Purpose / Outcomes:**

- Footwork
- Passing [variety / options / timing / release]
- Turning fully

### WARM-UP

- **NetballSmart Dynamic Warm-Up: Game Day (Part B: Running, C: Dynamic Preparation, D: Netball Specific).**
- **Core Strength: Tasks 1-3**

“ I strengthen my core and practice my landing skills to minimise injury.  
**Tayla Earle, Elite Netballer and NetballSmart Ambassador** ”

A stronger core leads to more stable and efficient Netball players that are less likely to get injured. The core is a bit like a foundation is to a house; a strong foundation = a better house that is more likely to withstand the elements. Bench, also known as plank/prone hold and front support, is an effective and basic exercise to strengthen the core.

### TASK 1: BENCH ON ELBOWS AND HANDS WITH GOOD TECHNIQUE. REPEAT ON HANDS

- 20-30 sec hold on elbows.
- 20-30 sec hold on hands.

#### Tips

- Elbows and hands lie directly under shoulders.
- Feet hip width apart and balance on toes.
- Body in a straight line from head to foot.
- Back straight (no banana back).
- Butt down (no mountains).
- If losing quality, feeling back pain or finding it too challenging, continue on knees.



### TASK 2: BENCH BALL TAPS: 10-20 REPS.

Using on-hands bench technique, perform 10-20 alternating ball taps.

#### Tips

- Lightly tap the ball.
- Alternate hands.
- Keep pelvis level; work hard through core and shoulders to stabilise (we don't want to see a pelvis rocking from side to side).
- Control not speed.



### TASK 3: PARTNER SHOULDER TAPS: 10-20 REPS.

Using on-hands bench technique, perform 10-20 alternating shoulder taps.

#### Extra

- ♦ **Bench Hi-5's.** As in shoulder taps but instead, partners bring their right hands across to hi-5 at chin height. Repeat on left. 10-20 reps.
- ♦ **Bench ball rolls:** Roll a ball to each other whilst holding bench on hands.



**Homework:** Ask players to record their longest bench time each night. Challenge family members to a bench off?

**Team Challenge:** Photograph the team benching in the community and send it through to your zone NetballSmart Development Officer to go in the draw to win a NetballSmart prize.

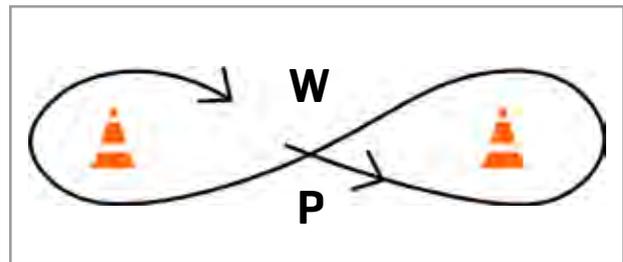
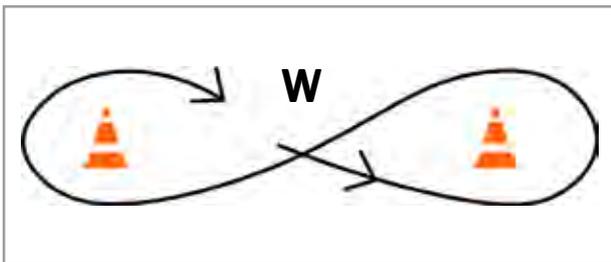
### FOOTWORK (PHASE 1):

#### FOR THE SKILL DRILLS:

Either work for 10 reps or a set time [40 seconds].

**Figure 8's : 2 cones per player – find a space, lay the cones apart 1m apart from each other**

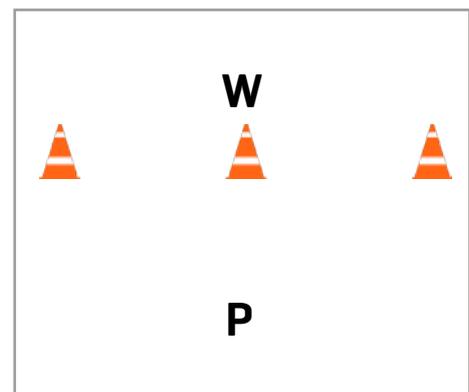
- Players start standing slightly behind the cones – using fast footwork [running, not shuffling] they must work a figure 8 around the cones.
- Ensure that they are keeping their head up, that they are going around the cones and not skipping / jumping over them and they are working all angles.
- Extension – on a call from the coach, while the players are performing the figure, the players must return as quickly as they can to the back of the cones to then explode/sprint forward through them.
- Extension – same drill as above - add a ball. A passer can throw an “anywhere” ball and the player must react as they are coming through the cones.



### FOOTWORK (PHASE 2):

**Turn and Drive – 2 players, 3 cones to start with – one ball**

- Set the cones up like the diagram below.
- The worker starts in the middle cone and must turn [hips] to run to an outside cone, turn [hips] back to the middle cone, same thing happens again but this time the player runs to the opposite cone.
- Add the passer, but without a pass, just yelling out “left” or “right” and the worker must react to the call.



## PASSING (PHASE 1) :

### In pairs with 1 ball

- 20 passes each of the following – chest, overhead, left hand, right hand, bounce.
- One person passes at the wall from 1 meter away for 1 minute, their partner hold a prone hold for 1 minute – swap x 2 [try to beat the amount of passes you did the first time].
- One passer about 2 metres away from the wall, their partner stands in front of them acting as 3ft marker, passer to explore ways to get the ball to the wall around the 3ft marker – 10 passes each and swap over.
- Same drill as above – this time add a pass when the worker is returning back to the middle cone.
- Extension – add more cones to make a square and add different instructions / points to run to.
- NOTE: Players must learn to turn their hips, fast and to the direction where they want to go and actually run – no side stepping, shuffling etc.

## PASSING (PHASE 2) :

### In 3's with 1 ball

- One passer, one defender and one worker – passer starts facing away from the defender and worker, throws the ball to themselves and turns in the air and lands balanced, then passes the ball successfully to the worker, while the defender performs a 3ft mark over the passer [encourage a range of passes to use as well as using their footwork].
- Extension - once the passer has successfully released the pass, she must then cut to get the ball back again [use a variety of front and back cuts].
- Explore different release timings – The passer releases the ball on 0,1,2 secs and gets a feel for the different timing of release.

P      D                      W

## TURNING FULLY :

### In pairs with 1 ball

- One passer one worker. The worker drives as hard as they can. Passer delivers a hard pass. Worker to have their hands ready and fingers open to catch the ball. Catch, land and pass back. Repeat 10 times.
- Same activity as above, now get the worker to turn fully [180 degrees] so that they are now facing down the court. Repeat 10 times turning left and 10 times turning right.

## BRINGING IT ALTOGETHER :

### In 4's with 1 ball

- Attacker drives through the moving gates [G] and receives a pass from P, attacker must turn fully to face down court. G1 then becomes the 3ft marker and G2 becomes the 2nd attacker in which the attacker must get the ball to around the 3ft marker [encourage a variety of passes and release of timing of the pass].

P                      ←                      A  
   G1  
   G2

## **COOL DOWN / HAUORA :**

**Active Cool-Down: Jog, walk, sip, stretch [see inside back cover for NetballSmart stretches].**

### **Chat : What makes a good cool down?**

Initiate a 2-minute brainstorm amongst the group

- Why is it important to cool down?
- What makes a good cool down?

Answer should include: Jog, fast walk, slow walk, stretch, layer up and hydrate with water. A snack containing protein e.g.... Yogurt and nuts within 20-30 minutes.

# Year 9 & 10 Season Starter Programme

## Session 2: **Attacking Skills**

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

**Equipment needed:** balls / bibs / cones

### **Purpose / Outcomes**

- Getting Free
- Pass and move
- Court Balance

### **WARM-UP**

- **NetballSmart Dynamic Warm-up: Game Day (Part B: Running, C: Dynamic Preparation, D: Netball Specific).**
- **Balance and Single Leg Landings**

A good attacker requires excellent single leg balance and should be able to prop with control. Working on balance and control in single leg landings, not only improves performance, but decreases risk of injury.

#### **TASK 1: TUNE IN TO GOOD BALANCE:**

Balance on one leg. Once they feel stable ask the players to **close their eyes**.

Ask them how it feels when they; sag through their pelvis and spine versus pulling up tall?

#### **Balance Tips**

- Unlock the support knee.
- Hands in catching position or holding a ball at chest height.
- Keep tall through the pelvis.
- Hold body weight through the ball of the foot.
- Strong and steady.

**Bonus activity:** Try 20 fast passes [eyes open this time]



#### **TASK 2: SINGLE LEG SQUATS. 10 EACH LEG X 2 SETS.**

These are great for training control in single leg landings. Though not necessary, a chair, box or bench can be placed behind so players can lightly tap their bottom. This regulates the depth of their squat and helps with control.

#### **Single Leg Squat Tips**

- Push back through the hips.
- Hands in catching position or holding a ball at chest height.
- Feet face forward.
- Knee in line with foot and body.
- Strong and steady.



### TASK 3: HOP AND STICK LANDING. 10 EACH LEG.

#### Hop Tips

- Good single leg squat technique to initiate hop.
- Bend in hip and knee - push back through the hip.
- Hop off one foot and land on one foot.
- Pelvis level.
- Hands in catching position or holding a ball at chest height.
- Knee in line with foot.
- Soft landing.
- Stick landing. Strong and steady.



### TASK 4: LATERAL JUMPS WITH PASSES X 20

In pairs, stand 2-3-metres apart and facing each other. Mirror each other doing lateral jumps.

#### **PARTNER CHALLENGE: Prop Prop stick forward and backward with passes x 20**

One partner performs a forward moving prop-prop-stick and passes the ball before the second prop foot hits the ground. At the same time, the other partner is performing a backwards prop-prop-stick and should receive the ball on the "stick".



#### Lateral jump tips

- Good single leg squat technique to initiate lateral jump.
- Move sideways over an imaginary puddle jumping off one foot to land on the opposite foot.
- Land with pelvis level and knee in line with foot.
- Soft landing.
- Stick landing. Strong and steady.
- Once players get the paired rhythm and control of the lateral jumps, add a ball.
- Pass the ball on take-off, receive the ball on landing.



*I practice all my balancing when brushing my teeth, brushing my hair, putting in my earrings and all sorts of things*

**Tiana Metuarau, Elite Netballer and NetballSmart Ambassador**

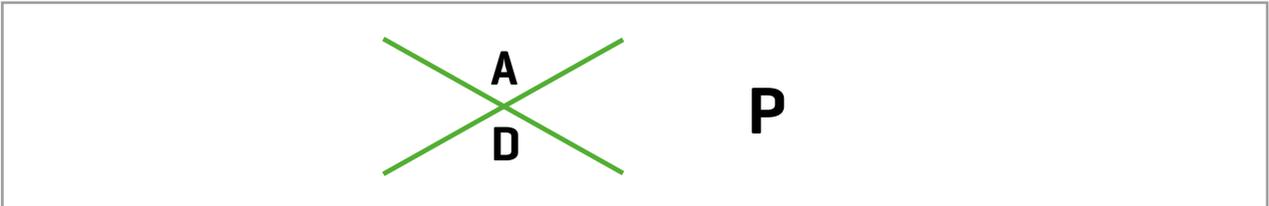


**Homework:** Brush your teeth balancing on one leg. Try the right leg in the morning and the left leg in the evening.

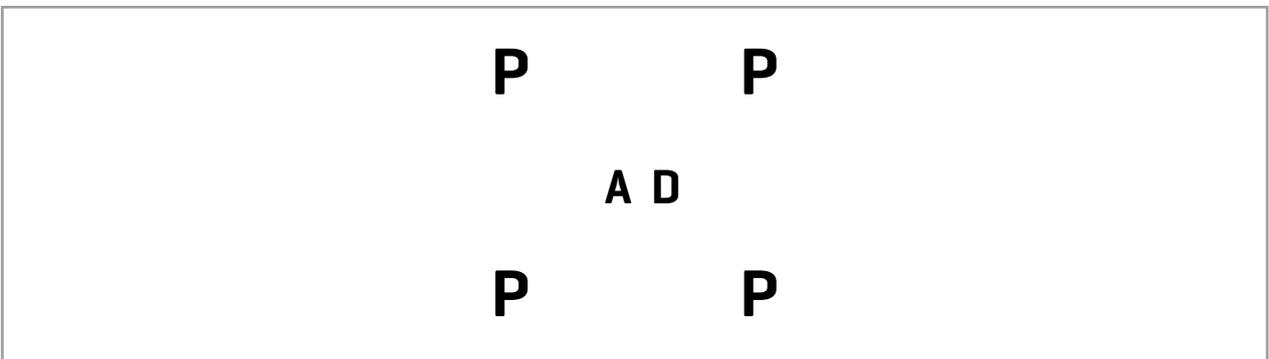
## GETTING FREE :

### In 3's with 1 ball

- 1 passer, 1 defender & 1 attacker. Explore ways to get free (dodge, roll, up to go back, back to drive forward, hold etc)
- Use an imaginary X on the ground. You can use chalk if you have some. Attacker gets free to receive a pass in one of the 4 spaces. Defender to mark one on one.
- Extension - Passer calls front, back, left or right that dictates where the attacker is to receive the pass.



- Variation - Attacker and defender in a square with 4 Posts. Attacker uses their attacking skills to get free, receives a pass from a post, turns and passes to another post and receives again.



## GETTING FREE :

### Random dot / cone drill (4-6 players per group)

- Place 6 dots in a variety of angles and lengths, each player selects a dot, and will receive a ball on that dot with the following.
- Ball starts with one person. Ball travels around the players in the same order and complete the following movements before you receive a pass.
  - Run to another dot and receive back at your dot
  - Run to 2 other dots and receive back at your dot
  - Run to 3 other dots and receive back at your dot
  - Join groups together and add defence



## PASS AND MOVE :

### Start in 3's with 1 ball

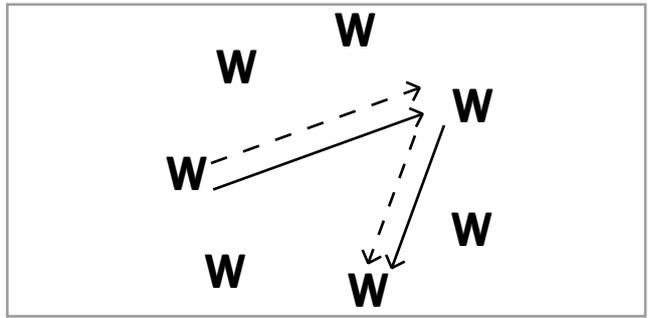
- Create a square formation with the players with one corner missing.
- A1 passes to A3 who is driving to the missing corner. A1 turns and gives it to A2 who again is driving to the open corner. Drill continues as so. Explore the differences of turning into the ball and then turning outwards.



### PASS AND MOVE:

#### In circle with 1 ball

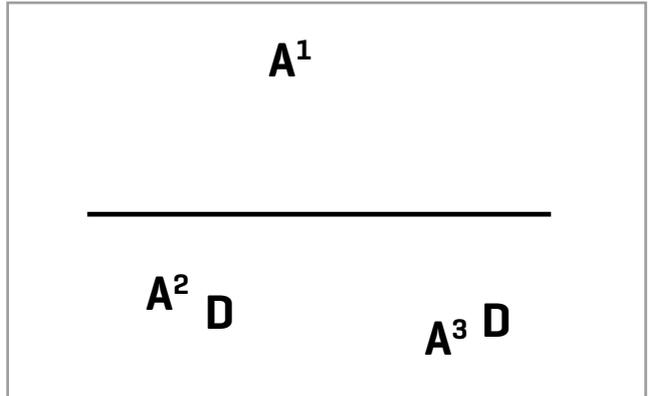
- Pass the ball to someone in the circle, then move to take that person's position. Pass and move. Encourage speed, fast movements and vision so that you can move without bumping into another player.



### COURT BALANCE :

#### In groups of 5's with a ball - A<sup>1</sup> starts with the ball

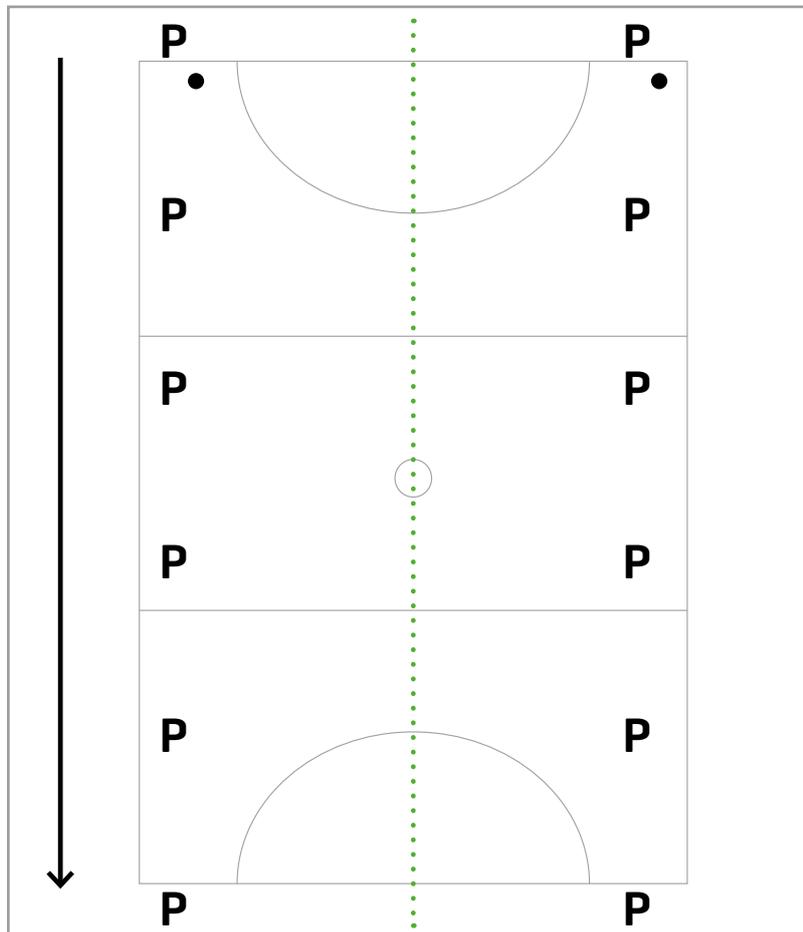
- A<sup>2</sup> and A<sup>3</sup> start behind the line and communicate who gets the first pass over the line. Activity is finished when a pass is received behind the line.
  - Extension - A<sup>1</sup> can offer a re-set pass
  - Extension - add one defender
  - Extension - add two defenders



### COURT BALANCE :

#### Set up two lines down the court with the numbers you have (4-7 per line).

- Transition the ball through the court only using straights and squares options for passing



## COOL DOWN / HAUORA :

- **Active Cool Down: Jog, walk sip, stretch (see inside back cover for NetballSmart stretches).**

### Chat : Sleep

Ask the group to come up with their top 3 tips for healthy sleeping habits. Then share the NetballSmart tips.

#### NetballSmart top 4 sleeping tips.

- 8-hrs or more sleep per night. **The “why?”:** Recent studies show: There is a 61% reduction in injury risk if athletes get more than 8-hours of sleep 5/7 nights a week. Also, teams that have longer sleep durations during Netball tournaments lead to higher final tournament positions!
- Aim for a similar bedtime each night, and wake time each morning.
- Technology away 30-minutes before bedtime. **The “why?”:** The blue screen stimulates the hormone cortisol which blocks the release of melatonin (sleep hormone), hence we become more stressed / anxious / nervous.
- If you find it difficult to ‘wind down’, some simple relaxation techniques can be used e.g. Visualization of a peaceful restful place (your happy place), deep breathing or progressive muscle relaxation (clench and relax muscles start from your feet and work upwards).
- Remember; Sleep is the **best** (cheapest) recovery strategy available.

# Year 9 & 10 Season Starter Programme

## Session 3: Phases of Defence

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

**Equipment needed:** balls / bibs / cones

### Purpose / Outcomes

- Identify the 3 phases of defence
- Show how to use them

### WARM-UP

- **NetballSmart Dynamic Warm-Up: Parts B: (Running), D: (Netball Specific).**
- **Core Strength: Tasks 1-3**

Did you know that a netballer jumps and lands up to 55 times in a game of Netball? Training good landing technique is crucial; not only will this reduce injury risk, but performance will improve.

### Landings: Tasks 1-3

#### TASK 1: LANDING BRAINSTORM AND SQUATS

As a group brainstorm:

- What a good landing looks like.
- What a poor landing looks like.

#### Tips For Squats

- Feet parallel and hip width apart.
- Push back through the hips.
- Knees in line with 2nd/3rd toe or the mid-point of your shoe but not in front of toes.
- Hands in catching position.
- Strong and steady.



**Squats 2 sets of 10.** Good squat technique helps to prompt good landing technique.

Challenge option: add a ball.

#### TASK 2: JUMP AND STICK LANDING X 10

In pairs or small groups watch each other jump and land. Check their technique matches our “Tips” box.

#### Tips For Jumps

- Good squat technique to initiate jump. Ensure good limb alignment – no kissing knees.
- Bend in hips and knees – push back through the hips.
- Knees not in front of feet – push back through the hips.
- Feet parallel and hip width apart.
- Land softly – bend hips and knees into a good squat.
- Ensure equal weight bearing.
- Hands in catching position.
- Control through the trunk.



### TASK 3: JUMP, TURN AND STICK LANDING. 90, 180, 270 DEGREES.



#### **Adaptions For Jump, Turn and Stick Landing**

- Shout North, South, East, West and players land facing that direction. Mix directions up.
- Shout a time on a clock-face and players land matching that time.
- Create and shout key words for different directions [e.g. "Silver ferns" or local ANZ Premiership teams etc]. This is great for players having to think fast on their feet.
- Add a ball

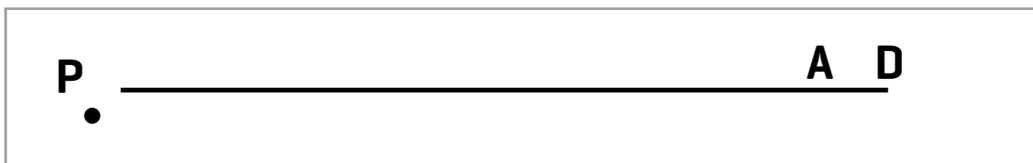
### 3 PHASES OF DEFENCE :

#### **Walking and talking section**

- Talk about the 3 phases of defence (0 phase, 3ft mark, restrict/direct)
- What do they look like? Why do we do them?
- Walk through examples of these

#### **In 3's with 1 ball**

- A receives pass on one side of the line, passes back to post then receives pass on other side of the line.
- Defender to mark one on one and apply the phases of defence. 0 Phase: set-up, get ready, mentally prepare, 1st Phase: direct/restrict, 2nd Phase: 3 ft mark, 3rd Phase: direct/restrict.



#### **In 3's with 1 ball**

- 1 attacker, 1 passer, 1 defender – Coach calls: 1 = tight mark, 2 = off mark, 3 = 0.9 mark the passer.
- Passer turns and faces the other way, throws ball in the air and calls 1,2 or 3 then turns to pass.
- The defender scores 1 point for stopping the ball release / forcing a bad pass, Score 2 points for gaining the ball.
- 5 turns each then rotate positions.

### Whole team drill or can be split into 2 groups depending on the numbers you have. 1 ball

- Attackers must receive the ball on alternative sides per pass (3 in total). Defence must stop them from doing this [focus on restricting and directing]



### BRINGING IT ALL TOGETHER:

- Using a half court situation put the emphasis on defence and implementing the 3 phases of defence

### COOL DOWN / HAUORA :

- **Active Cool-Down: Jog, walk sip, stretch [see inside back cover for NetballSmart stretches].**

### CHAT: HYDRATION

Challenge the group to come up with their top 5 tips around hydration.

- Water is best. The “why?” Powerade and other carbohydrate drinks are only necessary if you exercise for over an hour at a very high intensity. One bottle of Powerade has the same sugar as 12 chocolate chip biscuits!
- Have a good drink around 2-hours before exercise [about 500ml]
- Drink around 250ml 15-30-min before exercise
- During game breaks sip 150-300ml
- During cool down & after exercise drink 200-500ml.

**The “Why?”:** Even a 2% drop in body weight can result in reduced performance and increased injury risk:

# Year 9 & 10 Season Starter Programme

## Session 4: Teamwork

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Equipment needed:** balls / bibs / cones / waterbottles

### Purpose / Outcomes

- Drills designed to encourage teamwork, communication
- Develop healthy competition between the team
- Develop problem solving strategies

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

### WARM-UP

- **NetballSmart Dynamic Warm-Up: Game Day (Part B: Running, C: Dynamic Preparation, D: Netball Specific).**
- **NetballSmart Teamwork Tasks (pick 2 from 3).**

Today's NetballSmart activities require team work in groups of 5-8. Pick 2 of the following 3 tasks.

#### TASK 1 CORE – TEAMWORK – BENCH TUNNEL RACES

With the group, revise a good bench technique [session 1].

Using a line on the court to cue the hand position, players line up shoulder to shoulder. Lift knees off the ground into a good bench shape.

The end participant rolls the ball through the tunnel. The ball is rolled back by the person at the other end during which time the original roller gets up and runs to join the other end of the tunnel. The ball should be kept moving and the tunnel will move down the court.

#### OR

The end participant crawls through the tunnel. Once their feet pass the player next to them (and whom is now at the end of the tunnel), that player begins to crawl through and so on. The effect is like a tank wheel of motion.



**Challenge:** If the groups can maintain quality bench shape through-out:

- Get the tunnel to move between two cones or across the width of the court.
- Race another team.

## TASK 2: BOTTLE THROW, LATERAL JUMP, CATCH AND LAND

Equipment: one drink bottle or ball per player  
Minimum of 6 players [enough to make a small circle]

The game works on footwork and encourages good communication and teamwork.

Aim: catch your neighbours drink bottle or ball before it hits the ground.

Players form a circle and hold the bottle or ball. Create a cue for clockwise and anticlockwise [whistle for clockwise and clap for anticlockwise] Throw the drink bottle / ball up into the air and move one place to the right / left and catch your next-door neighbours drink bottle / ball.



### Adaptations For Bottle Balance Challenge

- Lateral jump and land on one leg
- If using a ball, throw ball higher and move two spaces.
- Use pool noodles

## TASK 3: ELASTICS.

There are not too many rules to the game of elastics. Players learn a lot from unstructured activity as they self-coach.

**FACT: Did you know that jumping activities like this are good for stimulating bone strengthening adaptations?**

### Elastics Tips

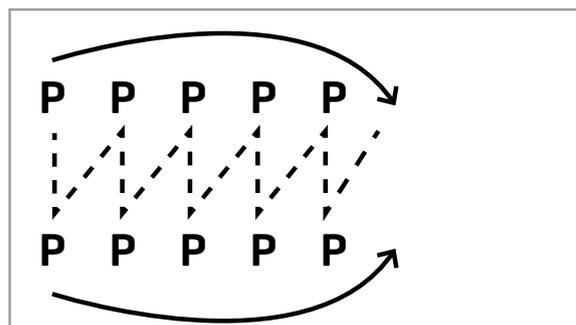
- Keep it unstructured
- Use safe landing strategies, don't let knees "kiss" / buckle inwards.
- Only do jumps & hops you feel warmed up to do.
- If they are struggling to get started, warm them into it using the traditional "England, Ireland, Scotland, Wales, inside, outside, puppy dogs tails" [one foot each side of right elastic, one foot on each side of left elastic, repeat, both feet inside, both feet outside, dismount to the side].
- Try ankle height, then calf, knee and thigh.
- Challenge the groups to each come up with something creative.
- Have fun.



## TEAMWORK :

### Snake ball

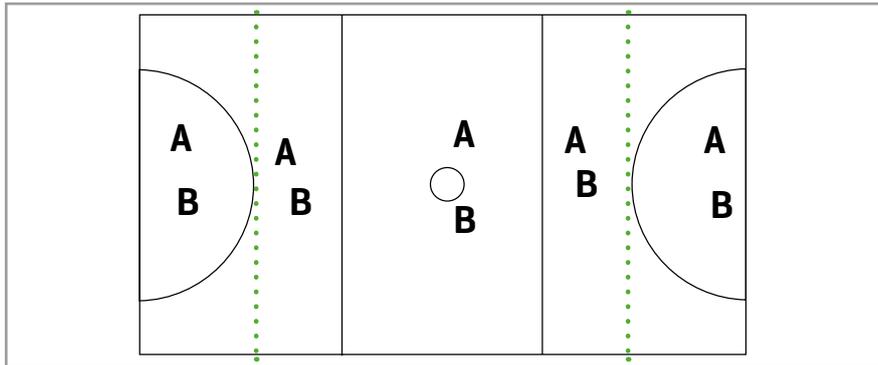
- 2 lines facing each other [ideally the lines are even].
- The ball must be passed from one player to the next in a zig zag formation, once the player has passed the ball.
- They then run to the end of their line so the ball/s can continue down the full length of the court.
- Add balls to challenge the team.



## TEAMWORK :

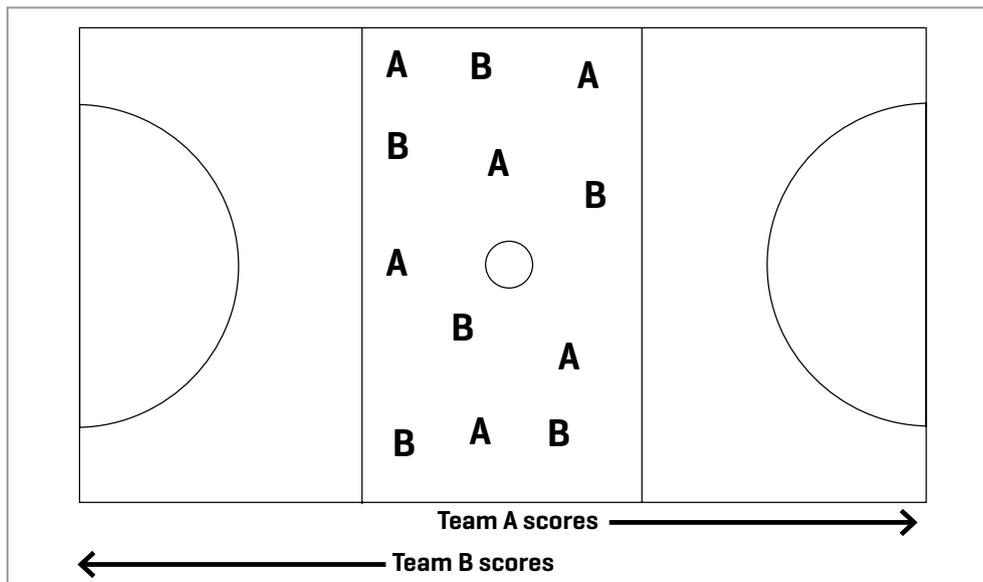
### Aranga Touch

- 2 teams of equal members. 1 ball.
- The aim is to get the ball from one end of the court to the other to your own "goalie" without losing the ball by being tagged when in possession.
- Normal footwork and held ball apply but in addition a free pass is given to the opposition as soon as someone is tagged in possession of the ball.
- One goal is scored every time a "goalie" receives the ball either in the goal circle, or the dotted area. Goalie's cannot be tagged. \*Goalies [AB] are restricted to scoring area.



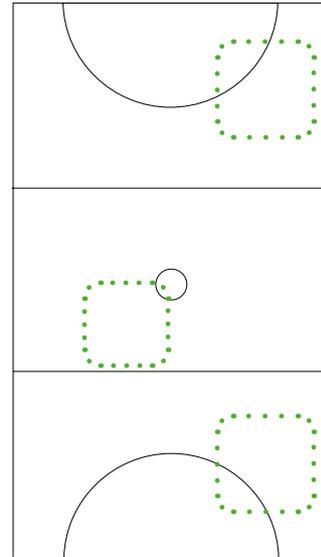
### Transition Netball

- 2 teams, 2 balls – allocate each a goal circle to score at.
- All players start in the centre third, passing the ball between their team [encourage the use of all the space, must not stand still].
- When the coach blows the whistle each team must transition the ball to their goal circle and score a goal.
- At the same time they must also try and gain possession of the other teams ball and score that too.
- Only 2 players from each team are allowed in the goal circle [defenders or shooters].
- Aim is to look after your ball but get the other teams ball.
- First to 10.



## Hopscotch

- Divide the players into 2 or 3 equal teams. 3 squares marked out anywhere on court with dots, players are allowed to move anywhere within the netball court. Netball rules apply.
- Throw the ball randomly into the court to start play.
- Teams must play the ball into the square with the worker clearly catching the ball driving into the square (no waiting in the square). The worker placing the ball on the ground and another team mate coming into the square to pick up the ball and pass it out to another team member within 3 seconds (the ball is safe while it is in the square).
- Once scored in that square, teams must score in the remaining 2 squares before returning to their original square.
- All lost possession results in a handover to the closet opposition.



## COOL DOWN / HAUORA :

**Active Cool Down: Jog, walk, sip, stretch [see inside back cover for NetballSmart stretches].**

## CHAT : NUTRITION

“Eat well to play well”

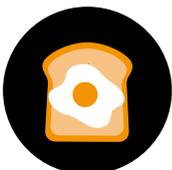
Ask the group “what does this mean and what does eating well look like?”

Ideas to cover:

- Ensuring a balance of **protein, carbohydrates and healthy fats**. Ask them for examples from each of these categories.
- Eat a good meal **2 hours before** exercise and within **2 hours after** exercise.
- Have a **protein-based snack within 30 min** of exercise. E.g.: Nuts and a yoghurt. Milk / Chocolate milk and some nuts. Smoothie, cheese, jerky etc.
- For **tournaments have lots of snack options** that balance proteins / carbs / healthy fats. Minimise the eating of lollies and sugary foods as you need sustained energy.
- **Iron** is essential to optimise oxygen delivery to our muscles. Low iron stores lead to fatigue and poor endurance. Iron rich foods include; red meat, tuna, eggs, green vegetables, baked beans, fortified cereals, porridge. Vitamin C helps our body to absorb iron (citrus fruits, peppers and broccoli).

## FOOD

**Two hours before game time eat:**



### Breakfast

Cereal, yoghurt and fruit, scrambled eggs on toast



### Lunch

Salad and meat sandwich or wrap, scrambled eggs on toast, toasted sandwich

> If you have eaten more than two hours before a game, have a snack one hour before a game. i.e. sandwich or banana.

**Post game food**



# Year 9 & 10 Season Starter Programme

## Session 5: Keeping Possession

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Equipment needed:** balls / bibs / cones

### Purpose / Outcomes

- Use a variety of movements to get free
- Communication
- Retain possession and score points

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

### WARM UP

- **NetballSmart Dynamic Warm-Up: Part A (strength), Part B (Running), Part C (Dynamic Preparation) and Part D (Netball Specific)**
- **Acceleration and Stopping: Tasks 1 and 2.**

Equipment: Balls. Required for progression option only - coloured rubber dots.

“ In Netball we run fast and stop hard. Stopping is a movement fundamental to Netball, yet too many Netball players leave it out of their warm-up. The Silver Ferns work on their stopping technique. Improving your ability to stop improves your performance and significantly reduces injury risk.

**Sharon Kearney – NetballSmart Programme Manager  
and former Silver Ferns Physiotherapist**

”

### TASK 1: STOPPING

Review different stopping techniques; a 2-foot stop and a 1-2 foot stop.

Ask the group what makes a good stop? What makes a poor stop?

#### Stopping Tips

- Use good squat technique
- Hips, knees, feet aligned
- Don't let your knees buckle inwards
- Keep it low, don't jump like a kangaroo into a flat pass.
- 1-2 technique and go into the stop with feet close to the ground (low), bend knees but stay tall through the trunk.
- Eyes ahead.
- Make sure you stop properly, you have 3-seconds with the ball.



## TASK 2: 1-2 STOP FROM SPEED TO RECEIVE A FLAT PASS:

In small groups. One player stands on the side line holding the ball whilst balancing on one leg. The remainder line up along the opposite side line and on command sprint towards the player with the ball. As soon as she / he raises the ball above their head, the group perform an immediate stop. The last person to stop goes back to the side line. Winner is the first participant to reach the person with the ball, they swap places and repeat the game. Try 1-2, 2 and 1- foot stops.



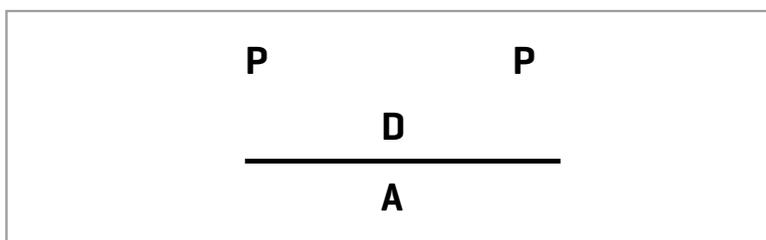
### Adaption

Zig zag sprints having to plant foot on coloured dots x 3 before receiving the ball.

## KEEPING POSSESSION:

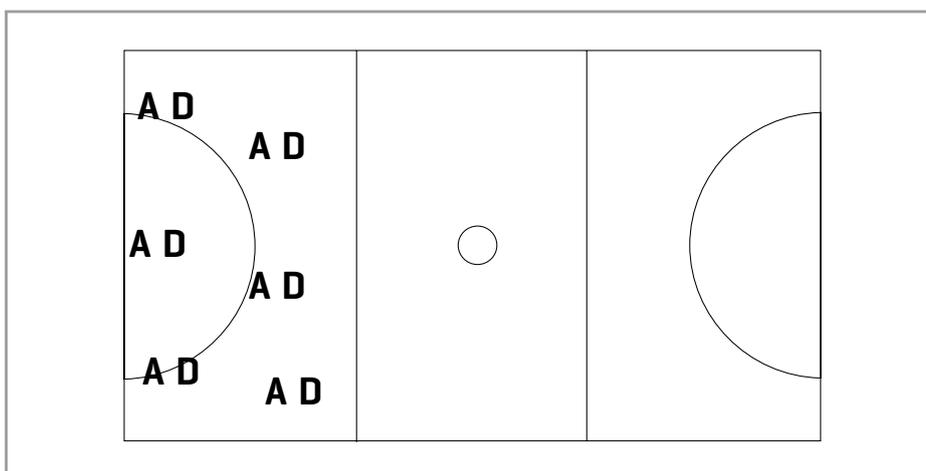
### In 4's with a ball

- 2 stationary passers, 1 attacker, 1 defender.
- The attacker must get free for flat passes but must stay behind the line.
- The defender is trying to get the ball but must stay in front of the line [but not mark the passers].
- Complete 10 passes and then rotate or see how many passes the Attacker can get before the defender disrupts or an error is made.



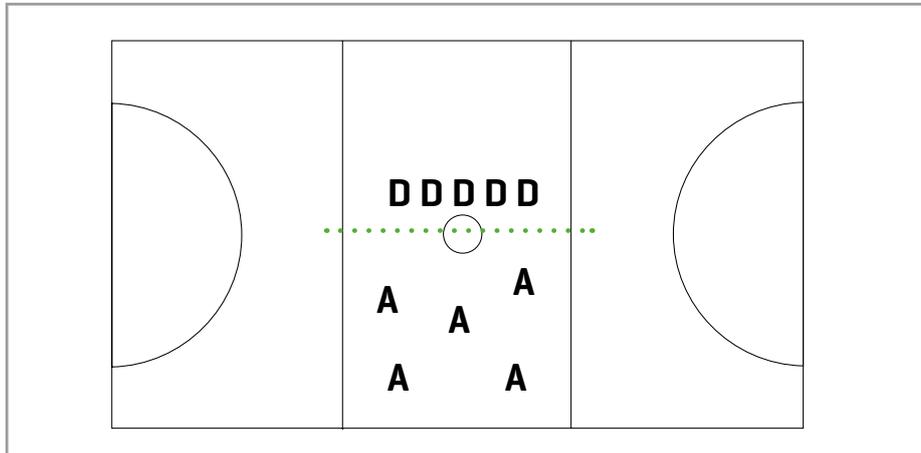
### Greedy Ball

- One team is attacking and one team is defending.
- Each team to have a turn and must pass and retain possession for as long as they can [up to 3 minutes max].
- Attackers are not allowed to pass back to the person they received it from.
- If the defensive team gain possession they return it to the attacking team and time starts again.
- 3 turns per group.



### Greedy Ball variation:

- One team is attacking and is spread out throughout the half of centre third, the defending team is lined up along the side line.
- Attackers pass between themselves – everyone MUST be moving, not allowed to stand still and not allowed to pass to the person that passes to you.
- Send a defensive player in every 5 passes.
- Aim for the attacking team to retain possession to get all the defensive players into the “game”.



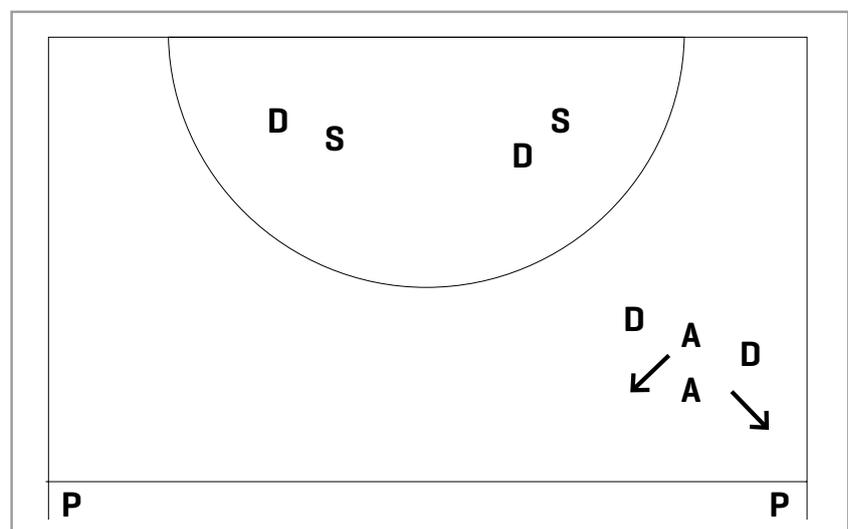
### BRINGING IT ALL TOGETHER :

#### Split and Attack Drill

- 2 shooters in the goal circle with 2 defenders, 2 attacking midcourt players outside the circle and to one side with 2 defensive midcourt players. Two posts on the transverse line at the sideline.
- Ball starts with one of the posts. Midcourt players split and offer on a 45 degree angle to the passer, passer chooses one of them who then passes to the other midcourt player who drives to the circle edge.
- At circle edge, midcourter player feeds a shooter who then passes to the other shooter. Shooter turns and looks to post then passes out to one of the mid court players who feeds it back in again.
- Play must go in this order.
- One point is scored if the attackers complete a set, retain possession and structure and score a goal
- Move to the other side and repeat

#### Variations:

- Use both sides of the court or try the middle.
- Add the shooters to offer a split.
- Change the order of the passing. For example: Midcourt-Shooter-Midcourt-Shooter.
- No structure.



## COOL DOWN / HAUORA :

**Active Cool Down: Jog, walk, sip, stretch [see inside back cover for NetballSmart stretches].**

### Chat : Essential Equipment

**Ask the group why they think they should wear Netball shoes for Netball?**

#### **Netball shoes = better control on the court**

A regular sports shoe supports the foot during forward movement only, but Netball players only move in a forward direction for 28% of the game. Unlike a regular sports shoe, a Netball shoe is designed to support the foot during quick movements, side-ways movements, stops and starts, pivoting, planting, cutting and landings. This is done by using more durable fabrics and rubbers and by having a wrap [a rounded edge to the sole which stabilises the foot and ankle]. This possibly reduces the severity, or likelihood, of an ankle sprain.

#### **Coach lead discussion around the importance of a well fitted bra.**

Another common mistake is not wearing the correct bra for your body shape. Even small breasted players can feel discomfort while exercising. It only takes breast movement of 2cm to cause pain. During your teenage years breast development is accelerated, size and shape may change from year to year.

#### **NetballSmart tips for choosing the best supported bra for your shape.**

- Ask an expert to fit you correctly. Most lingerie shops will have a qualified assistant [don't be shy]. Remember to fit your daily bra and your sports bra as requirements for both will be different.
- Choose a sports bra that has breathable fabric.
- The under-band should be parallel to the floor and secure enough that only 2 fingers can fit underneath.
- Breasts should fit firmly in the cup without spillage or gaps.
- Straps should sit comfortably and fit 2 stacked fingers underneath.

Ask yourself: "does this feel comfortable?" Try a couple of jumps in the changing room to get a feel of how the bra sits and moves when you do.

# Year 9 & 10 Season Starter Programme

## Session 6: Decision Making

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Equipment needed:** balls / bibs / cones

**Purpose / Outcomes**

- The ability to be able to make good decisions under pressure.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

“ Netball is a running based sport and in my position; Centre, I run up to 7km a game. So, to minimise injury risk and to prepare myself for the season I need to go out for a run. If I am physically fit, I'll play a strong game.

**Tayla Earle, Elite Netballer and NetballSmart Ambassador**

”

### WARM UP

- **NetballSmart Power Warm Up twice through, no stops.**
- **Task 1: NetballSmart Noughts and Crosses**

Netball is a physically demanding game, players need to be fit. This session simulates game fatigue and tests decision making under pressure. Players go from the power warm-up immediately into 'NetballSmart noughts and crosses'. Therefore, it's ideal to have netballers set up the session before the warm-up begins.

### EQUIPMENT:

9 hoops per 6-players OR mark out a 3X3 grid with chalk.

“Noughts” 3 marker cones / dots / small bean bags / bibs / cloth in one colour; eg red.

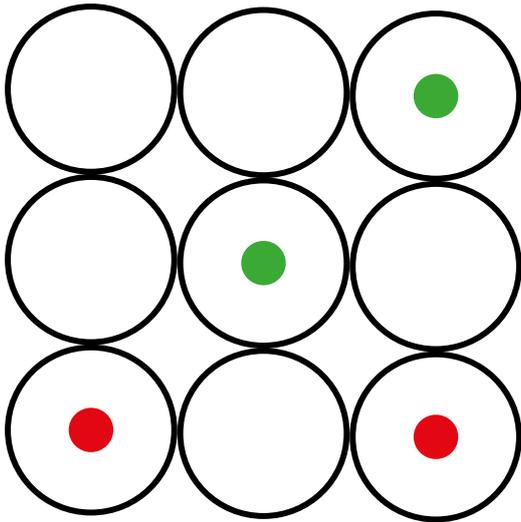
“Crosses” 3 marker cones / dots / small bean bags / bibs / cloth in another colour; eg green.

Players do the power-warm-up twice in a row in order to challenge endurance, this should take 10-minutes. They then go immediately into shuttle noughts and crosses. Play 'best of 3' initially but feel free to extend it out to 'best of 5' if they are engaged and coping well.

### **Power Warm-Up And Shuttle Noughts and Crosses**

- Once the power warm-up is complete, immediately break into groups of 4-6.
- Each group grabs 9 hoops and lies them on the opposite side line or end of the court, in a grid system 3 by 3. [optional: shuttle run these out one-by-one if you wish]. Alternative: pre-marked chalk grid.
- On the opposite sideline / baseline, place your “noughts” in a pile and your “crosses” in another pile.
- Split the group into a “noughts” team and a “crosses” team. 2-3 players per team & line up by their pile.
- Player B [+/- player C] for both teams hold a bench.
- Player A, for both teams, runs a shuttle run across / up the court and on return grabs a nought / cross. They then run this up to the grid and without hesitation place it in the grid and run back tagging player B between the shoulder blades. Player A immediately drops to bench and player B goes into the shuttle run. And so on.
- If no one has won and all 6 “noughts and crosses” are out in the grid, play continues whereby players move one of the noughts or crosses with each turn until a winner declared.
- On the next game, mix up bench hold to side bench, RDLs, burpees, mountain climbers or squat jumps.

## Shuttle Noughts and Crosses

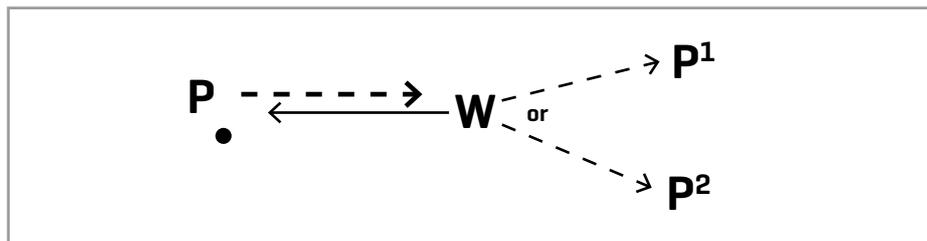


**Homework:** Do you think it's a good idea to factor a run into your week?

## DECISION MAKING:

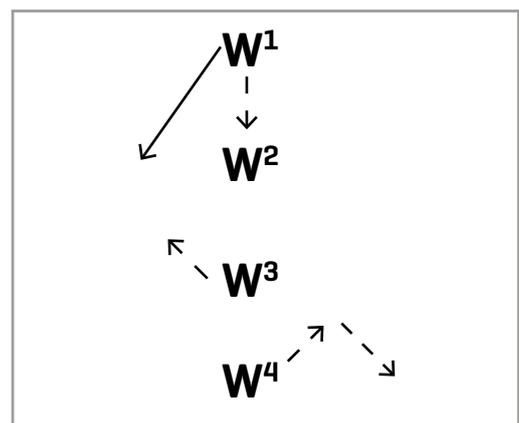
### In 5's with 1 ball

- Set up 3 Posts and a Worker as in the diagram. W drives in a straight line and receives a pass from P. W fakes to one either Post and passes to the other Post.
- Rotate so that players have a turn at each position.
- Extension: Add on defender on P1 and P2. The Workers aim is to deceive the defender.



### In 4's with 1 ball

- W1 passes to W2 and then drives to be a lateral option [as a square]. W3 and W4 split to offer a short and long option, W2 passes to either W3 or W4.
- W2 to focus on meeting the ball strong, turning fully and quickly [close to the ground] to give them maximum time to select the next pass.
- Rotate so that players have a turn at each position.



### **Variation One:**

- Same drill as above but this time ask the players to time their preparation to be free on a straight line for a quick 0-1 second release (split to one second).
- Change the timing for a 1-2 second release and then a 2-3 second release.
- Players choose the timing of the release.

### **Variation Two:**

- Same drill as above, but start to apply pressure by adding one defender at a time until it becomes a 4 v 4 activity.
- Transition players to a specific area of court (for example – attacking the circle edge and feeding the shooters)
- Vary preparation and method of getting free – 1 movement, 2 movements, using roll, ½ roll, dodge, lead up to drop etc

### **BRINGING IT ALL TOGETHER:**

Take to a court situation ie Centre Pass Attack. Objective is to get the ball to a shooting position or circle edge. Coach decides what points are awarded for to reward successful decision making. For example use a method of getting free, turning fully, two clear options to the ball. Once attacking team takes ball to the prescribed area of court, attacking team places the ball down, defensive team picks the ball up and transitions onto attack to take the ball back towards the centre circle.

### **COOL DOWN / HAUORA :**

**Active Cool Down: Jog, walk, sip, stretch (see inside back cover for NetballSmart stretches)**

### **Chat : Packing your bag for Netball?**

We want to encourage independent netballers. Ask the group what they should pack in their netball bag?

- Netball shoes
- Strapping tape and/or an ankle brace if you have sprained your ankle before.
- A filled water bottle
- A healthy protein rich snack for immediately after netball
- Good socks
- Band aids for blisters
- Pads or tampons
- Spare warm clothing if cold or wet.
- Sunscreen if needed
- Nail clippers

# Year 9 & 10 Season Starter Programme

## Session 7: Phases of Defence and Intercepts

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

**Equipment needed:** balls / bibs / cones

### Purpose / Outcomes

- Communication
- Footwork/body placement
- Attacking/gaining the ball

### WARM UP

- **NetballSmart Dynamic Warm-up: Parts B (Running) and D (Netball Specific).**
- **NetballSmart Mirroring and Shadowing: Tasks 1-4**

Today's NetballSmart strength and landing tasks involve mirroring or shadowing, a critical component of a good defender, therefore players work with a partner.

### EQUIPMENT:

One ball between pairs. Elastics: one set between 4 or 6.

### TASK 1: SINGLE LEG BALANCE PASSES: 3 METRES APART FAST X 20.

#### Squat Tips

- Feet parallel and hip width apart.
- Push back through the hips.
- Knees in line with 2nd/3rd toe or the mid-point of your shoe but not in front of toes.
- Hands in catching position.
- Strong and steady.

#### Balance Tips

- Unlock the support knee.
- Hands in catching position or holding a ball at chest height.
- Keep tall through the pelvis.
- Hold body weight through the ball of the foot.
- Strong and steady.



## TASK 2: SQUAT AND PASS: 3-METRES APART. SQUAT AND PASS THE BALL ON THE UPRIGHT. 2 SETS OF 10.



## TASK 3: RDL WITH PASS: 3 METRES APART.

Pass the ball on the upright.

5-reps each leg x 2-sets on each leg [20 total]

### Partner RDL Tips

- Start in a good balance position. Front knee bent 20 degrees.
- Head up and back straight.
- Whilst keeping back straight, bend forward at the hip whilst simultaneously lifting the back foot upwards. Be like a see-saw.
- Hands in catching position or holding the ball.
- Strong and steady.



## TASK 4: ELASTICS SHADOWING IN 4'S OR 6'S.

### Elastics Shadowing Tips

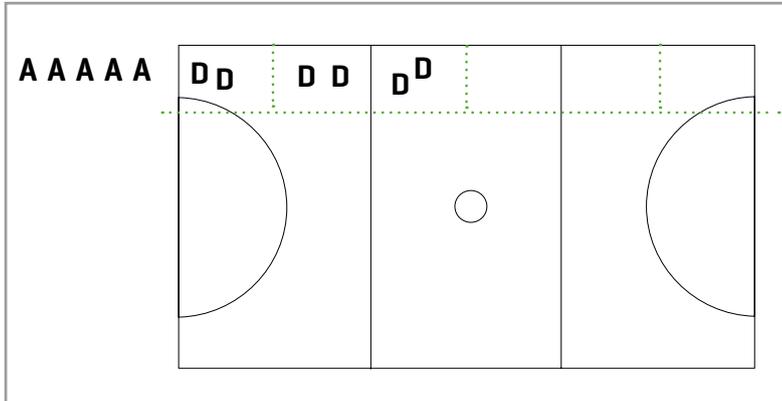
- Small groups of 4-6.
- Two people anchoring in stable body position.
- Chairs also make good anchors.
- 2-4 players shadow each other through a sequence of jumps.
- Be inventive but use safe landing strategies.
- Only do jumps and hops you feel warmed up to do.
- If struggling to get started, use the traditional "England, Ireland, Scotland, Wales, inside, outside, puppy dogs tails" (one foot each side of right elastic, one foot on each side of left elastic, repeat, both feet inside, both feet outside, dismount to the side).
- Try ankle height, calf, knee and thigh height for the elastics.
- Challenge the groups to come up with something creative.
- Have fun.



## WORKING TOGETHER:

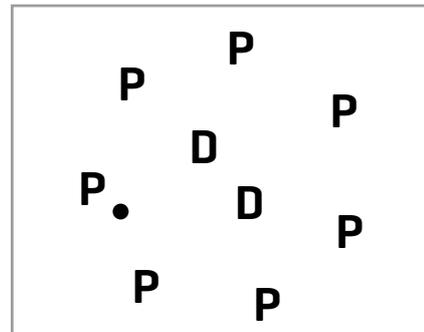
### Running the gautlet

- Set up the court as per the diagram below.
- Between the 2 defenders must stop / make it hard for the attacker to run to the next space.
- Aim is to stop them completely, or alternatively slow the process down and make the attacker work as hard as they can.
- Variations: Increase the size of the square or make it a rectangle. Long and narrow or short and wide.



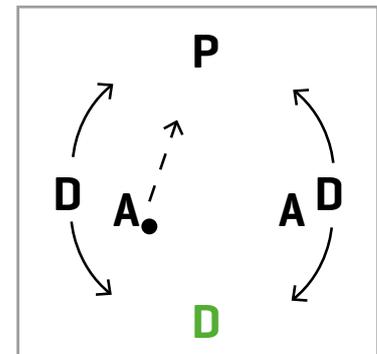
### Team drill – 8 players in a circle outside and 2 defenders inside

- Players on the outside must pass the ball between themselves – they are not allowed to pass to the person standing next to them.
- 2 defenders in the middle try and intercept / disrupt the passes.
- Go for 15 passes then take a break. Defenders to discuss positioning and strategies.
- Get the passes to start off slow so that the defenders can have the time to read plan and get into position.



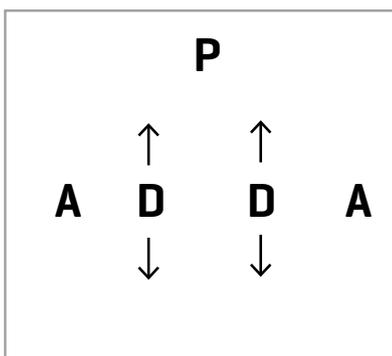
### In 5's with a ball

- 2 attackers, 2 defenders and 1 stationary passer.
- 1 attacker starts with the ball and passes to the stationary passer.
- Defenders aim is to keep both players towards the middle forcing them together.
- Once the attacker gets the ball they need to give it back to the stationary passer.
- Questions: How can the defenders keep the attackers in the middle? What can the defenders do at the beginning to set up for success?
- Extension: Add a defender at the back who can go for an intercept they may see.



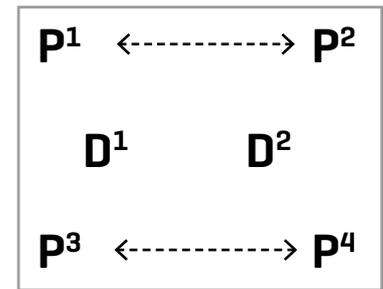
### In 5's with a ball

- Same drill as above but defenders now work to keep the attackers apart, so they are always in between the two attackers.



### In 6's with a ball

- Players P<sup>1</sup> and P<sup>2</sup>, and players P<sup>3</sup> and P<sup>4</sup> are passing, players D<sup>1</sup> and D<sup>2</sup> try to intercept opposite passes. If successful return the ball to the posts.
- Encourage timing and footwork to ensure that they can get into positions to intercept the ball.
- Questions: How can the defenders work together to get a number of successful intercepts? What is important in the defenders body position to be successful?



### COOL DOWN / HAUORA :

**Active Cool Down: Job, walk, sip, stretch [see inside back cover for NetballSmart stretches]**

#### Chats : Diversification

Coach lead chat about “diversification”.

Sporting diversification improves overall sport performance and decreases injury risk

#### DID YOU KNOW?

**THOSE WHO BECOME ELITE ATHLETES ARE MORE LIKELY TO HAVE PLAYED MULTIPLE SPORTS IN THEIR YOUTH.**

- What does diversification mean?
- How do other sports help your Netball?
- Ask for examples; e.g. Surfing = Balance & Resilience, Touch Rugby = Fitness and Footwork, and Cross Country / Fun Runs = Cardiovascular fitness etc.

# Year 9 & 10 Season Starter Programme

## Session 8: **Teamwork**

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

**Equipment needed:** balls / bibs / cones

### Purpose / Outcomes

- Recap turning fully quickly and looking down court
- Timing through court
- Using channels

### WARM UP

- **NetballSmart Dynamic Warm-Up: Parts A: (Strength), Part B: (Running), C: (Dynamic Preparation) and D: (Netball Specific).**
- **Hopping and Propping: Tasks 1-4**

Last session we looked at mirroring. Being able to prop and stick well is important when attacking.

### TASK 1: MIRRORED PROP PROP STICK FORWARD AND BACKWARD WITH PASSES X 20.

#### **Mirrored Prop-Prop-Stick Tips**

- Partners 3-metres apart
- **Rhythm is: Prop pass prop stick**
- One partner performs a forward moving prop-prop-stick and passes the ball before the second prop foot hits the ground. At the same time, the other partner is performing a backwards prop-prop-stick and should receive the ball, on or close to, the "stick".
- Use good single leg squat technique to initiate prop and through the stick.
- Bend in hips and knees - push back through the hips.
- Stick with knee in line with foot.
- Stick with a soft landing.
- Stick and prop with pelvis level.
- Hands in catching position or holding a ball at chest height.
- Knee in line with foot.



### TASK 2: JUMP AND STICK ON ONE LEG. 10 REPS EACH LEG.

#### **Jump and Stick On One Leg Tips**

- Use good squat technique to initiate jump.
- Ensure good limb alignment, no kissing knees.
- Bend in hips and knees - push back through the hips.
- Jump off both feet and land on one single leg.
- Control trunk.
- Head up.
- Stick with pelvis level.
- Stick with knee in line with foot
- Stick with a soft landing
- Hands in catching position or holding a ball at chest height.



### TASK 3: 5 HOPS STICK: 3 REPS EACH LEG.



#### Hot Tips

- Good single leg squat technique to initiate jump.
- Bend in hips and knees - push back through the hips.
- Jump off one foot and land on one foot.
- Pelvis level.
- Hands in catching position or holding a ball at chest height.
- Knee in line with foot.
- Soft landing.
- Stick landing. Strong and steady.

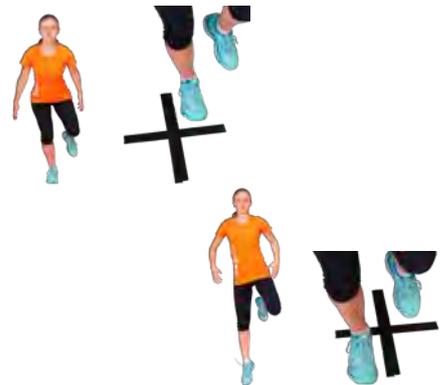
#### Adaptions For 5-Hops and Stick Landing

- Add a change or direction in one or multiple hops.
- Shout North, South, East, West and players land facing that direction. Mix directions up.
- This is great for players having to think fast on their feet.
- Add a ball, catching in the air or on landing. Mix up 1st, 2nd, 3rd, 4th, 5th landing.

### TASK 4: MULTI-DIRECTIONAL HOPPING AROUND A COMPASS (3 SETS OF 5-HOPS EACH LEG)

#### Multidirectional Compass Hot Tips

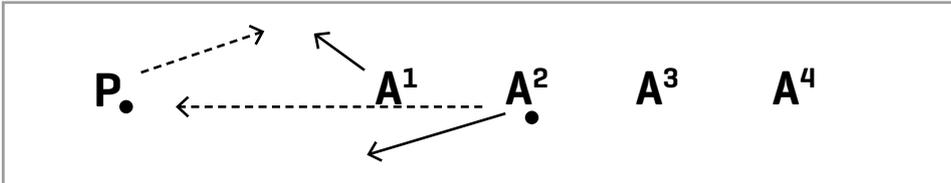
- Lay out a compass shape with tape or use an intersection on court lines.
- Coach / partner shouts N, S, E, W and hop along the lines in response.
- Coach / partner shouts NE, NW, SE, SW and hop into the quadrant.
- To progress, increase the distance.
- Turn it into a game of following the correct instructions quickest.



## RECAP TURNING FULLY AND QUICKLY:

### Team Drill with 2 balls

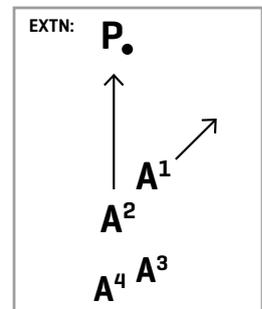
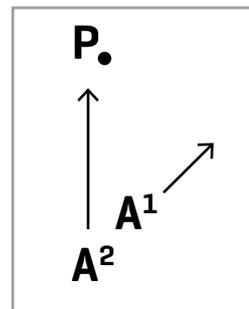
- Player P and A2 start with a ball.
- The first player in the line runs out on a 45 degree angle to receive a pass from P
- While she is turning fully the second player in the line with a ball passes it to P and performs the same move on the other 45 degree angle
- Drill continues in the same pattern
- Ensure that players are turning fully and fast and keep their feet low to the ground



## LEADS DOWN COURT :

### In 3's with 1 ball – set up as shown below in the diagram with a passer (P) and 2 attackers (A)

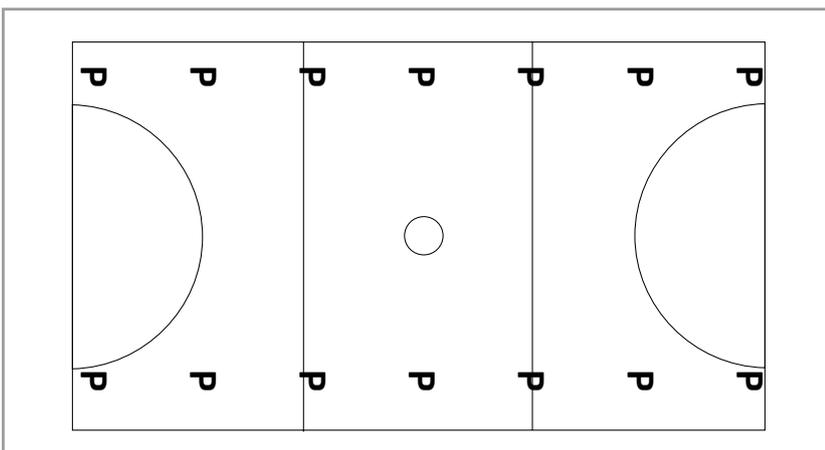
- A1 drives wide and A2 drives straight using the gap created by A1.
- The P passes to one and the other offers again to create a straight line play.
- Extension - P backs up to create a square option.
- Extension - set up in groups of 5 with attackers A4 and A5 working off the first 3 players.
- NB: Sometimes A1 will need to drive straight up the court to create space for A2 if the ball is taken wide initially .



## TIMING THROUGH COURT :

### Players in a line throughout the court with one ball. With good timing (not standing and waiting for the ball or moving too soon), players perform the following:

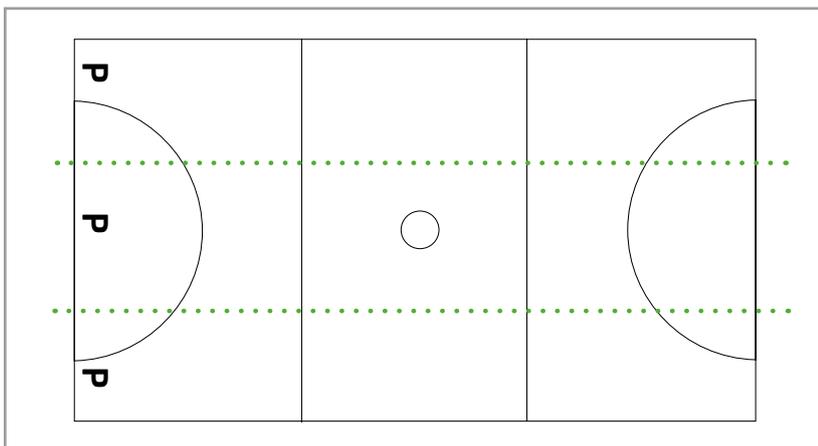
- Receive a ball one step to the left turn fully and give it to the next player in the line, return back down the line with one step to the right.
- Drive on a 45 degree angle to the left turn fully and give it to the next players in the line, return with a drive on a 45 degree angle to the right.
- Do one movement (roll, dodge, up to go back, back to go up etc) receive and turn fully to give to the next player in line – up and back.
- Do two movements, receive and turn fully to give to the next player in line – up and back.
- Extension: Join the teams together so one team is attacking and one is defending.
- Extension: Once an attacking player has passed the ball they can back up for a square pass to balance the court.



## USING CHANNELS :

### Start in 3's no ball to start with then add 1 ball

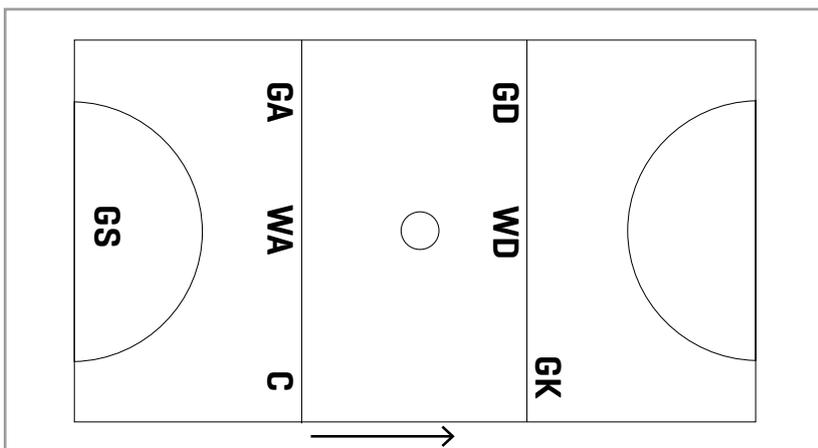
- 3 person weave: The ball travels down the middle channel and players drive from the sideline to receive a pass in the middle channel. Once a player has passed the ball they re balance the channels by clearing to an outside channel and then coming back into the middle to receive a pass.
- Variation: No 3 person weave pattern. Ball travels down the court with the channels balance.
- Extension: Apply pressure by adding 1 defender at a time.
- Extension: Start with two attackers in the goal third and one attacker starting in the centre third.



## BRINGING IT ALTOGETHER :

### Have 7 players on the court in positions GS-GK, the rest can be floating defenders

- WA, C, GA start with 1 ball at the attacking transverse line.
- WD, GD GK start with 1 ball at the defensive transverse line.
- Each line must perform a 3 man weave heading away from their scoring end. When the coach blows the whistle the defensive 3 throw their ball out of court. The attacking 3 throw a ball anywhere in the defensive goal third.
- Once retrieved by one of the defensive players it must be transitioned through court to score a goal.
- Extension: Add a centre pass after the through court attack therefore simulating a turnover situation on court that could allow you to score 2 goals in a row.



## COOL DOWN / HAUORA :

**Active Cool Down: Jog, walk, sip, stretch (see inside back cover for NetballSmart stretches)**

### Chats : Healthy Loading

- Use the table below to lead a discussion on how much Netball “load” is ideal in Year 9 & 10.
- What is load?
- What are the risks of exceeding these loading guidelines? Injury, illness, burnout, and underperforming.
- The same works the other way; if you don’t turn up to training, your body isn’t prepared for the forces of Netball. As a consequence, you under-perform and increase your chance of injury.



## PLAYER LOADING GUIDELINES

13-15 year olds (non-tournament)

# NETBALL HOURS PER WEEK = 8

### 3 Netball contacts per week

[8 hours at maximum which includes 1-2 games; 1-2 team sessions]

1- Other sport in-season

2 - Sports out of season

1 full rest day

Limit of 2 full  
games per  
week

2 Hours  
Support  
activities \*  
(in season)

4 Hours out-of-  
season

No more than  
2 Netball  
sessions in 1  
day

**\*Support activities** include but not limited to:

Strength and conditioning, bodyweight strengthening, core and balance, recovery session, aerobic / anaerobic conditioning, speed / strength / power / resistance / weights / movement competencies, preventative i.e. stretching, dynamic movements.

# Year 9 & 10 Season Starter Programme:

## Shooting Specialist Session

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**Time:** 90 minutes or can be adapted for a shorter time frame.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

**Equipment needed:** balls / bibs / cones

### **Purpose / Outcomes**

- Shooting technique
- Shooting under pressure activities
- Circle balance

### **NETBALLSMART DYNAMIC POWER WARM UP**

#### **Shooting Technique :**

- Shooters stand around the circle edge facing into the coach who is standing in the middle of the circle, then go through the following steps:
  - » Ball in the finger tips of your shooting hand (you should be able to slide your other hand underneath the ball)
  - » Feet shoulder width apart and have a good strong base.
  - » Power of your shot comes from your legs – use the analogy “sit on the toilet – stand up”.
  - » Transfer the power starting from your legs and follow through until the ball leaves your finger tips – you should spring onto the ball of your toes briefly
  - » Make sure your elbow is in line with your shoulder and pointing straight ahead (not out to the side).
  - » Flick your wrist as a follow through.
  - » Make sure you get height on your shot – you want it to ideally be like an upside down candy stick / umbrella.
  - » Aim for the back of the ring.

#### **\*\* Technique Focus**

Focus on your individual key words AND / OR actions for your shot.

This should be the only you “think” about your SHOOTING ACTION.

Once you have completed 30/40/50 shots – then switch off the “technique thinking” button and switch on autopilot.

#### **PRESSURE SHOOTING (PART 1):**

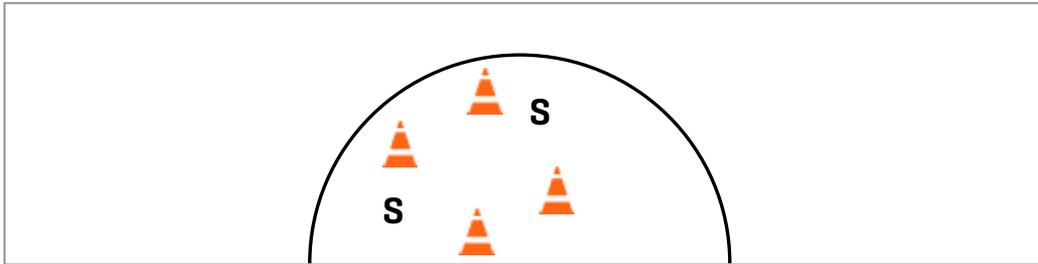
##### **In pairs working in the goal circle perform the following:**

- 2 x 1minute periods – how many consecutive shots can you make?
- 3 lines of 5 shots, starting closer to the hoop and taking one step back every shot you make – aim is to get 5 consecutive shots. Use the angles 45, middle and other 45.
- Put 15 cones out within the circle (anywhere) – you must make the shot from the cone. if successful then remove the cone out of the circle. If unsuccessful, then you must add a dot (plus keep the cone in) – continue until all the cones and dots have been removed.

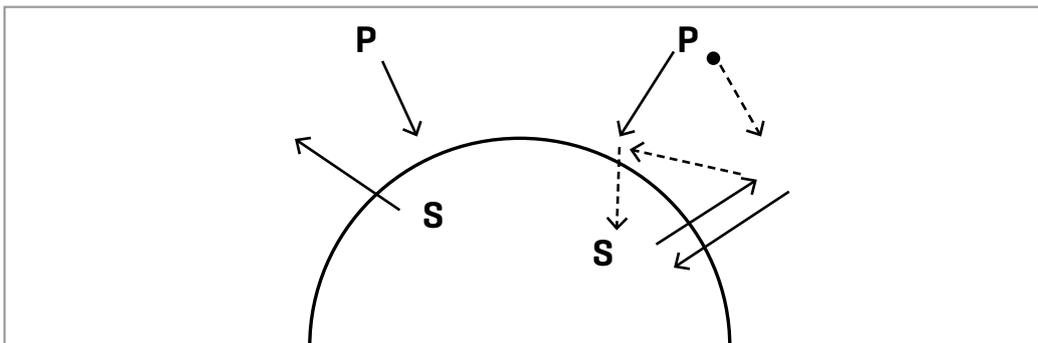
## CIRCLE BALANCE (PHASE 1):

### Activities can include all shooters and midcourt

- 2 shooters work the drill at one time – cones in a diamond shape. The front shooter [the one at the top of the circle] is the “boss” and initiates all the movement – this will vary from shooter to shooter depending on who is at the top. The back shooter reacts and moves to balance the circle.



- 2 Shooters drive out of the circle and take a pass on a 45 angles, they then pass to the P's who have driven onto the circle edge – shooters then drive in and receive a pass and shoot.
- Same drill except after the shooters have passed to the P's on the circle edge they drive into the circle and receive the ball from the other P and then shoot.
- Same drill as C – but now after receiving the second pass from the P – they then must turn and pass back to their original P and drive to work a further pass to then turn and shoot [this is where the shooters must balance the circle and not run into each other].



## PRESSURE SHOOTING (PART 2):

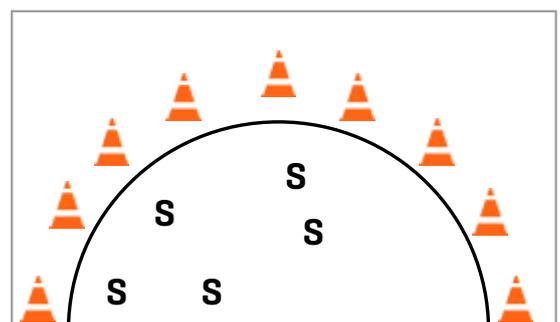
### In pairs working in the goal circle perform the following:

- 2 x 1 minute periods – how many consecutive shots can you make?
- Put 10 cones scattered around the circle – must make 2 consecutive shots, one in front of the cone and one behind the cone to allow that cones to be removed – aim is to eliminate all the cones.
- Make 5 shots with your eyes closed.

## CIRCLE BALANCE (PHASE 2):

### All shooters in the goal circle with 8-10 cones placed around the circle edge

- Give all the shooters a number, players must touch a cone before taking a pass back in the goal circle in order of their numbers. All players must be moving at all times.
- Extension: Take the numbers away and perform the same drill.
- Extensions: Add defenders.



### PRESSURE SHOOTING (PART 3) :

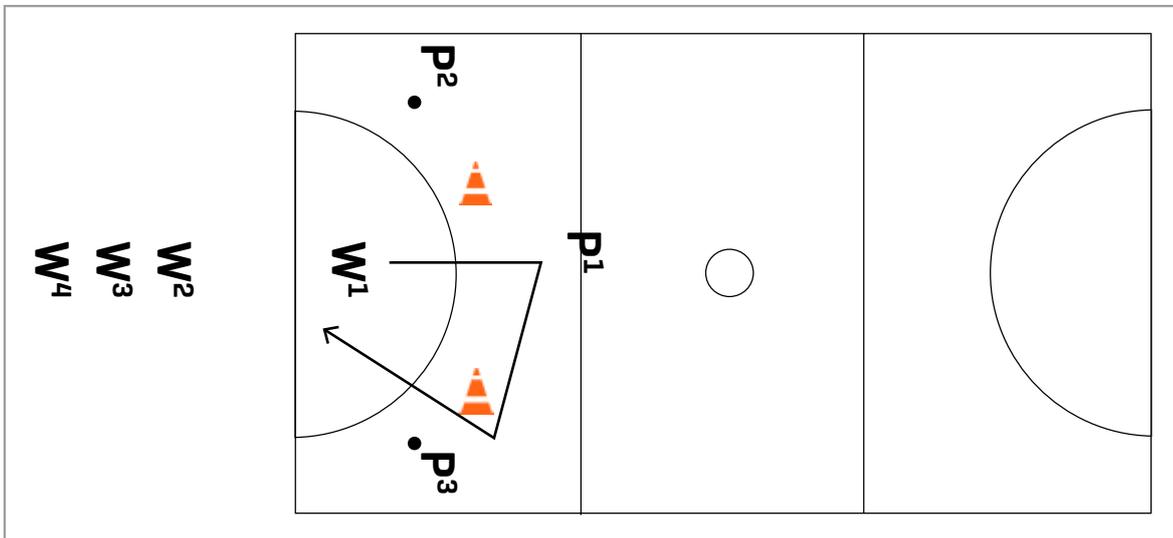
In pairs working in the goal circle perform the following:

- 2 x 1 minute periods – how many consecutive shots can you make?
- 10 consecutive shots [5 must be around the half way mark of the circle – so not all close to the post].
- Between all the shooters each having a turn and staying in that order – see how many consecutive shots they can make between them [time limit 5 minutes max].

### CIRCLE BALANCE (PHASE 3) :

Shooters and midcourt working in the goal 1/3 as per diagram

- W<sup>1</sup> passers to P<sub>1</sub> and drives out to get the ball back, turns fully and passes back to W<sup>2</sup> line, then drives around the cone and into the circle to receive a pass from P<sub>2</sub> and then shoot the ball – drill continues as soon as the ball returns to line W so that you have multiple players working at one time and staying in that order. See how many consecutive shots they can make between them [time limit 5 minutes max].



### COOL DOWN / HAUORA :

Active Cool Down: Jog, walk, sip, stretch [see inside back cover for NetballSmart stretches]

# Year 9 & 10 Season Starter Programme:

## Midcourt Specialist Session

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

**Equipment needed:** balls / bibs / cones

### Purpose / Outcomes

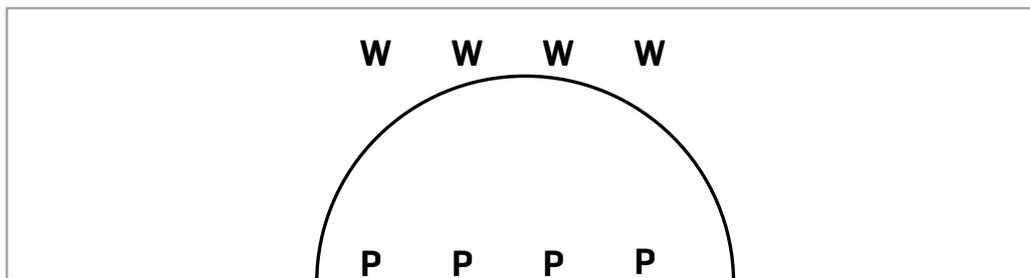
- Circle awareness
- Driving and Decision Making
- Court balance

### NETBALLSMART DYNAMIC POWER WARM UP

#### CIRCLE AWARENESS:

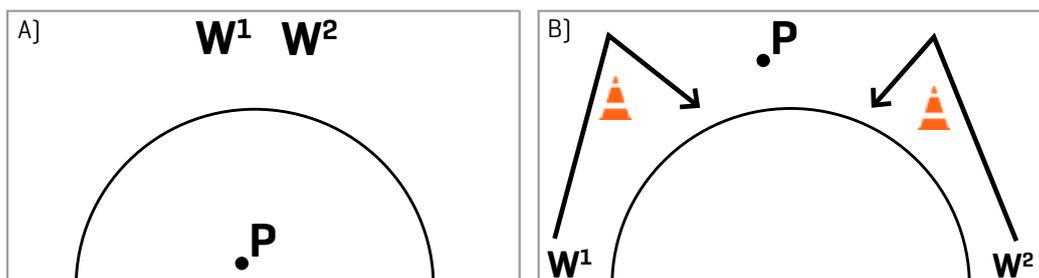
##### Mid-court MUST stay onside

- In pairs, one worker on the edge of the circle, the worker is stationary with hands on thighs, receives quick passes [right, left, bounce, delayed, dribbled].
- As above but now the worker does fast feet.
- Get the worker to face side on [holding space] jump to receive the ball.
- Start 3m from the circle, facing away, turn and sprint to receive the ball balanced on the circle edge.



##### In 3's, the passer passes the ball towards the 2 workers who compete for the ball on the circle edge

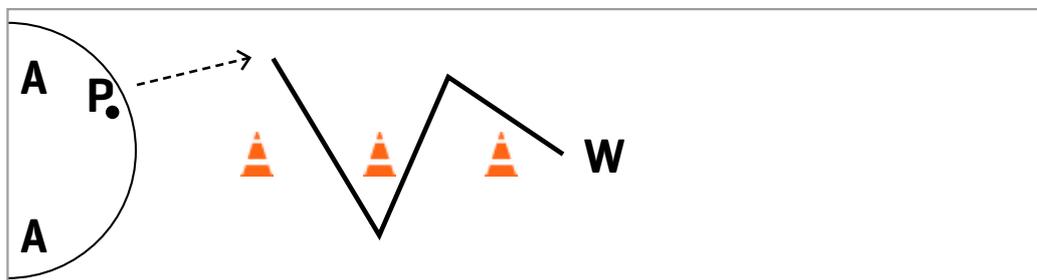
- Contest possession of the ball to land on the circle edge.
- The Worker that does not receive the first pass then comes off the circle edge to re position. The Worker who received the first pass - chooses to either pass back to the Post or then passes to the second worker who has re positioned or passes straight to the other worker who receives on circle edge.



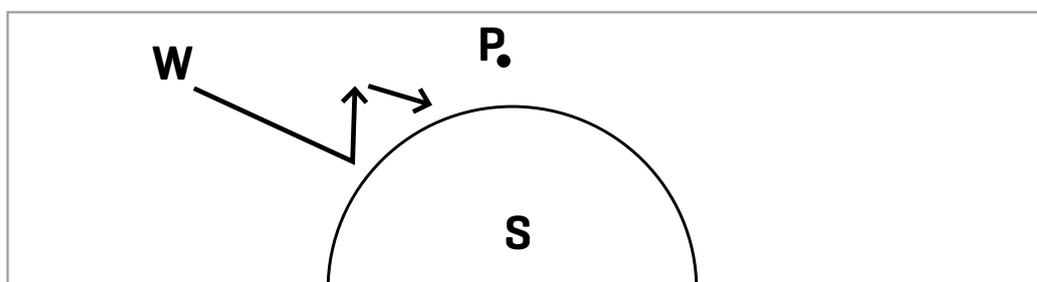
### DRIVING AND DECISION MAKING :

Worker dodges around the cones, receives a pass from P on or off the circle, feeds the free A [P becomes the defender of the pass and the shot, after they deliver the pass]

- Extension - Add another defender

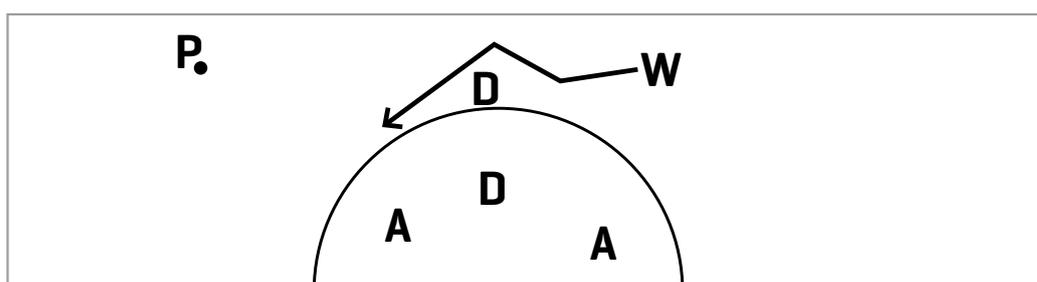


Worker sprints to the circle edge – then comes off to receive a pass from P, gives it back and then drives to the top of the circle edge to receive another pass landing in a good stable position and then feed the shooter.



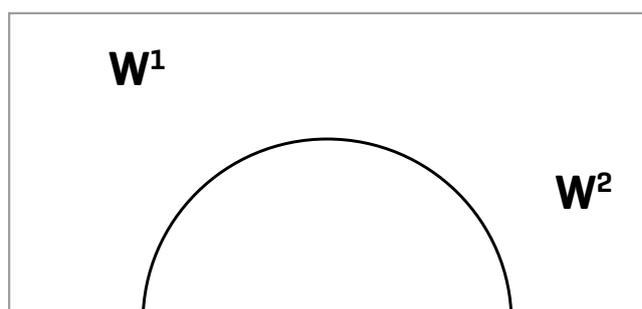
Passer has the ball, worker front cuts around the defender and receives the pass from the passer, then passes into the next available circle option.

- Extension - Add a defender in the circle



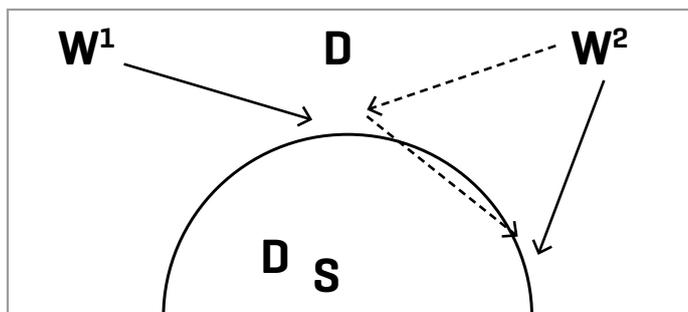
### COURT BALANCE :

W1 starts off circle edge with a ball. W2 starts on circle edge in the pocket. W1 and W2 work on and off the circle edge, passing the ball between them.



**W1 receives a pass from W2 as they drive onto the circle edge landing in a good stable position, fakes to the S then passes to W2 to in the pocket**

- Add a D in the goal circle
- Add a D against W2
- Have a D space marking outside the goal circle



### **BRINGING IT ALL TOGETHER:**

**Put your team into a half court situation with the ball starting from either a C Pass or a loose ball in the centre third.**

- Give players two feeding options, on the circle edge and off the circle edge.
- Ensure that they choosing the best option and seeing all options.
- Get them to explore working in channels, so they are use either channels beside each other or opposite channels.

### **COOL DOWN / HAUORA :**

**Active Cool Down: Jog, walk, sip, stretch [see inside back cover for NetballSmart stretches].**

# Year 9 & 10 Season Starter Programme:

## Defence Specialist Session

**Time:** 90 minutes or can be adapted for a shorter time frame.

**Equipment needed:** balls / bibs / cones

### Purpose / Outcomes

- Defending an area
- Reading off each other
- Working the circle

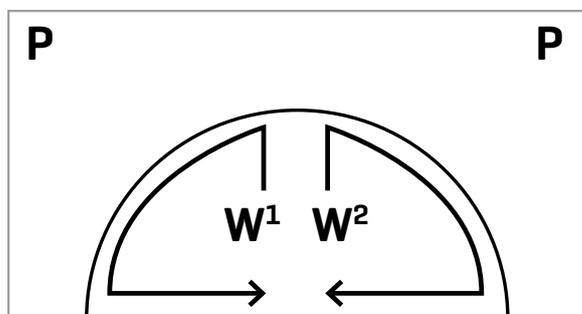
**Players:** Ideally 10 or adapt the activities using the ADAPT tool for the number of players you have.

### NETBALLSMART DYNAMIC POWER WARM UP

#### DEFENDING AN AREA:

##### 3 players – using the goal circle

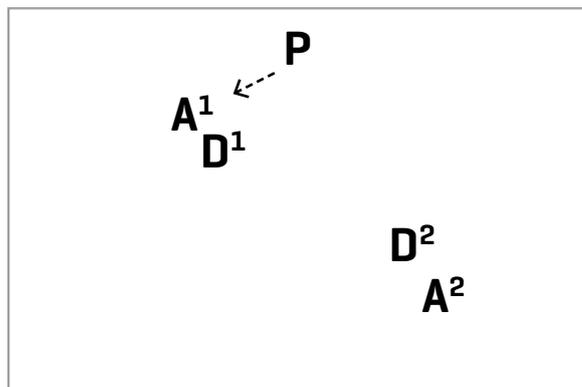
- W1 and W2 simulating defending the circle – always able to see the post with the ball and balance the circle to cover the space.
- Keep body angles to see ball and where shooters would be.
- Work 30 sec on then 30 sec rest.
- Extension - Add pass from P anywhere in the circle.



#### READING OFF EACH OTHER (PHASE 1):

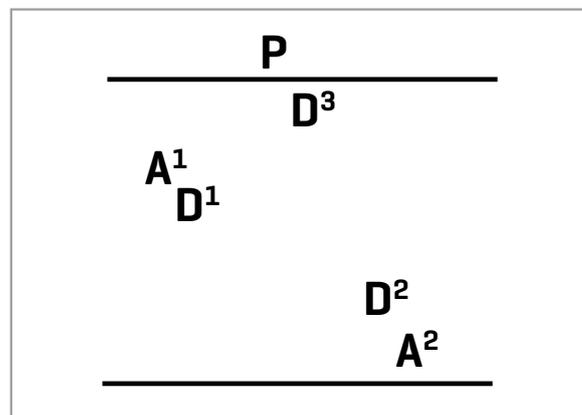
##### 5 players (working on communication, verbal/non verbal)

- A1 receives the ball from P while D1 is marking, D2 is standing behind observing.
- D2 anticipates where the ball will be received and where D1 intended it to be received.
- D2 to get in a position to deny pass from A1 to A2
- Extension - Add pass A1 to A2.



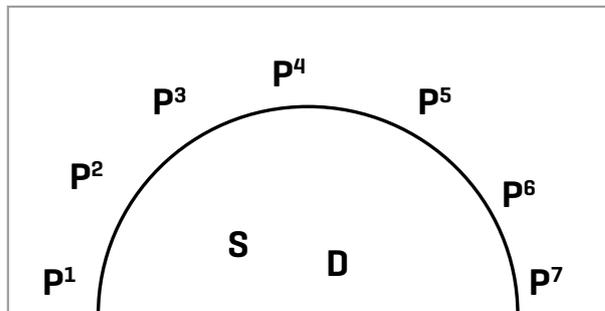
#### READING OFF EACH OTHER (PHASE 2):

- P starts with the ball with D3 marking to force the ball to help D1.
- Attacking team must take the ball from line 1 to line 2 using at least 4 passes, D1, D2 and D3 must stop this from happening by working together.



### WORKING THE CIRCLE (PHASE 1) :

- Ball goes from S to P1 to P7 in order and back.
- At each change D moves around S to get into the best possible position to intercept a pass to S.
- Move ball faster.
- Extensions: Vary the number of posts on the outside and order of passes.

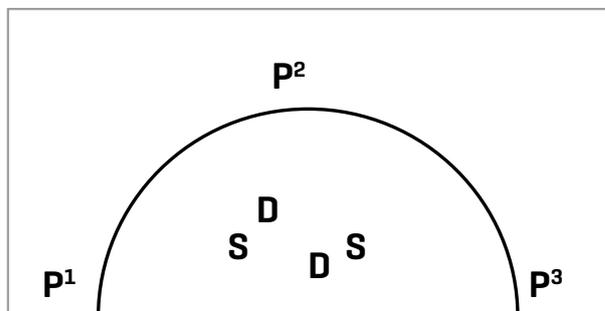


### WORKING THE CIRCLE (PHASE 2) :

- Ball cannot be passed to the person next to you.
- Ball may go into the circle to the shooter at anytime.
- Speed up the release of the pass and add another ball.

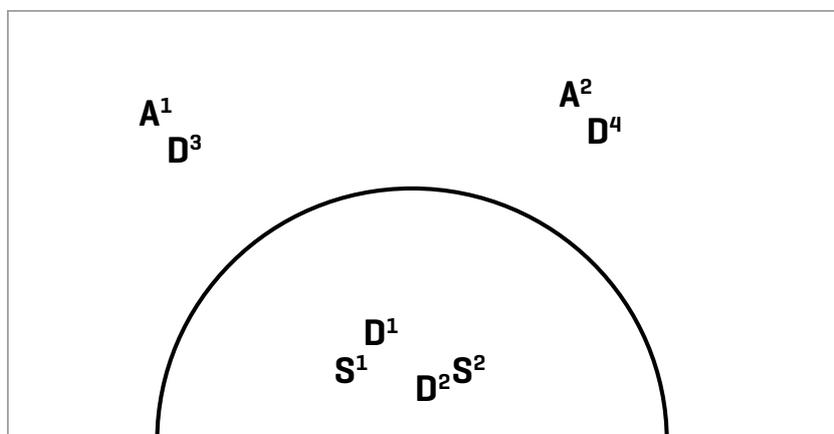
### WORKING THE CIRCLE (PHASE 3) :

- Two stationary shooters in the circle.
- Work through the drill as above.
- Emphasis footwork, communication and switches.
- Extension - Shooters can now move.



### BRINGING IT ALL TOGETHER:

- A1 and A2 bring ball to the circle edge and pass in and out to the moving shooters.
- Shooters must pass the ball out 5 times before shooting.
- Attackers: 1 point per goal. Defenders: 1 point per turnover, including rebounds.



### COOL DOWN / HAUORA :

**Active Cool Down: Jog, walk, sip, stretch [see inside back cover for NetballSmart stretches].**

# Stretches

HOLD EACH STRETCH FOR  
20 SECONDS (MINIMUM) EACH SIDE

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SHOULDER-POSTERIOR



SHOULDER-FRONT



SHOULDER-PECS



QUADS



HIP FLEXORS

GLUTS



LONG CALF



SHORT CALF



HAMSTRINGS



ADDUCTORS/GROIN



SPINE-ROTATION





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