



COMMUNITY COACH STARTER RESOURCE

We live this game.



**NETBALL
NEW ZEALAND**

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Introduction

This resource provides coaches with 12 session plans for use at team practices. Each session plan introduces players to a different skill and tactical aspect.

The skills and tactics are introduced in a progressive manner, building on the foundation skills. Focus on the skills and tactics taught each week during game time. It is important to avoid reacting to something that wasn't working during last week's game and spend the next practice focusing on improving that.

Within each session plan, there are several skill development activities, progressing from easy to more challenging. Choose the two to four activities that best match the players' abilities. Each skill has a number of coaching points listed. It is important to focus on only two or three coaching points when players are learning a new skill.

For each tactical situation, there are also related game principles. Focus only on the one or two game principles which are most pertinent for the player or team.

THE SESSION PLANS FOCUS ON:

SESSION	SKILL FOCUS	TACTICAL FOCUS
1	Movement Skills - balance	Spatial awareness
2	Ball Skills - passing variety	Centre pass - attack
3	Movement Skills - turning fully	Centre pass - attack
4	Attack - methods of getting free	Through-court - attack
5	Shooting - technique	Through-court - attack
6	Skills Recap	Fun game
7	Defence - intercepting	Centre pass - attack
8	Defence - mark the receiver	Through-court - attack
9	Defence - mark the ball	Centre pass - attack
10	Ball Skills - passing to space	Through-court - attack
11	Attack - pass and cut	Through-court - attack
12	Fun Games	Fun Games

EACH SESSION SHOULD FOLLOW THIS FORMAT:

INTRODUCTION	5 minutes	<ul style="list-style-type: none"> · Greet the players · Check player welfare · Outline the objectives for the session
WARM-UP	10-15 minutes	<ul style="list-style-type: none"> · Players complete the Dynamic Warm-up – Parts A, B, C and D. · If your session is only 30 to 45 minutes, use the Power Warm-up
SKILL DEVELOPMENT	15-20 minutes	<ul style="list-style-type: none"> · From the session plan, choose two to three activities that best suit your players. · Focus on one skill each week.
TACTICAL DEVELOPMENT	10-15 minutes	<ul style="list-style-type: none"> · Each session has a slightly different tactical focus. · Run the activity with the players and if you still have a bit of time, pull that tactical focus into a game.
COOL-DOWN	5-10 minutes	<ul style="list-style-type: none"> · The cool-down includes 3 parts: · Light aerobic activity. · Food and fluid – remind players to drink. · Static stretching. · During the stretching time, highlight the nutritional message for the day.
REFLECTION		<ul style="list-style-type: none"> · Take some time after training to reflect on what the player learned today, what worked well and anything you would change to enhance delivery.

KEY:

 Solid line represents pass/path of the ball

 Dashed line represents movement of the player

Warm-up

Warming up is important for everyone prior to physical activity, regardless of age, ability or level of play.

Warming up has many benefits such as:

- increasing blood supply to the heart and working muscles
- making the muscles more pliable
- preparing the mind and body for physical activity
- practicing movement patterns that occur frequently during the game
- increasing body temperature
- assisting with injury prevention.

Also, warming up may reduce post-activity muscular soreness and stiffness.

While younger players may be more flexible than those more senior, it is important to include good neuromuscular practices (stimulating both the neural system and the muscles to improve co-ordinated movement) early as these will establish familiarity with such routines and may increase the likelihood of their inclusion throughout future participation as players, coaches or umpires.

A DYNAMIC WARM-UP ROUTINE FOR TRAINING SHOULD LAST FOR 15 MINUTES AND INCLUDE THE FOLLOWING FOUR PARTS (A, B, C, D):

A. STRENGTHENING: Netball is a strength-based sport and developing the necessary leg strength and control to jump and land well for performance, and safely for injury prevention, is important. Starting young with the basics allows the players to gradually develop the necessary strength and control for Netball. Balancing, jumping and landing take strength and control and are fundamental elements of Netball.

B. RUNNING WARM-UP: activities which 'begin slowly' and at low intensity, and which gradually increase. In this phase, individuals will experience increased body temperatures and ranges of movement and they will also begin to sweat slightly. This phase should last around five minutes.

C. DYNAMIC PREPARATION: movements that prepare the body more specifically for those which will be performed during the following Netball game/skills session. Dynamic preparation also helps to move muscles through a full range of motion (ROM) and maintain the increase in body temperature which was achieved during the aerobic phase of the warm-up.

D. NETBALL-SPECIFIC PREPARATION: a progression to higher-intensity activity, which involves quickening up activities such as fun sprints, fast footwork and Netball-specific exercises. These include activities such as jumping, landing, stopping, dodging etc. This phase should last up to five minutes on Game Day and at practice sessions.

A Dynamic Warm-up for Game Day should last 15 minutes and includes only parts B, C and D from the above.

See www.netballsmart.co.nz for videos that show the warm-up.

See the NetballSmart Dynamic Warm-up Resource over page.

POWER WARM-UP

Designed for a tournament setting but can be used if you only have time for a 30 to 45 minute practice.

NETBALLSMART DYNAMIC WARM-UP		TIME/ DISTANCE/ REPS
Part B Running Warm-Up: Place 3 Cones Out Evenly Between Base Line And Centre Court	1. Running straight ahead. 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
	2. Running hip out. 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.	2 x 15 metres
	3 & 4. Combine cycling partner (CP) and shoulder contact (SC). First CP, next SC etc.	2 x 15 metres
	5. Running - Quick forwards and backwards sprints. 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
Part C: Dynamic Preparation	6. Squats. Combination of all three i. Squats ii. Squat, calf raise and body extension iii. Single leg squat	10
	7. Walking Lunges. Walking lunges, calf raise and body extension.	5 each side
Part D: Netball Specific Preparation	8. Running and stopping. Run to first cone at 75- 80% speed and stop. Use either a double foot or 1-2 foot landing. Continue length of 15 m and back stopping at each cone.	2 x 15m
	9. Jump and land. Or 2x jump and land at each stop ie. run and stop, jump and land or jump 180 and return. Continue running to next cone.	2 x 15m
	10. Running - plant and cut. Run at 80-90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 m and back.	2 x 15m
	11. Prop, Prop and stick. Prop from one foot to other and other and then "stick" final landing for 2 seconds in a stable body position.	15m and jog back

	Time/Distance/Reps
<p>NetballSmart Dynamic Warm-Up</p> <p>1. The Bench</p> <ul style="list-style-type: none"> i. The Bench - Static. Static bench on forearms (or hands) and feet. Lift pelvis off the ground. ii. The Bench - alternate leg [hold each 2 seconds]. Continue for 20-30 seconds. iii. Bench on forearms [or hands] and feet. Lift one leg and hold for 20-30 seconds. <p>2. Hips - Sideways Bench</p> <ul style="list-style-type: none"> i. Sideways bench - static. On elbow (or hand) and knee on ground or leg straight. Top leg out straight. Lift pelvis and maintain position. ii. Sideways bench raise and lower hips. On elbow (or hand) and legs out straight, raise and lower hips. 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. <p>3. Hamstrings</p> <ul style="list-style-type: none"> i. Beginner Nordic hamstring or Single leg Romanian Dead Lift. (RDL). ii. Intermediate Nordic hamstrings or Single leg Romanian Dead Lift (RDL). iii. Advanced hamstring Single leg Romanian Dead Lift. (RDL) throw and catch ball. <p>4. Balance</p> <ul style="list-style-type: none"> i. Single leg stance - hold the ball (or imaging holding ball). Progress to moving ball around back. ii. Single leg standing throwing ball with partner. 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. <p>5. Running Straight Ahead. 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>6. Running Hip Out. 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>7. Butt Kicks and skipping. 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>8. Running - Circling Partner. 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>9. Running - Shoulder Contact. 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>10. Running - Quick Forwards and Backwards Sprints. 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 30 sec each side 2-3 x 30 sec each side 2-3 x 30 sec each 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 each side 2 x 30 sec each side 2 x 30 sec each side</p> <p>2 x 15 metres</p>
<p>Part A: Strengthening</p> <p>Part B: Running Warm-Up</p> <p>Place 2 cones out every 3 metres between base line and centre court</p>	

1



2



3



4



5



6



7



8



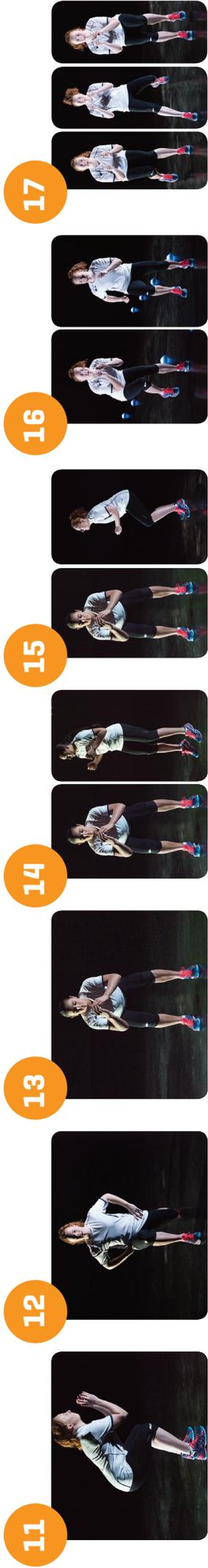
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10



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



Cool-down

Cooling down is the first and most important step in the recovery process and should last 5 to 10 minutes at junior levels. Effective cool-down processes will allow individuals' body temperatures to decrease, will reduce post-exercise soreness and will restore muscle length and joint range of motion (ROM).

Just like the warm-up, the cool-down process should consist of three phases (3, 2, 1):

3

3. LIGHT AEROBIC EXERCISE: This phase should start as soon as the game or skills session is complete. Exercises and activities in this phase should begin at a moderate pace and decrease to a walking pace. This phase should last up to 5 minutes.

2

2. FOOD AND FLUID: Hydration practices should start as soon as the cool-down process begins. Individuals need to ensure that they have full drink bottles for use during this phase and that they continue sipping water when performing cool-down exercises and activities. Post-exercise nutrition is essential also in the cool-down process. It is important to eat appropriate food after exercise to replace energy and assist with muscle repair.

1

1. STATIC STRETCHING: Each static stretch should be held for 10 to 15 seconds to a point of tension but never pain. A range of static stretching examples can be found in all NetballSmart resources. Static stretching will assist with decreasing individuals' heart rates and body temperatures and is important also to restore muscle length, to increase flexibility and to reduce post-exercise soreness. This phase should last up to 5 minutes and include all main muscle groups.

During the static stretching, discuss with the players the key nutritional message outlined on the session plan. Encourage the players to live a healthy lifestyle.

Ongoing recovery strategies are also important following activity. This may include injury assessment and management when relevant.

1

STATIC STRETCHING



Long Calf Stretch

- Take a long step back with one leg.
 - Bend the front knee and keep the back leg as straight as possible with both feet flat on the floor.
 - Turn your back foot inwards slightly.
-



Short Calf Stretch

- Take a short step back.
 - Place your weight in your back foot.
 - Keep both heels on the ground and turn the back foot inwards slightly.
 - Bend the back knee forwards in line with the middle toe of the back foot.
-



Triceps/Shoulder Stretch

- Extend one arm upwards, keeping the body in a neutral position.
 - Bend the extended arm and place your opposite hand on your elbow.
 - Place one hand between your shoulder blades.
 - Pull your elbow so that one hand moves down your spine between your shoulder blades.
 - Keep your body upright throughout this stretch with your stomach pulled in without arching your back.
-



Quadriceps Stretch

- Keeping your back straight hold one foot (with your hand over your shoelaces).
 - Pull your heel towards your buttock.
 - Keep both knees in line with each other and your hips facing forward.
-

Session Plan 1

Objective:

- To enable a player to stop/land in a stable body position [SBP] while receiving the ball at full extension.
- To introduce the concept of spatial awareness.

Dynamic Warm-up

Skill Development: *Movement Skills: Balance – Landing in a Stable Body Position*

A stable body position [SBP] is the foundation stone of Netball skill development. It is from this position that we pass, shoot and commence our attacking and defensive moves. If we are able to land in an SBP quickly, it will allow us to pass or shoot sooner.

LANDING IN A STABLE BODY POSITION [SBP]

Coaching Points

- Land 1 – 2 – one foot then the other
- Feet shoulder-width apart
- Bend at knees and hips
- Shoulders level
- Equal distribution of weight
- Head and eyes up
- Land softly in sequence – toes, heels, knees

Skills Errors

- Feet too wide apart
- Feet too narrow
- Bent at the waist
- Legs straight
- Knees past toes

Prompts that may assist skill development

“Show me what a SBP would look like and let’s test it” [in pairs gently nudge each other.]

“Where should your eyes be?”

“Check your feet – how wide apart are they?”

“Feet, knees, back, butt, head.”

HOPPO BOPPO

Aim: To encourage and provide opportunities for players to practice landing in a SBP.

SET UP

No. of players: In pairs

Area: Within one-third

Equipment: Nil



HOW TO PLAY

- Players stand on one foot, close together, facing each other with their arms folded at chest height.
- They try to bump each other off balance (gently) using their folded arms.
- If a player is knocked off balance, they work to land in a SBP.
- Reminder: Ensure players hop on both the left and the right foot to ensure development of both sides of the body.

OUTSIDE LEG

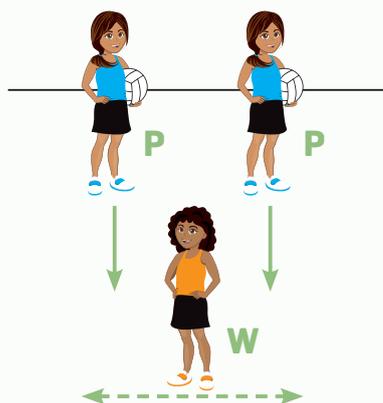
Aim: To land on your outside leg in a strong SBP, ensuring the knee is in line with the foot.

SET UP

No. of players: Groups of 3

Area: 3 x 3 metres

Equipment: 2 balls per group



HOW TO PLAY

- Passers have a ball each.
- The worker [W] runs either to the left or the right, landing on the outside leg as they receive the pass from the corresponding post.
- If the player runs to the right, they land on the right leg first and then on the left, in a SBP, with the knee in line with the foot.
- Pass ball back to the post.
- The W then runs to the left, landing on their left leg first and grounding the other foot to achieve a SBP, with the knee in line with the foot.
- Repeat the movements focusing on landing strongly on the outside leg.
- Change the W frequently.
- Progression:
 - » Encourage the worker [W] to catch and then turn fully.
 - » Passers use a variety of passes - bounce, chest, lob...
 - » Add a defender on W.

AROUND THE WORLD

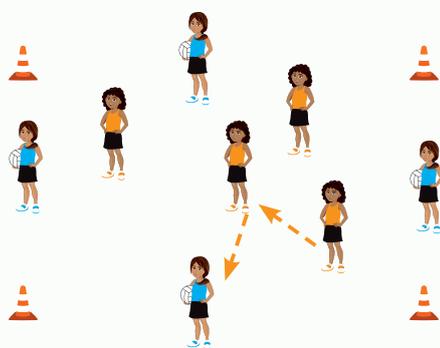
Aim: To practice running and landing in a SBP.

SET UP

No. of players: 8-12 players

Area: 10 x 10 metre square

Equipment: 4 balls, cones



HOW TO PLAY

- Four players, with a ball each, stand on the outside of the area.
- The remaining players stand inside the area.
- The players inside move around and run towards the passer on the edge of the area to receive a pass.
- The player receiving the pass must land in a SBP before passing the ball back to the passer.
- Aim is to receive as many passes as possible in 30 seconds.
- Progression:
 - » Add 4 defense players inside the area.
 - » Increase the size of area.

RACE BALL

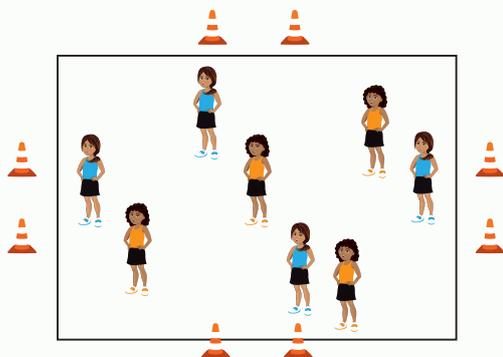
Aim: To score more goals than the opposition does, focusing on running and catching the ball at full extension, landing in a SBP and then stepping onto any goal to score a point.

SET UP

No. of players: 8-12 players

Area: 10 x 10 metre square

Equipment: 4 balls, cones



HOW TO PLAY

- Four goals are created outside the third with cones.
- One team wears bibs.
- The coach throws a loose ball into the area and the first team to collect the ball starts on attack.
- This attacking team passes the ball between each other, attempting to score a goal by landing in court with the ball and then stepping between the goal (cones).
- The players practice landing and passing from SBPs.
- The opposition gains possession after a goal, a loose ball or an infringement.
- All Netball rules apply.
- Progression
 - » Add 4 defense players inside the area.
 - » Increase the size of area.

TACTICAL DEVELOPMENT: SPATIAL AWARENESS

PASS LEFT, MOVE RIGHT

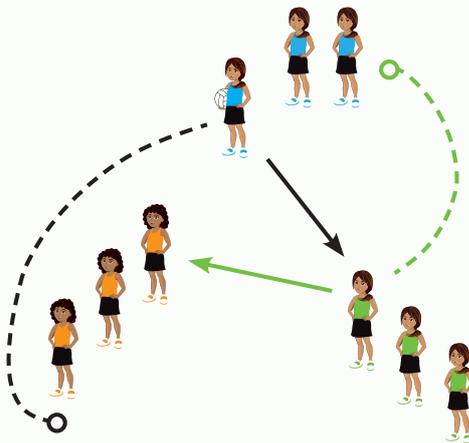
Aim: To practice creating space by passing in one direction and then moving in the opposite direction.

SET UP

No. of players: 9-12 players divided into three corners

Area: Within a third

Equipment: 1 ball, 3 cones



HOW TO PLAY

- Divide the group behind the three corners.
- The player with the ball passes to their left then moves to their right to join the back of that line.
- All players continue to pass left and move right.
- Progression:
 - » Players can pass either left or right, moving in the position direction to their pass. The passer should assess which corner has the least players and pass to the other corner, moving into the less populated corner to ensure balance.
 - » Add 1 – 3 defenders.
 - » Introduce a pre-movement before receiving the ball.

TOUCH DOWN

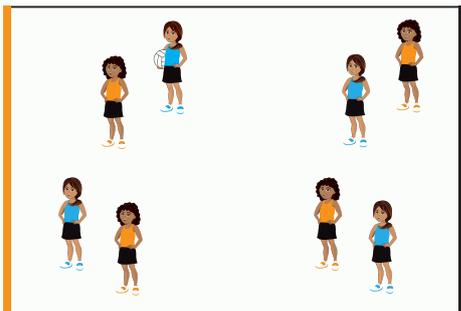
Aim: To develop spatial awareness.

SET UP

No. of players: two teams of 4-6 players

Area: one-third of the Netball court

Equipment: 1 ball, bibs



HOW TO PLAY

- Using one-third of the Netball court, the group is divided into two teams.
- Two players, one from each team, use Paper, Scissors, Rock to establish which team starts with the ball.
- Each team is allocated a sideline.
- The objective of the game is for the team to pass the ball around, utilising the space, to get the ball to the sideline and touch down to score 2 points.
- If the ball is intercepted, or an error occurs, the opposition then passes the ball towards its sideline.
- Once a touchdown is made, the opposition team throws in.
- First team to score 10 points.

COOL-DOWN

3

Light Aerobic Exercise: *Players spread out on court. Designated caller calls out “goal line” or “transverse line”, all player jog slowly to the line. If change is called, they jog in the opposite direction. Decrease the speed of the movement to a walk.*

2

Food and Fluid: *Encourage players to drink some water.*

1

Static Stretching: *While players are stretching, recap the skill learnt today and cover the nutritional message for the day.*

Session Plan 2

Objective:

- To develop a variety of passing options and an awareness of which passes are appropriate in different situations.
- To introduce the centre pass – attack game principles.

Dynamic Warm-up

Skill Development: *Ball Skills – Variety of Pass*

Q. How many different ways can you pass a ball? What is the best pass to use when passing to someone who is close to you? Or to someone who has a defender in front of them?

BALL SKILLS

- All passes start from a stable body position [SBP]
- Catching
- Two hands up, in a W shape, providing a target for the passer.

Coaching Points

- Emphasize a two-handed catch
- Fingers and thumbs spread in a W shape ready to receive
- Hands and fingers 'soft'
- Fingers pointing to the sky
- Step forward and reach with hands to receive the pass
- Bend arms as receiving the ball and pull towards the body
- Watch the ball until it is in the hands
- Ensure landing is controlled and in a stable body position
- Allow time to gain balance
- Bring the ball back to the chest, ready for the return pass.

Skills Errors

- Not watching the ball
- Fingers and thumbs not in a W
- Thumbs too far apart
- Ball hitting the palms [hands and fingers rigid]
- Fingers facing ball
- Arms not bending as ball is caught
- Hearing the catch – this means it has been caught on the palm of the hand.

Prompts that may assist skill development

"What shape do your hands need to make to catch the ball?"

CHEST PASS

The two-handed pass is released at chest height and is ideal for a short, sharp passing option.

Coaching Points

- Two hands behind the ball with thumbs and fingers in 'W' shape
- Fingers pointing to the sky to start
- Elbows bent and relaxed by sides
- Transfer weight forward onto the front foot as the pass is released
- Follow through with arms and index fingers pointing at the receiver
- As the player transfers weight forward, maintain balance.

Skills Errors

- Elbows too far away from the body
- Hands form a diamond shape on the ball
- Feet too close together
- No weight-transfer
- Ball released from palms
- Follow-through not in the direction of the receiver
- Fingers not pointing at the receiver after pass
- One hand dominates.

Prompts that may assist skill development

"What shape are your hands making on the ball?"

BOUNCE PASS

To beat the defence, this pass is received below the defender's arms. Also, it is useful if the player is being marked closely; they can step forward and release a bounce pass.

Coaching Points

- Transfer body weight
- Release ball from hip height
- Push ball forwards and downwards
- The ball should touch the ground approximately two-thirds of the distance to the receiver and the follow-through needs to be in this direction
- The pass should be received lower than hip height.

Skills Errors

- No weight-transfer
- Ball released from above waist
- Ball bounced too close to receiver or passer
- Ball bounced too high.

Prompts that may assist skill development

"How far between you and the receiver should the ball bounce?"
"If the ball is bouncing too high up for the receiver, what could you change?"

SHOULDER PASS

This fast, accurate pass is used to cover a long distance. It engages a large number of muscles within the body and this gives the ball the power to travel longer distances.

Coaching Points

- Ball held in one or two hands at shoulder height
- Elbows bent and shoulder turned
- Step forward on opposite leg to ball side of body
- Start side on and finish with shoulders square to the baseline
- Transfer weight from back leg to front leg as ball is released
- Elbows locked after the ball is released, with fingers pointing in the direction of the pass.

Skills Errors

- Step forward on the same leg as shoulder
- No weight-transfer
- No follow-through.

Prompts that may assist skill development

“Imagine that you are hitting a forehand shot in tennis. Opposite leg forward, transfer your body weight as you pass [hit the ball], shoulders start square to the sideline and finish square to the baseline.”

OVERHEAD PASS

This fast, accurate pass is used to cover a long distance. It engages a large number of muscles within the body and this gives the ball the power to travel longer distances.

Coaching Points

- Ball held in two hands above head
- Elbows bent
- Step forward transferring weight from back to front foot
- Release off finger tips, snap wrist, index fingers point at the receiver, elbows locked, hands still high.

Skills Errors

- No weight-transfer
- No follow-through
- Ball floats in an arch
- Hands pointing at the ground or by side.

Prompts that may assist skill development

“Where should your follow-through go?”

BALL CONTROL

Aim: To develop familiarity, confidence and ball control.

SET UP

No. of players: Whole group

Area: Within one-third

Equipment: 1 ball each or 1 ball between two players



HOW TO PLAY

- Each player has a ball, or there is one ball between two, to practice the following ball control activities:
 - » Hot potato – push the ball across the front of the body alternating from left hand to right hand.
 - » Waist circles – ball circles the waist; change direction.
 - » Figure of eight – in a squatting position, the ball is taken around the legs in a figure of eight; change direction.
 - » Knuckle bones – ball is flicked into the air and caught on the back of hand.
 - » Hop – hop forwards and backwards over line bouncing ball on the line; change sides.
 - » 180 – throw ball into air, turn 180 degrees and catch.
 - » Ball over head – throw ball over head and catch behind; then throw from back and catch in front.
- Progression
 - » The ultimate challenge – throw ball over head and catch behind, at ankle height, between your legs.

NEXT PASS

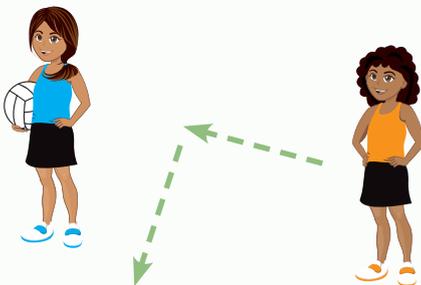
Aim: To explore and practice passing a variety of passing options, passing a different pass to the one received.

SET UP

No. of players: 8-12 players

Area: 10 x 10 metre square

Equipment: 4 balls, cones



HOW TO PLAY

- The player with the ball passes to partner and then runs to a space to receive another pass.
- Players must pass a different pass from the one they received.
- Encourage players to experiment – which pass works best when the partner is close, and when they are running away...
- Progression
 - » Add a defender on the passer.
 - » Place cones in the area. The receiver moves around the cones and receives in a space.

C.O.B.S

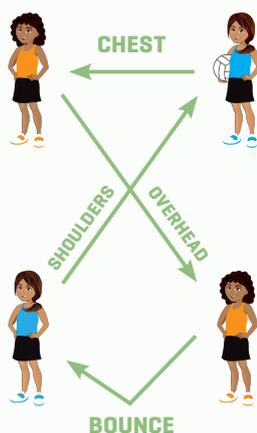
Aim: To practice four passing options.

SET UP

No. of players: In groups of 12

Area: In a grid

Equipment: 1 ball, 4 cones



HOW TO PLAY

- Players are divided into four corners.
- The first pass is a Chest Pass, the next pass an Overhead, followed by a Bounce and then a Shoulder pass. The passes on the diagonal are the longest, hence Shoulder and Overhead passes are used.
- Once players have passed the required pass, they run clockwise to join the back of the line that they throw to.
- Progression
 - » How many correct passes can the players make in 60 seconds?

CONNECT FIVE

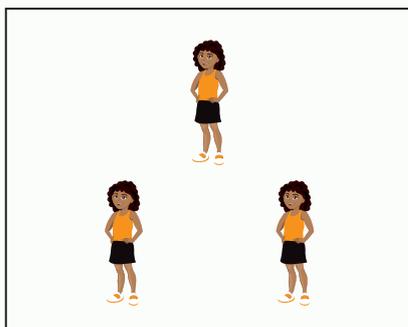
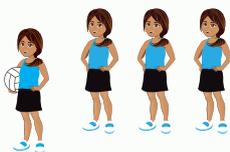
Aim: To select the most appropriate pass to beat the defence.

SET UP

No. of players: 8-12 players

Area: 10 x 10 metre square

Equipment: 4 balls, cones



HOW TO PLAY

- Three players wear bibs and stand inside the area.
- One attack player stands on the sideline to be used, as required, to help the attacking players get through the area.
- The remaining players line up in two lines outside the area at one end.
- The first two attacking players start with the ball.
- The attacking players pass and cut, using a variety of passes to beat the defender and can also pass to the attacking player on the sideline, if the other attacking player isn't free.
- The first pair returns to the back of the attacking line if the defenders gain possession of the ball or they get to the other side successfully.
- Change roles frequently.
- All Netball rules apply.
- Progression
 - » Divide the players into two teams of 4 -5 players. The attacking team scores a point when it makes five consecutive passes without the ball being intercepted or tipped by the defenders.
 - » Possession changes if there is an intercept, an infringement or if the ball goes out of court.
 - » First team to 5 points.

CHOICE BALL

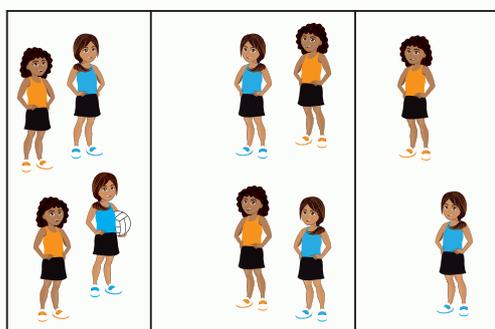
Aim: To use a variety of passes to maintain possession of the ball and score the most points in a given time.

SET UP

No. of players: 10-12 players

Area: One-third of the Netball Court

Equipment: 1 ball, bibs, cones



AREA
A

AREA
B

AREA
C

HOW TO PLAY

- Divide the area in three – areas A, B and C.
- The attacking team is awarded points for each pass passed from area A to B [1 point] and A to C [5 points] but not from area B to A or B to C or C to B.
- Each team decides how many players it will have in each area.
- The attacking team starts with the ball in area A. They have 1 minute to score as many points as they can.
- If the defensive team intercepts the ball, the intercepting player places the ball on the ground immediately.
- The players or coach/manager keep a tally of the points.
- After 1 minute, allow the other team a turn to try and beat the score.
- Progression
 - » Once both teams have had a turn, allow the teams 1 or 2 minutes to decide on a game plan to beat their last scores and discuss pass selection and delivery.
 - » Repeat the activity.

TACTICAL DEVELOPMENT: CENTRE PASS - ATTACK

The following game principles will assist players at the centre pass:

- Encourage the attacking players to vary their starting positions behind the line.
- The attacking players behind the line communicate so that only one player provides a passing option for the C and the other provides an option for the 2nd or 3rd pass/phase.
- The defence supports the centre pass, providing a passing option.
- C lets the ball go confidently within 3 seconds after the whistle.
- Attacking players prepare early to ensure an option is available when the whistle is blown.
- Receive the centre pass as close to the transverse line and as close to middle of the court as possible.
- At least two passing options available, ensuring the WD and GD back up.
- Receiver of 2nd pass is close to the goal circle.

POINT A SQUARE

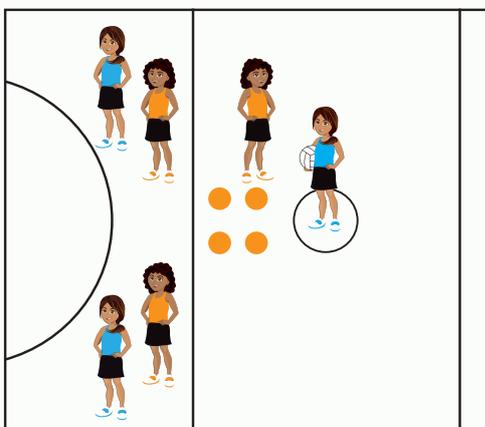
Aim: To develop the principles of centre pass – attack, receiving the ball close and central on the transverse line.

SET UP

No. of players: 9-12 players

Area: Half a Netball Court

Equipment: 1 ball, 4 cones or chalk, bibs



HOW TO PLAY

- Use cones or chalk to mark out a square at the transverse line as per diagram.
- Three players wear bibs as they defend the centre pass. Other players set up as detailed in the diagram.
- The objective is for the attackers to receive the ball in the square, close and central.
- The attackers work together to create space and only one attacking player crosses the line to receive the first pass while the other player cuts back to receive the second pass.
- If the centre pass is caught in the square, the attacking team scores one point. If it is caught outside the square, it receives no points.
- How many points can the attacking team score from five centre passes?
- Swap roles.
- Add a GS and GK and see if the team can score a point for receiving the Centre pass in the square and then pass the ball through to the goal circle and score a goal.

COOL-DOWN

3

Light Aerobic Exercise: Jog two lengths of the court, then walk two lengths.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

COOL-DOWN

3

Light Aerobic Exercise: Jog two lengths of the court, then walk two lengths.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

Session Plan 3

Objective:

- To develop the ability to receive the ball and turn fully to allow the player with the ball to sight all passing options as quickly as possible.
- To utilise the centre pass game principles in centre pass moves.

Dynamic Warm-up

Skill Development: *Turning Fully*

When the ball is passed into space, it is natural for the players to turn away from the defender allowing the receiver to protect the ball from the defence. The type of pass will affect whether the player pivots on the first grounded foot or turns in the air.

PIVOTING

When the ball is delivered to your space, pivoting outward follows the natural flow of the body and allows you to turn quickly and protect the ball from the defence. Pivot on your first grounded foot.

Coaching Points

- Land 1 – 2 in a stable body position
- Weight is on the ball of the first grounded foot
- Lift other foot and re-ground it to maintain balance and assist in turning
- Keep body upright with head up and knees slightly bent throughout pivot
- Hold ball close to the body when pivoting
- Be able to turn in both directions – inwards and outwards
- Turn the head to initiate the pivot.

Skills Errors

- Pivoting with a straight leg
- Spin rather than use other leg to assist the turn
- Pivoting before ball is secure.

Prompts that may assist skill development

“What part of the foot do you pivot on?”

“Pivot 1, 2” – referring to the use of the non-grounded foot to assist the pivot.

TURNING FULLY

Coaching Points

- Run towards the direction of the pass
- Bend slightly at the knees, hips and ankles, weight forward over toes
- Push off strongly
- Reach arms up to catch the ball at full extension
- Turn head, shoulders and hips quickly to face towards the goal
- Land in a stable body position, cushioning the landing by bending at the knees, hips and ankles
- Be able to turn in both directions – inwards and outwards.

Skills Errors

- Not turning fully
- Unbalanced landing.

Prompts that may assist skill development

“Which body parts do you need to turn quickly to ensure you turn fully?”

“Think of your tummy button as your centre of gravity. If you bend your knees on landing, you take your tummy button closer to the ground; that way, you will be more stable.”

“Why do you want to turn fully in the game?”

PIVOT TAG

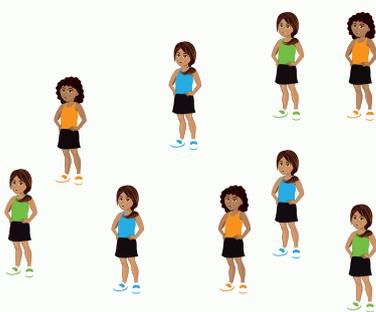
Aim: To avoid being tagged or, once tagged, pivot 180 degrees in a controlled manner, before rejoining play.

SET UP

No. of players: 12 players

Area: One-third of the Netball court

Equipment: Bibs



HOW TO PLAY

- Three groups of equal size: each group is assigned a colour, e.g., purple, blue and orange or bib.
- Coach calls a colour, e.g. orange, and the members of that team become the taggers.
- Other groups move around the area to avoid being tagged.
- When a player has been tagged, they must pivot 180 degrees in one direction before they are free to move again.
- The members of the tagging team aim to tag all players before they can finish pivoting.
- Coach to change the tagging team at any time.

GOING HIGH, GOING LOW

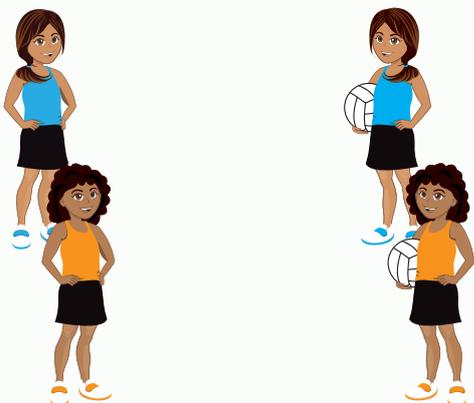
Aim: To practice turning fully, either pivoting or turning in the air.

SET UP

No. of players: In pairs

Area: Within one-third of the Netball court

Equipment: Balls



HOW TO PLAY

- In pairs, players stand a few metres apart, facing each other, one player with the ball.
- On a call from the coach or designated player, the players run towards their partners. If the call is "Going High" the passer passes a high ball and the player runs, jumps and turns, landing in a stable body position.
- If the call is "Going Low" the passer would pass a chest pass and the player would run, catch and pivot.
- Ensure players practice turning on both sides.
- Swap roles.
- Progression
 - » Add a defender. This will ensure that the passer passes the ball into the space and the receiver will have to run towards the ball and turn quickly away from the defender.
 - » If the defender is getting too many intercepts, initially have them play with their hands behind their back and, as the attacking player gains confidence, reintroduce the arms.

TURN AWAY

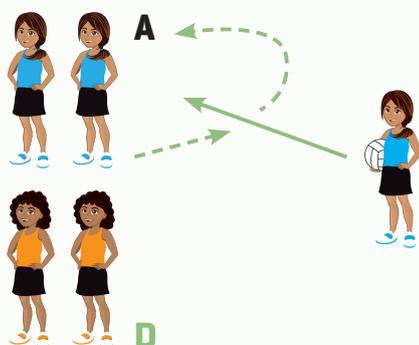
Aim: To practice turning fully in either direction.

SET UP

No. of players: In groups of 5

Area: Within one-third of the Netball court

Equipment: 1 ball per group and bibs if required



HOW TO PLAY

- First two players, one attack and one defense, run forward.
- Passer passes to the attacker: a flat pass initially.
- The attacker receives the ball, landing on their outside leg, e.g., in diagram, their left leg, then pivots left or right to pass back to next attacker.
- Then A and D return to the back of the opposite lines.
- Defence players apply only minimal pressure initially, e.g., could be defence with no arms and then increase the pressure as the attackers become more proficient.
- Change the side of the attackers to ensure the players practice turning left and turning right.
- Progression
 - » Now introduce a high pass to allow the attackers to practice turning in the air.
 - » Ensure the attackers run straight forward.

LINE UP

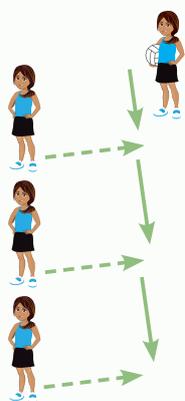
Aim: To practice running towards to the ball and turning fully.

SET UP

No. of players: In groups of 5

Area: Within one-third of the Netball court

Equipment: 1 ball per group and bibs if required



HOW TO PLAY

- The first player has the ball.
- The player second in line, runs on a slightly forward angle to receive the pass, turning fully to sight the third player.
- The third player times her movement so that he/she is just moving forward as the second player catches the ball, ready to receive the pass and turn.
- Progression
 - » Add defenders, one on each attacking player.
 - » Players spread out through the court – start like a back-line throw-in and pass, catch and turn all the way to the goal.
 - » Introduce a variety of attacking movements, for example, attacker makes two movements to receive the pass i.e. moves away and then turns and runs towards the ball.

END BALL

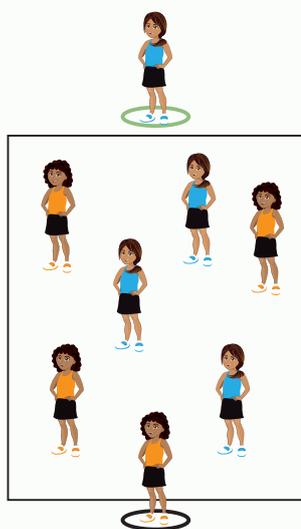
Aim: To practice turning fully in a modified game situation.

SET UP

No. of players: 10-12 players

Area: One-third of the Netball court

Equipment: 1 ball, bibs, 2 hula hoops



HOW TO PLAY

- Divide the players into two teams of equal size; one team wears bibs.
- Each team selects one player who stands in the hula hoop at the team's scoring end.
- Two players, one from each group, use Paper, Scissors, Rock to determine which group starts with the ball.
- The attacking team passes the ball towards its player in the hula hoop.
- If the attacking team passes the ball successfully to its player in the hula hoop, the opposing team takes a throw-in from behind the goal line.
- Encourage players to turn fully within this activity.
- Rotate end player frequently.
- Progression
 - » Must pass to all team members before a goal is scored.
 - » If a player doesn't turn fully, the ball goes to the opposition.

TACTICAL DEVELOPMENT: CENTRE PASS - ATTACK

Recap the Centre pass game principles covered last week.

MAKE A MOVE

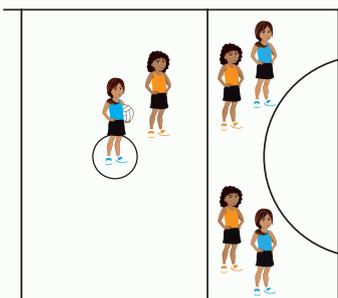
Aim: To encourage players to create some centre pass moves to enhance the team's opportunities to score off their own centre pass.

SET UP

No. of players: Whole group

Area: A Netball court

Equipment: 2-4 balls, bibs



HOW TO PLAY

- Split the group into 3 to 4 groups.
- Each group is to discuss and come up with a centre pass move/strategy. Encourage the player to think about how useful the skill just learnt will help.
- Each group practices its centre pass move and then tests it out on the group.
- Discuss the centre pass moves, are they effective and meet the game principles? If not, how could they be enhanced?

COOL-DOWN

3

Light Aerobic Exercise: *Players slowly jog around the lines of the court. Two walking taggers move around the lines also and try to tag someone. If tagged, swap roles.*

2

Food and Fluid: *Encourage players to drink some water.*

1

Static Stretching: *While players are stretching, recap the skill learnt today and cover the nutritional message for the day.*

Session Plan 4

Objective:

- To develop the ability to dodge in a restricted area to displace the defender.
- To introduce the concepts of court balance required in through court attacking play.

Dynamic Warm-up

Skill Development: *Methods of Getting Free - Dodge*

- Q. What methods can the attacker use to beat/displace their defender?
- Q. Which of these methods would be best used in a restricted area?

DODGE

A dodge is ideal to use when you have only a small space and you need to lose the defender. Move quickly and assertively into the free space to receive a pass.

Coaching Points

- Start in a stable body position
- Bend knees, shift weight from one foot to the other
- Suddenly change direction by pushing off strongly on the outside leg, e.g. to go to the right, the outside leg will be the left leg, turn hips and move
- Use strong arm movements to assist speed of movement
- Move towards the ball as fast as possible
- Extend arms to receive the pass

Skills Errors

- Feet too far apart
- No transfer of weight
- Bent over at waist
- Dodging movement not quick enough – more like a sway
- Looking at the ground instead of the ball
- Drive off inside leg
- Practising dodge only on one side [‘good side’]

Prompts that may assist skill development

“Move right, receive left.”

“Move left to receive on the right.”

TAILS

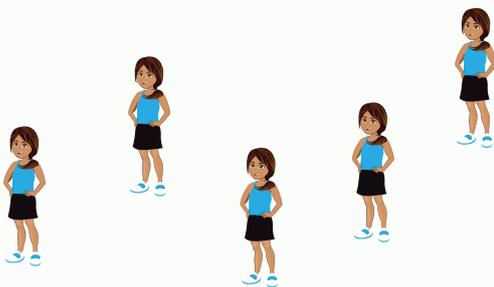
Aim: To protect your own bib whilst trying to 'rob' others' bibs.

SET UP

No. of players: 10-12 players

Area: One-third of the Netball court

Equipment: 1 bib per player



HOW TO PLAY

- Each player tucks a bib into their shorts/skirt/ leggings/ track pants.
- Players move around trying to 'rob' the bibs of other players while trying to protect their own.
- Start with all players walking and increase the intensity by changing the movement.
- If a 'tail' is robbed, the player tucks it in with their other 'tail'.
- Who can rob the most tails in an allocated time?
- Encourage players to use quick, short, sharp changes of movement to protect their bibs.

CONTINUOUS TOUCH

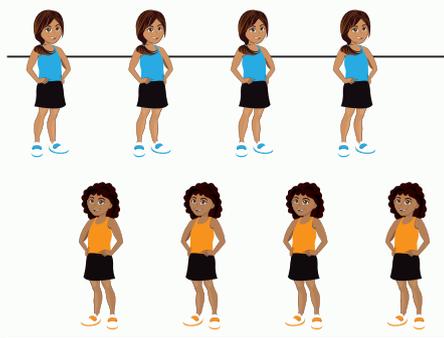
Aim: To use your dodge to break through the defence to cross the line.

SET UP

No. of players: 2 groups of equal size

Area: One-third of the Netball court

Equipment: Nil



HOW TO PLAY

- In two teams of four to six players – one team is on attack and the other is on defence for a specified period of time, e.g. 2 minutes.
- The object of the game on attack is to cross the line as many times as possible.
- If a touch is made by the defence, the attacker must return to their line before they can attack again using dodges, etc. to beat the defence.
- If a player crosses the line, they then return to their line before they attack again.
- Progression
 - » Add a ball. Attacking team pass the ball between each other whilst trying to beat the defence and cross the line.

SECURE THE STRAIGHT

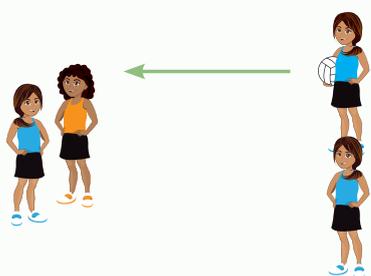
Aim: Using your dodge, beat the defender to receive the ball on the straight line.

SET UP

No. of players: In groups of 4

Area: Within one-third of the Netball court

Equipment: 1 ball per group, bib



HOW TO PLAY

- Two passers pass continually between each other until the attacker is free on the straight, as per arrow on the diagram.
- The attacker uses a dodge to beat the defender to receive the pass on the straight line.
- Swap roles regularly.
- Progression
 - » Add another defender and two more passers at the other end.

FINDING THE SPACE

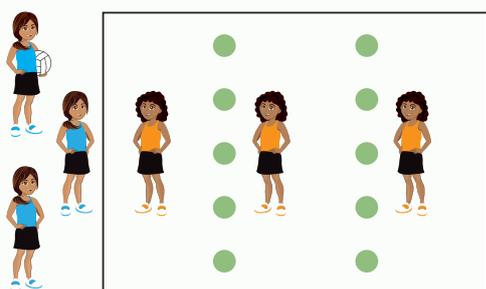
Aim: To develop attacking skills against limited defence.

SET UP

No. of players: 12 players in groups of 3

Area: One-third of the Netball court

Equipment: 1 ball, cones



HOW TO PLAY

- Divide the third into three areas. A defender stands in each area.
- Three attackers start at the sideline and attempt to make three passes in each area without the defender touching/intercepting the ball.
- The defenders can defend only in their area.
- The attackers score 1 point for each successful pass and 2 bonus points if they use a dodge to get free for the pass.
- Swap roles.
- Progression
 - » If the defenders get the ball, the attackers swap roles with the defenders.
 - » Vary the area to make it easier or harder for the attackers.

FIVES

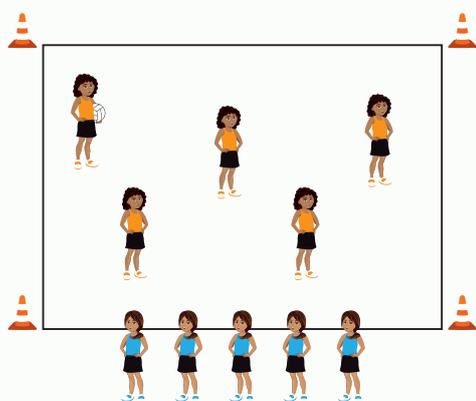
Aim: For your group to get five passes as the defence pressure grows. On every fifth successful pass, another defence enters the area.

SET UP

No. of players: Two even teams of 5 – 6 players

Area: 5m x 5m grid

Equipment: 1 ball, cones, bibs



HOW TO PLAY

- The orange group starts inside the area, while the blue group lines up outside the area.
- The ball is passed between the members of the orange group, who work to complete five successful passes.
- Once five passes have been achieved, one player from the blue group is added as defence.
- The orange group works to complete another five passes.
- If successful, another player from the blue group is added to increase the pressure of the defence.
- Continue until all players from both groups are involved.
- If a turnover occurs, the groups swap roles and the activity restarts.

TACTICAL DEVELOPMENT: THROUGH COURT ATTACK

The following game principles will assist players to develop decisive, sharp through court attacking play:

- Meet the ball hard, landing in a stable body position.
- Turn fully and look down court (towards shooting end).
- Ideally have three passing options available; two forward of the passer and the third being a 'squaring' pass.
- Balance the court width and lengthwise.
- After passing the ball, lead away to provide another option, or create space for someone else.
- Players at the back of another attacking player are the 'eyes' and should balance the court based on the front player's movement, and in relation to the ball.
- Create depth on the court by being staggered across the court.
- Defence players should bring the ball down as far as possible through the mid court to allow the attacking players to be in good attacking positions in the goal third and close to the goal circle.

CHANNELS

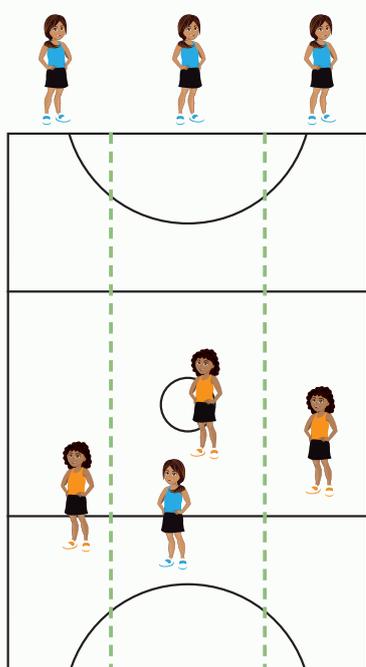
Aim: To encourage players to use the width and length of the Netball court to open up spaces for through court attacking play.

SET UP

No. of players: 9-12 players

Area: Whole Netball court

Equipment: Cones or chalk, balls, bibs



HOW TO PLAY

- Using cones or chalk divide the court lengthways into 3 channels.
- Place 3 defenders on court – one in each lane.
- One attacker is positioned in the attacking goal third and the remaining players are lined up in three rows in the other goal third.
- The attackers move down the 'motorway' passing between each other but must not receive the ball in the 'lane' they are running in. They may pass to someone in their lane but then must quickly fill the free lane.
- The attackers look to keep all lanes balanced and can pass to the attacker in the attacking goal third if, and when they are available and then work that player into the circle to shoot.

COOL-DOWN

3

Light Aerobic Exercise: Players spread out in one-third of the court and on call, walk fast, skip, walk at medium pace, walk slowly, walk circling arms, circle arms and breathe deeply.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

Session Plan 5

Objective:

- To provide the players with the opportunity to practice the correct shooting technique.
- To assist players to understand the game principles relating to circle communication and feeding the goal circle.

Dynamic Warm-up

Skill Development: *Specialist Skill - Shooting*

SHOOTING TECHNIQUE

Coaching Points

- Body well balanced and facing the goal
- Feet shoulder-width apart
- Ball on finger pads of one hand, fingers spread
- Other hand on the side of the ball as a support only
- Hold ball above the head
- Eyes looking at the goal
- Bend the elbow with the ball in hand and knees to set up shot
- Lower the ball, keep elbow to shoulder still
- Straighten body in a sequential movement of legs then arm, with the ball released when at full extension
- Release the ball with a smooth, fluid action following through right to the finger tips
- Release point as high as possible above the head
- Wrist and finger tips flick the ball with a gentle spin to the ring
- Follow through with hand/wrist.

Skills Errors

- One foot in front of the other
- Feet too close together
- Ball held and released from chest height
- Two hands behind the ball
- Eyes looking at the ball rather than the goal
- Ball dropped behind head
- Not enough knee bend
- Whole arm drops not just forearm
- No flow as movement is not sequential
- Shooting action involves only the arms
- Poor balance, weight too far forward
- No wrist action/flick
- Ball doesn't have enough height – more knee bend needed
- Ball coming off the palms.

Prompts that may assist skill development

“What should you focus on when you are shooting?”

“What shape does the ball make when you shoot?”

SHOOTING TECHNIQUE

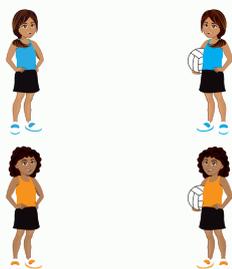
Aim: To practice developing a sequential shooting technique.

SET UP

No. of players: In pairs

Area: Within one-third of the Netball court

Equipment: 1 ball between 2 players, elastic tied between the goal posts or a fence of similar height.



HOW TO PLAY

- Players pair up – one ball between two.
- Tie the elastic from one goalpost to the other (or two adults hold it). The elastic starts at a low height and is raised slowly until it is the height of the goalpost, 3.05m.
- Pairs 'shoot' to each other over the elastic.
- Encourage players to use a high release point and shoot higher than the elastic.
- Progression
 - » Practice shooting into a goal.
 - » Or stand astride a line and practice shooting to check alignment and direction. If it bounces on the line – you should be spot on.

GOLDEN CHILD

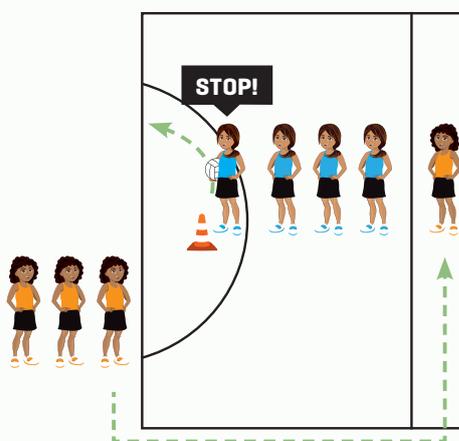
Aim: To try to score as many successful shots before the other group's players have run completely around the third of the court.

SET UP

No. of players: Two groups of 4 or 5

Area: One-third of the Netball court

Equipment: Goalpost, ball, cone



HOW TO PLAY

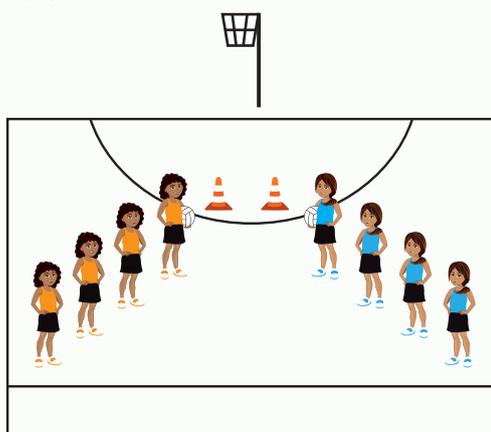
- To try to score as many successful shots before the other group's players have run completely around the third of the court.
- One group is the shooting group and the other is the running group.
- The shooters take turns at shooting from behind a cone and try to score as many goals as they can before the running team has completed a full lap of the area. The running team lines up outside the court, behind the goalpost, and takes it in turns to run as far around the area as possible.
- When a goal is scored, the current runner must stop and remain where they are. The last runner, 'golden child', can 'free' any runners around the lap by tagging them as they run past.
- If any runner completes a lap, prior to the shooting team scoring a goal, that is 1 point to the runners.
- Swap roles and try to beat the other team's tally.

TWENTY-ONE

Aim: To be the first group to accumulate 21 points, shooting under pressure.

SET UP

No. of players: Two groups of 4 - 5
Area: Goal third of the Netball court
Equipment: 2 balls, 2 cones



HOW TO PLAY

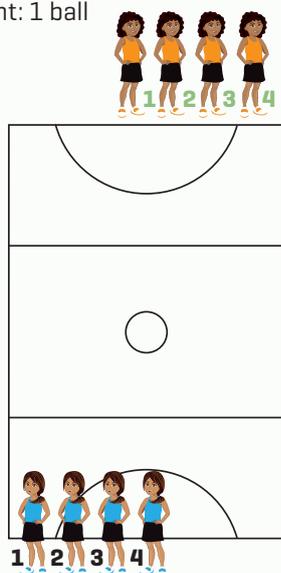
- Players in the group take turns to attempt a shot at goal.
- If the player is able to catch the rebound before it touches the ground, the player takes a second shot.
- The winners are the first group to accumulate 21 points.
- Scoring:
 - » Successful shot = 2 points
 - » Catch rebound on the full and shoot successfully = 1 point
- Progression
 - » If 21 is too high a score to meet, change it to 11.
 - » To mix it up, try to spell words with every successful shot earning a letter.
 - » Add in a defender to defend the shot.

CIRCLE PERMIT

Aim: To score a goal before the other team does.

SET UP

No. of players: Two groups of 4 - 5, numbered
Area: Netball court
Equipment: 1 ball



HOW TO PLAY

- Players are numbered and then each group assembles behind its transverse line.
- The coach calls a number and those players run in to collect a ball from the centre circle.
- The other players spread out.
- All players must receive a pass and the only player permitted to be in the goal circle is the player whose number was called and who collected the ball to commence play.
- The 'called' player receives the ball and attempts a shot at goal. After a successful shot, the ball is returned to the centre circle for play to recommence.

TACTICAL DEVELOPMENT: THROUGH COURT ATTACK

This week we continue to focus on through court attack.

The key through court attack game principles we will try to implement are:

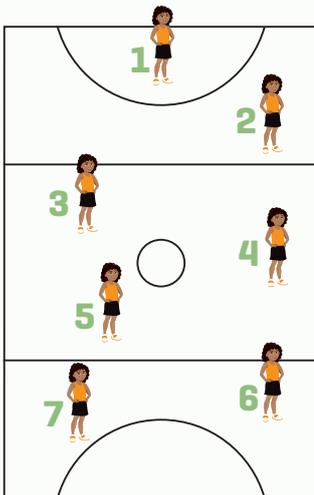
- Having three passing options available.
- Balance the court width and lengthwise.
- After passing the ball, lead away to provide another option, or create space for someone else.
- Players at the back of another attacking player are the 'eyes' and should balance the court based on the front player's movement, and in relation to the ball.
- Work off the ball (e.g. dodge, change of direction etc) to make space to receive a pass in the best space and at the best time.

MISS A NUMBER

Aim: To encourage players to use the width and length of the Netball court to open up spaces for through court attacking play.

SET UP

No. of players: 7 players plus defenders
Area: Whole Netball court
Equipment: 1 ball, bibs



HOW TO PLAY

- Players are numbered 1 to 7. Use remaining players as defence.
- The ball is passed from the defence end [1] to the attacking end [7].
- Then, before the first pass is taken, the 'caller' will call a number, e.g., 3. That player must not receive the pass in sequential order but should make themselves available for a pass anywhere on court.
- Add defence, initially one in each third.
- As the players get used to one player moving, call two numbers, e.g., 4 and 6. Those two players must receive a pass out of order and the other players on court must ensure passing options are available and that the court remains balanced.

COOL-DOWN

3

Light Aerobic Exercise: *Players spread out in one-third of the court and on call, walk fast, skip, walk at medium pace, walk slowly, walk circling arms, circle arms and breathe deeply.*

2

Food and Fluid: *Encourage players to drink some water.*

1

Static Stretching: *While players are stretching, recap the skill learnt today and cover the nutritional message for the day.*

Session Plan 6

Objective:

- To provide players with the opportunity to recap the basic skills learnt to date.
- To play a fun game to help develop team cohesion and ensure enjoyment.

Dynamic Warm-up

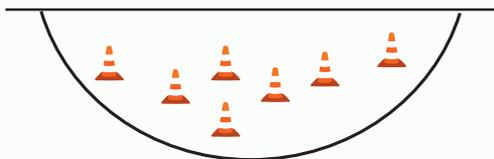
Skill Development: Skills Circuit

Recap of foundation skills – movement, ball, attack, defence and shooting will be included at the stations.

EQUIPMENT

- 1 ball between two
- Cones
- Bibs
- Goalpost
- Ball or object different to a normal Netball e.g. Frisbee, rugby ball, quoit, vortex...
- Stopwatch

STATION 1 – AROUND THE WORLD

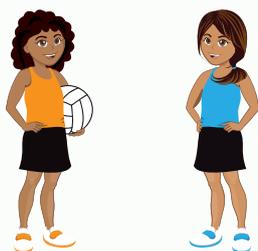


HOW TO PLAY

- Place 7 cones at varying distances within the goal circle.
- Starting at cone 1, each player takes the seven shots then swaps.

How many successful shots did you get out of 7?

STATION 2 – HIT THE TARGET



HOW TO PLAY

- Tie/tape 1 or 2 bibs to a fence/wall.
- One player has the ball.
- The other player runs towards the passer, catches and turns quickly, releasing the ball immediately trying to hit the target bib.
- 10 turns each then swap roles.

How many times could you successfully hit the target?

STATION 3 – WASHING MACHINE

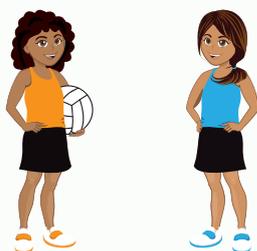


HOW TO PLAY

- Using a cone or another player, the worker practices moving about the object. When a pass is thrown, the worker moves as close as possible to the cone, taking their feet to intercept the pass.
- The passer throws the ball at various times and the worker needs to use their footwork and move around both to the right and to the left around the object.
- 10 turns each then swap roles.

How many times did your outside arm get the ball?

STATION 4 – ANYWHERE



HOW TO PLAY

- Partners throws the ball in any direction.
- Use fast feet to quickly retrieve the ball and pass it back to the passer.
- Count the number of retrievals in 20 seconds.

How many Anywhere balls can you retrieve in 20 seconds?

STATION 5 – BENCH BALL JUGGLE



BENCH POSITION



HOW TO PLAY

- Partners are in a bench position – either on feet or knees.
- The player with the ball juggles it to self before passing the ball to their partner to do the same.

How long can you and your partner juggle the ball for?

STATION 6 – PASSING ENDURANCE

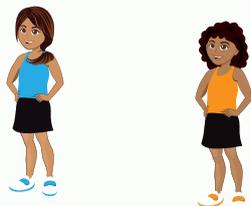


HOW TO PLAY

- Use either a wall or another passer.
- Players stand 3 metres from wall and chest passes continually.

How many passes can you do in 20 seconds?

STATION 7 – PIVOT TAG

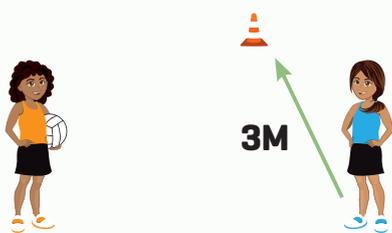


HOW TO PLAY

- In a confined area, e.g., the goal circle, one player is in. This player runs and tries to tag the other player. If tagged, the other player must have completed a full pivot before trying to tag their partner.

Who can make the most tags in 20 seconds?

STATION 8 – PASS AND CUT



HOW TO PLAY

- The worker runs to cone, turns and runs back to receive a pass.
- The ball is passed back to the passer and then the worker runs again.

How many pass and cuts can you complete in 20 seconds?

GAME TIME – NETBALL WITH A DIFFERENCE

- Choose a ball or object that the players might not normally use to play Netball, e.g., a rugby ball, a Frisbee, quoit or similar.
- Divide the group into two teams.
- The rules of Netball with a Difference are the same as the Netball rules with only one rule difference: instead of scoring a goal, the ball/object must touch/hit the goalpost.
- If the ball/object goes out of court, there is a throw-in by the opposing team.

COOL-DOWN

3

Light Aerobic Exercise: In pairs, player stand on opposite sidelines. Caller calls “high five”. The players jog in and meet in the middle each other a high five before jogging back to the sideline. Other calls could include “low ten”, “do-si-do with your partner”, “box step” or “sawing wood”.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

Session Plan 7

Objective:

- To provide players with the opportunity to practice intercepting, reading the cues and developing the necessary timing required to take the intercept.
- To utilise the back players, defenders, at the centre pass to counter the opposition and also provide another attacking option.

Dynamic Warm-up

Skill Development: *Defence – Interceptions*

INTERCEPTIONS

Coaching Points

- Start in a stable body position
- Position where defender can sight both the ball and opponent
- Be close enough to the attacker to intercept a ball if a pass is made
- Read the passing options and the cues that the passer sends out
- Anticipate the direction of the pass
- Anticipate the direction of the opponent
- If the ball is in the air, feet are still moving
- Make a quick recovery if attempt unsuccessful.

Skills Errors

- Stance too wide or too narrow so cannot quickly move to intercept
- Not anticipating accurately
- Moving too early and pass is thrown somewhere else
- Not in a position to see both the passer and the receiver
- Too far from receiver to take intercept when pass is thrown
- Eyes looking down
- Shuts eyes as player comes close to the ball
- Shut eyes as ball comes close
- Unbalanced landing
- Using inside arm, causing contact.

Prompts that may assist skill development

“Look at the passer and see what they do before they release the ball.”

“Back yourself.”

“Make your first step forward.”

“Where is the ball at its highest point when it is being passed?”

READ 'EM

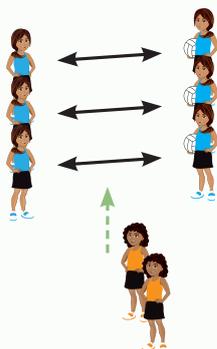
Aim: To read the timing of release and run through the line of passers without being hit by the ball.

SET UP

No. of players: 10 players

Area: Within one-third of the Netball court

Equipment: 3-4 balls



HOW TO PLAY

- Six to eight players stand 3 metres apart and pass continually.
- The remaining players line up and, one at a time, they attempt to run through the middle of the passers, using a change of pace to avoid being hit by the ball.

INTERCEPT BALL

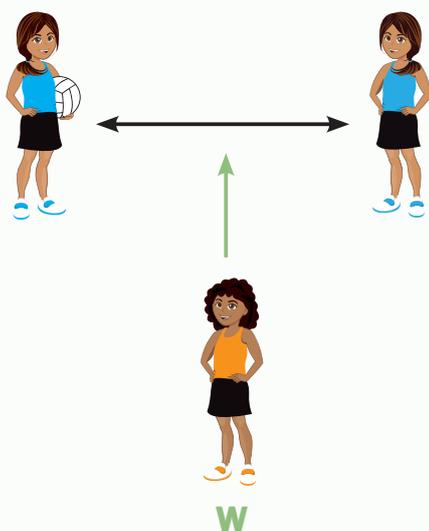
Aim: To read the timing of release and run in and intercept the ball.

SET UP

No. of players: In groups of three

Area: Within one-third of the Netball court

Equipment: 1 ball per group



HOW TO PLAY

- Two players stand 3 metres apart and pass continually.
- Each worker [W] stands back from the players and attempts to intercept the ball.
- Vary the starting position of the W, e.g., stand behind and away from one of the players.
- Encourage players to experiment using the arm closest to the receiver and the outside arm, i.e. the arm furthest away from the attackers.
- The worker attacks the ball and lands closer to the attacker than the receiver.
- Progression
 - » To extend the W, they should stand further away from the players.
 - » Vary the starting position of the W, e.g., stand behind and away from one of the players.
 - » Encourage players to use their outside arms, i.e. the arms furthest away from the attackers.
 - » Group makes a circle and two players stand in the middle. The players on the outside of the circle can pass to anyone except the adjacent player. Defenders in the middle try to intercept the ball.

SQUARE PASS INTERCEPT

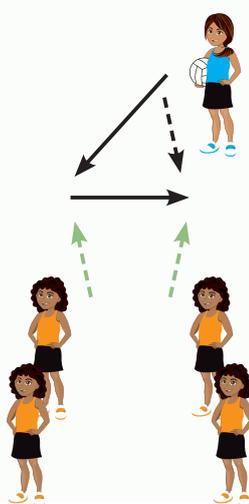
Aim: To read the timing and release of the pass, developing the confidence to intercept the pass.

SET UP

No. of players: Groups of 5

Area: Within one-third of the Netball court

Equipment: 1 ball



HOW TO PLAY

- The player with the ball becomes the interceptor after the first pass.
- The passer passes to either of the orange players.
- The orange player who receives the ball quickly passes a square pass to the other orange player.
- The initial passer (blue player) looks to intercept this square pass.
- The player who received the first pass now becomes the player at the top with the ball and the other two players return to the back of the line.
- Ensure players work both sides.
- Progression
 - » The players at the front of the line start with the ball and pass and move forward. The Defending player stands out the front reading the passes between the players and looks to intercept a pass.

THRILL

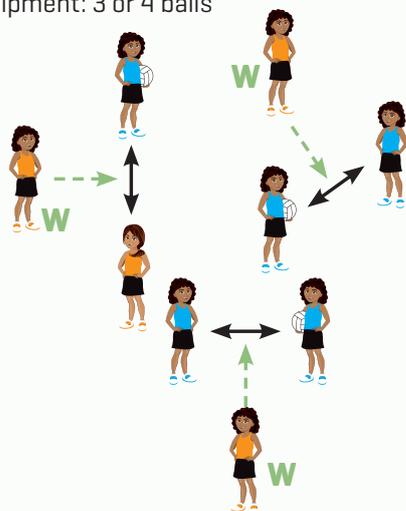
Aim: To move continuously within the area, reading the passes, running through to take the intercept.

SET UP

No. of players: Group of 10-12

Area: One-third of the Netball court

Equipment: 3 or 4 balls



HOW TO PLAY

- In pairs, the passers pass continually.
- The workers (W's) move around the area, taking intercepts.
- Rotate players once five intercepts have been taken.
- Feel the 'thrill' of the intercept.
- Once the W has made 3 or 5 intercepts change roles with a passer.
- Progression
 - » The passers are not allowed to pass the ball if they can see the W coming to make the intercept.
 - » Use a variety of passes to change the timing of placement of the ball to encourage the W's to read and adapt to these changes.

SCOUTS

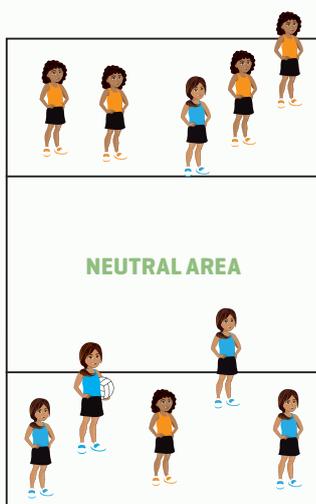
Aim: To pass the ball to your scout without the opposition intercepting, to allow your team to grow its defensive unit in the opposition's space.

SET UP

No. of players: Two teams of even numbers

Area: One-third of the Netball court

Equipment: 1 ball, bibs, cones



HOW TO PLAY

- Players divided into two equal teams and placed within one-third of the court.
- One player from each team is sent out as a scout into the opposition's area.
- Two players, one from each team, meet in the neutral space and use Paper, Scissors, Rock to decide who has the ball first.
- The aim of the game is for each team to get the ball to their scout. The team passes the ball between their team members until they think they can get the ball to their scout.
- If a scout intercepts a pass, that team can send another scout into the opposition's area.
- Points are awarded: 1 point for each successful pass to a scout and 2 points for an intercept.

TACTICAL DEVELOPMENT: CENTRE PASS - ATTACK

This week we will look at the use of the WD and GD at the centre pass on attack.

Discuss with the players when it might be ideal to use the 'back' players, e.g., when the WA and GA are struggling to get free, as part of a set of moves, when the opposition are using the wall defence strategy and the attackers are behind the wall...

USE THE BACKS

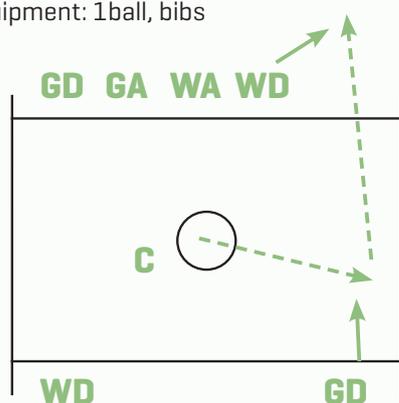
Aim: To provide another attacking option at the centre pass.

SET UP

No. of players: One team

Area: Whole Netball court

Equipment: 1ball, bibs



HOW TO PLAY

- The attacking players set up narrow on the transverse line, while the defenders, WD and GD set up wide.
- The Centre passes to one of the defenders (GD as in the diagram) who then passes to an attacking player running towards the goal circle.
- Allow all players to practice this move.
- Progression
 - » Encourage your players to come up with another move that involves using the back players, ensuring it meets the centre pass attack game principles.

COOL-DOWN

3

Light Aerobic Exercise: Players line up on the goal line and move out and back like the waves. Encourage players to relax their whole body, slowly decreasing the movement to a walk.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

Session Plan 8

Objective:

- To develop awareness of the phases of defence and focus on contesting the ball [1st phase].
- To develop the ability to create and use space when on attack through court.

Dynamic Warm-up

Skill Development: *Defence – one on one*

DEFENCE – ONE ON ONE, MARKING THE RECEIVER

Coaching Points

- Stand in a stable body position – feet shoulder width apart, knees slightly bent
- Head up so you can see as much of the court as possible
- Arms relaxed and close to body in a 'natural stance'
- Body in a position where you can sight the ball and the opponent
- Close enough that you can intercept the ball
- On balls of feet, ready for quick take off
- Move towards the ball as fast as you can
- Think about where the passer is likely to pass the ball, feet facing in this direction
- Quickly retreat to 0.9metre from the passer's first grounded foot
- Knees bent ready to move or jump.

Skills Errors

- Standing flat [directly in front of attacker] and not able to sight the attacker
- Only watching the receiver and not able to see the ball
- Moving head continually to see attacker and ball
- Standing behind or beside the receiver and not able to get around the body to get the ball
- Legs straight and no bend at hips
- Feet too close together or too far apart.

Prompts that may assist skill development

- "Quick feet."*
- "One more step."*
- "Look down first to check distance, then arms up."*

SHAKE THE SHADOW

Aim: To try and stay close to the worker as possible, being their shadow.

SET UP

No. of players: In pairs

Area: One-third of the Netball court

Equipment: Nil



HOW TO PLAY

- One player is the worker (W) and moves around, trying to shake the other player, who is sneaking around behind them trying to keep up.
- At any stage, the player can tap the W on the shoulder.
- Once tapped, W stops and turns around to face the player who retreats to take up a 1-metre defensive position.

CROSS THE LINE

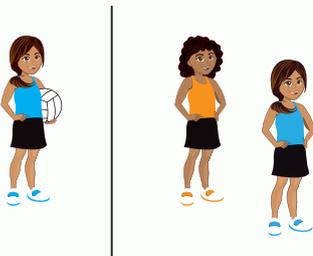
Aim: To defend the attacking player, stopping them crossing the line to receive the ball on the other side.

SET UP

No. of players: Groups of 3

Area: Within one-third of the Netball court

Equipment: 1 ball between 3 players, line



HOW TO PLAY

- In groups of three, each with a ball.
- One defender (orange) with a bib on.
- The passer faces away from the attacker and defender, tosses the ball over their heads, turning and catching it to signal to the players to prepare.
- The attacking player will receive 1 point if they catch the ball on the other side of the line.
- The defending player is trying to keep the attacker on the same side of the line and also contest the pass.
- The defender wins 1 point if the attacker receives the ball on the same side or if they take an intercept/tip the ball away with their outside arm.

LINE UP

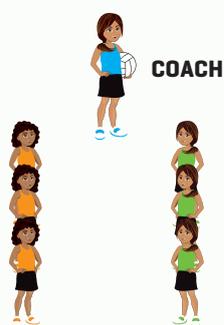
Aim: To defend the attacker and contest the ball.

SET UP

No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, bibs



HOW TO PLAY

- Players pair up.
- The purple team is initially on defence.
- The coach starts with the ball and passes to the first attacker who then pivots and passes to the next player, passing all the way to the other end.
- The defence tries to pick up an intercept or tip.
- Once the ball has reached the other end – the players swap roles and the purple team brings the ball through on attack.
- Progression:
 - » Attacking players move on alternate sides.
 - » Players pass and cut, running to provide a square pass if required.

THREE ON THREE

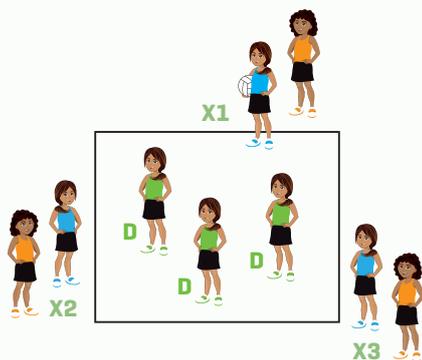
Aim: To try and put pressure on the attackers to force infringements or gain possession of the ball.

SET UP

No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, bibs



HOW TO PLAY

- One team starts on defence.
- X1 starts with the ball. On 'go' the other two X's enter the space and the ball is passed to one of them.
- X1 then enters the grid and, between these three attackers, they try to make 10 passes to score 1 point.
- If the defence team gains an intercept, they score 1 point and go to the back of the line and the attackers become the defenders.
- First team to score 5 points.
- Progression:
 - » Change the size of the space, smaller to help the defence or make it bigger to challenge the defenders.

TACTICAL DEVELOPMENT: THROUGH COURT ATTACK

This week we continue to focus on through court attack.

RUGBY NETBALL

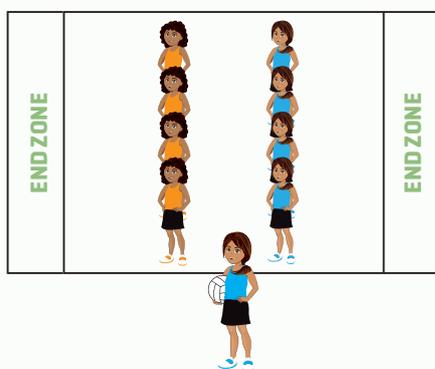
Aim: To encourage players to create and use space, implementing the through court principles.

SET UP

No. of players: Two even teams

Area: Whole Netball court

Equipment: 1 ball, bibs, cones



HOW TO PLAY

- Mark off two end zones.
- The game starts with a line-out at halfway.
- The team that wins the line-out must then spread out and pass the ball down the court, scoring by touching the ball down in the end zone.
- After a try is scored, the game re-starts with a line-out at halfway.
- If there is a turnover, play continues with the opposing team in possession of the ball.
- Encourage players to engage the principles of court balance during the game, e.g., when a player has passed the ball, they take off quickly to provide a square passing option for the receiver – pass and drive left or right until level with the passer.
- Now take the game to a full-court situation from a back-line throw-in. Encourage players to balance the court, pass and support.

COOL-DOWN

3

Light Aerobic Exercise: Each player jogs a letter of their name in each third. Decrease the speed of the movement to a walk.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

Session Plan 9

Objective:

- To provide players with the opportunity to practice marking the player with the ball and defence of shot.
- To focus on scoring off your own centre pass.

Dynamic Warm-up

Skill Development: *Mark the Player with the ball – 0.9m Defence and Defence of Shot*

MARK THE PLAYER WITH THE BALL

- 0.9m Defence – aim is to close down some of the passing options by restricting vision, movement and passing space.
- Always check that you are 0.9 metres back from the first grounded foot.

Coaching Points

- Move back to 0.9m distance as quickly as possible
- Be aware of the position of potential receivers and place yourself between the ball and the receiver
- Make yourself as big as possible – arms up, stand tall, be on toes
- Commit to the ball – keep feet and hands moving and focus on the ball
- Use different body positions to effect
- Once pass thrown, closely mark the attacker.

Skills Errors

- Arms up before retreating 0.9m
- Not getting back 0.9m
- Not moving their feet
- Not focused on the ball
- Jumping too early
- Jumping too late.

Prompts that may assist skill development

“What is the quickly way to retreat 0.9m?”

“If your arms are up high, what sort of pass might be passed?”

DEFENCE OF THE SHOT – LEAN

Coaching Points

- Defend the pass into the shooter
- Quickly retreat 0.9 metres from the first grounded foot of the shooter
- Ensure you quickly look down to check your distance
- Reach your nearest arm as high as possible, try to get in between the ball and the goalpost
- Use your other arm and leg to maintain a balanced lean
- Assess the shooter's timing of release of shot
- Hold lean, in balanced position, for at least 3 seconds
- After lean, player turns body to put the shooter on their back, screening them out.

Skills Errors

- Arms up before distance
- Unable to maintain balance
- Not aware of the distance
- Falls in and is too close
- Did not obviously check distance.

Prompts that may assist skill development

“Look down first – to ensure that you sight the 0.9 metre requirement – then arms up.”

“Bend the knee to help maintain balance.”

REBOUNDING

Coaching Points

- Keep shooter behind you
- In preparation for jumping to retrieve missed shot, bend knees and ankles
- Reach arms up to take ball at full stretch
- Land with feet shoulder-width apart to provide a steady base
- Pivot to turn and face up-court
- Look for a safe outlet pass.

Skills Errors

- Defending the shot but forgetting to screen
- Attacker slips round the side of the defender
- Mistime the jump for the rebound
- Off-balance on landing
- Knees not bent, delaying transitions
- Not pivoting before the pass.

Prompts that may assist skill development

“Catch the rebound at the highest point you can.”

“Sight two passing options and pass to the best option.”

CHECK YOUR DISTANCE

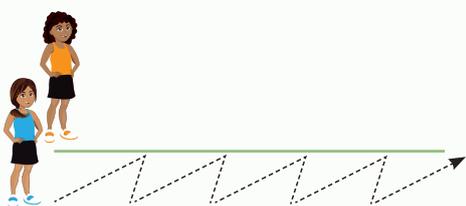
Aim: To practice quickly retreating 0.9m, experimenting with jumping back, taking 2 to 3 small steps or one large step.

SET UP

No. of players: Whole distance

Area: Within one-third of the Netball court

Equipment: line



HOW TO PLAY

- Players jog up to the line, then quickly jump or step back 0.9m.
- The players then take a couple of steps backwards, before running up to the line and retreating 0.9m again.
- Progression
 - » In pairs with a ball. Player with the ball stands with their back to the defender. They toss the ball up and turn to face the defender. The defender quickly retreats 0.9 metres and defends the ball or pretends they are defending the shot using a lean.

DEFEND

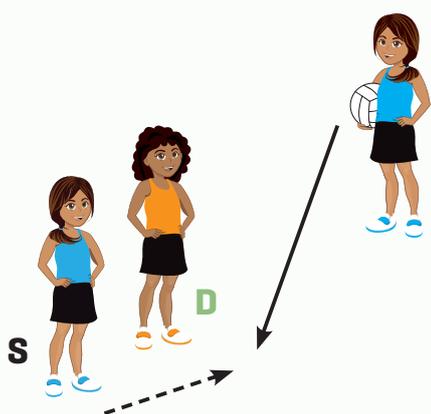
Aim: To allow the defenders to practice moving through the transition from defence of shot to screen to rebound, if they are circle players or defend the receiver, retreat 0.9m and then close the distance after the pass to restrict their movement.

SET UP

No. of players: Group of 3

Area: In and around the goal circle

Equipment: 1 ball per 3



HOW TO PLAY

- Form in groups of three: a shooter or attacker, passer and defender.
- The passer throws the ball to the shooter or attacker, who is driving towards a space, turns and prepares to shoot or pass.
- The defence player retreats by 0.9 metres and defends the ball/shot, then closes the distance restricting the movement or screens the shooter away to take the rebound.
- Progression
 - » Add a second shooter and defender. The passer decides which shooter to feed, both defenders screen and contest the rebound.
 - » Or add a second attacker and defender.
 - » Replace the lean, with the defender jumping the shot.

TRIANGLE BALL

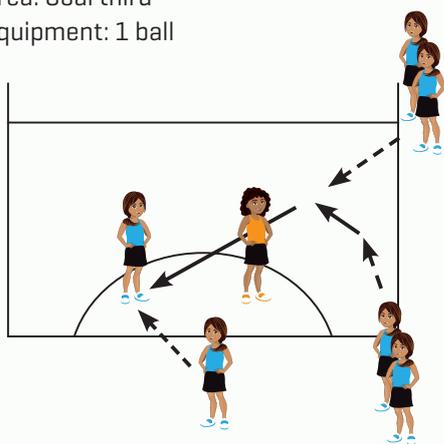
Aim: To develop attacking and shooting skills with one-on-one defence in and outside the goal circle.

SET UP

No. of players: Group of 6 players

Area: Goal third

Equipment: 1 ball



HOW TO PLAY

- Set up three lines as per diagram.
- One defender sets up in the goal circle.
- X1 passes to X2 as they run up court.
- X2 then passes to X3 as they run towards the circle edge.
- X4 deceives the D to receive the ball.
- D defends the shot at goal and screens for any rebound.
- Progression
 - » Once players understand the timing and movement of the activity add two more defenders.
 - » On the long run the player catches and releases.

NUMBERS NETBALL

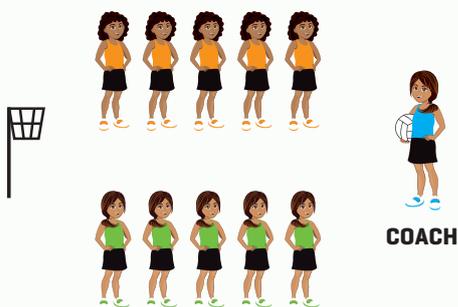
Aim: To develop attacking and shooting skills with one-on-one defence in and outside the goal circle.

SET UP

No. of players: Group of 10 – 12 players

Area: Goal third

Equipment: 1 ball, bibs



HOW TO PLAY

- Two teams line up on the side line, numbered consecutively.
- Coach calls a number and drops the ball to the ground.
- The players run to contest the ball.
- The player who is first to the ball is on attack and can pass to their team mates on the side line, passing all the way into the shooting position in the goal circle.
- If the defending player intercepts the ball they must pass to one of their team mates on the sideline before shooting.
- 1 point for getting the ball into the goal circle and 2 points for a successful shot.
- Progression
 - » Coach calls two numbers. These four players contest to win the loose ball and then can pass to each other or the side line players, passing into the goal circle and then shooting. If the ball is turned over, only a minimum of one pass is required before a shot can be taken.

TACTICAL DEVELOPMENT: CENTRE PASS

This week we continue to focus on scoring off our own centre pass

ATTACK VS DEFENCE

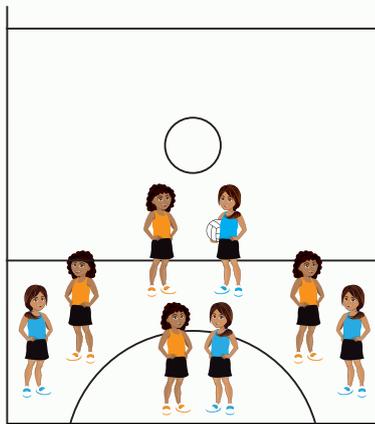
Aim: To be the team that scores the most points.

SET UP

No. of players: Group of 10 – 12 players

Area: Two-thirds of the Netball court

Equipment: 1 ball, bibs



HOW TO PLAY

- Divide group into two teams
- Only two attacking players and two defending players are allowed in the goal circle at any time.
- The attackers have the first centre pass.
- The attacking team pass the ball through court, into the goal circle and shoot. The defence must defend the shot, screen and rebound.
- If the defence wins the ball, they must pass the ball back to halfway before they can pass down to the goal.
- Once a goal is scored, teams swap roles. Attackers to defenders and defenders to attack.
- Teams are awarded 1 point for a successful shot.
- Who will win? The defence team or the attackers?

COOL-DOWN

- 3** **Light Aerobic Exercise:** *Link Tag. Everyone walks around and if tagged by the tagger they link elbows and then help tag. Keep going until all players have been tagged.*
- 2** **Food and Fluid:** *Encourage players to drink some water.*
- 1** **Static Stretching:** *While players are stretching, recap the skill learnt today and cover the nutritional message for the day.*

Session Plan 10

Objective:

- To develop the ability to pass to space to assist the attacking player and beat the defender.
- To assist the flow of the ball through court by timing movements and releasing the ball into space.

Dynamic Warm-up

Skill Development: *Ball Skills – Passing to Space*

PASSING TO SPACE

Passing to the receiver's space allows the receiver to turn fully and look down court and makes it harder for the defenders to intercept. It is important that all passes are delivered to the space.

Coaching Points

- Place the ball in front of the moving receiver
- Receiver catches ball in front of her, after movement
- Select best pass for the situation
- Transfer weight into pass.

Skills Errors

- Ball placed behind the receiver
- Pass too high or too low
- Receiver moves too soon.

Prompts that may assist skill development

"Have confidence; let it go."

EMPTY CORNER

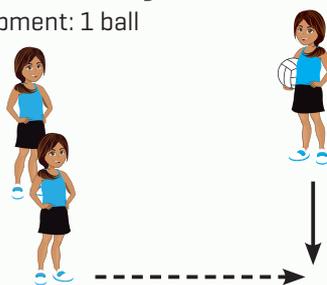
Aim: To pass accurately into the space in front of the moving player.

SET UP

No. of players: Groups of 3

Area: 3 x 3 metre grid

Equipment: 1 ball



HOW TO PLAY

- Each player, in turn, runs towards the 'empty' corner to receive a pass.
- Turn/pivot to face the 'new empty corner' and pass to the player moving onto this space.
- Encourage players to work on their timing, so they arrive just on time, allowing the passer to put the ball into space.
- Progression
 - » Add in a "change" call and the players have to change direction, opening up the space and then getting the pass away.

DIAGONAL BALL

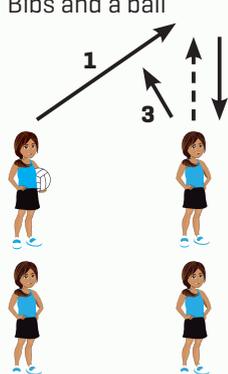
Aim: To pass accurately into the space in front of the moving player.

SET UP

No. of players: 8-10 players

Area: One-third of the Netball court

Equipment: Bibs and a ball



HOW TO PLAY

- One player puts on a bib and is the defender.
- The other players set up as indicated in the diagram.
- The player with the ball faces forward and the two attacking players from behind run forward, crossing over.
- The passer decides which attacking player to pass to and passes the ball into their space.
- The defender marks the two receiving options.
- The attacking player with the ball must pass quickly to the best receiving option.
- Swap roles frequently.
- Progression
 - » Add a defender one at a time.

CROSSOVER

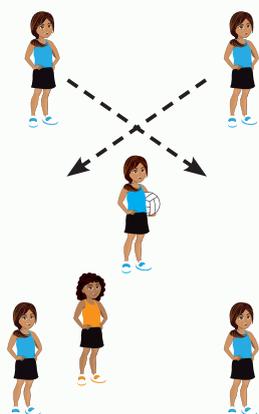
Aim: To pass accurately into the space in front of the moving player.

SET UP

No. of players: 8-10 players

Area: One-third of the Netball court

Equipment: Bibs and a ball



HOW TO PLAY

- One player puts on a bib and is the defender.
- The other players set up as indicated in the diagram.
- The player with the ball faces forward and the two attacking players from behind run forward, crossing over.
- The passer decides which attacking player to pass to and passes the ball into their space.
- The defender marks the two receiving options.
- The attacking player with the ball must pass quickly to the best receiving option.
- Swap roles frequently.
- Progression
 - » Add a defender one at a time.

SKITTLES

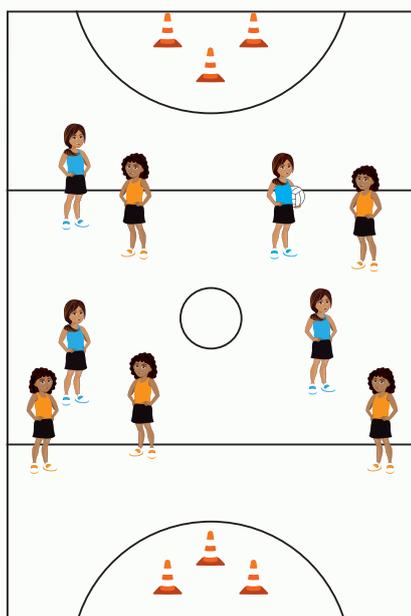
Aim: To develop passing to space with decision-making under pressure.

SET UP

No. of players: Two teams of even players

Area: A Netball court

Equipment: 1 ball, bibs, 3 cones



HOW TO PLAY

- Two teams of equal size.
- Each team is allocated a goal circle to set up their skittles.
- Paper, Scissors, Rock used to decide which team starts with the ball.
- Players pass the ball towards their opposition's goal circle and attempt to throw the ball at one of the skittles.
- 1 point for every skittle knocked down.
- Other team re-starts the game after each shot with a back-line throw-in.
- Progression
 - » Allow the teams the opportunity to change the positioning of their skittles.
 - » Allow the team to come together to discuss their strategy so that they can be in a position more often to hit their opponents' skittles.

TACTICAL DEVELOPMENT: THROUGH COURT

This week on court our focus is on the timing of our movements and the release of the ball into space.

CLOCKWORK NETBALL

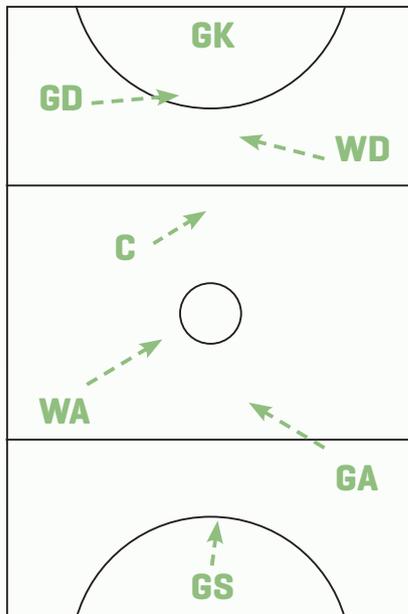
Aim: To utilise timing of movements and accurate pass placement to allow the ball to flow like 'clockwork' through court.

SET UP

No. of players: Group of 10 – 12 players

Area: A Netball court

Equipment: 1 ball, bibs



HOW TO PLAY

- Place 7 players on court.
- The ball is passed through court from a back-line throw-in, in a sequence GK – GD – WD – WA – GA – GS.
- Once a goal is scored, the GS rotates off and everyone moves down a space with a new GK stepping up to take the throw-in.
- The emphasis is on the timing of movements and release, plus putting the ball into space.
- Progression
 - » Start with a defender in each third and build up to a 7 on 7 game.
 - » Change the sequence.

COOL-DOWN

3

Light Aerobic Exercise: Follow the Leader. Each team member has 30 seconds of being the leader, moving around incorporating a range of movements. Remember to decrease speed of the movement to a walk.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap the skill learnt today and cover the nutritional message for the day.

Session Plan 11

Objective:

- To develop the ability for players to pass and cut the opposition, putting themselves in better attacking positions.
- To provide the players with the opportunity to develop through court play from throw ins.

Dynamic Warm-up

Skill Development: Attack – Pass and cut

PASS AND CUT

Coaching Points

- Ensure a stable body position [SBP] throughout
- Run fast, cut hard either in front or behind the defender for the next pass
- Use arms to drive hard
- Head up, looking for space
- Quick take-off, fast feet
- Be ready to change direction when the defender tries to mark
- Fast change of direction.

Skills Errors

- Contacting
- Dodging before getting to defender
- Taking several steps on the spot before starting
- Feet too wide or narrow on change of direction, which takes longer
- Bending at waist, which makes change of direction longer
- Head/eyes down so cannot see when pass is made.

Prompts that may assist skill development

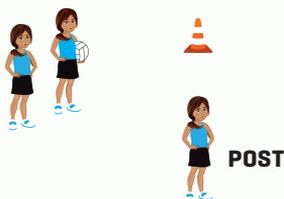
“Pass right, front cut to the right.”
“If you run behind your player, you are running through the ‘back door’ so, if you front cut, you are taking the ‘front door’.”

DIAGONAL BALL

Aim: To practice the movement associated with the cut.

SET UP

No. of players: Group of 5 players
Area: Within one-third of the Netball court
Equipment: 1 ball, and 1 cone per group



HOW TO PLAY

- The player with the ball passes to the post and then front cuts the cone to receive the pass back before passing the player at the front of the line.
- The new player repeats the process.
- Swap the post regularly.
- Progression
 - » Replace the cone with a defender

LEFT OR RIGHT

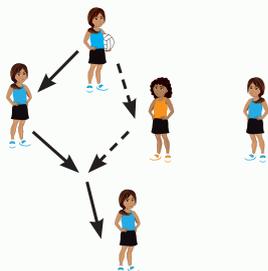
Aim: To pass either left or right to displace the defender and cut to receive the ball.

SET UP

No. of players: Group of 5 players

Area: Within one-third of the Netball court

Equipment: 1 ball, 1 bib



HOW TO PLAY

- One player is the defender and wears a bib.
- The player with the ball decides which post to pass to, based on their analysis of the defender in front of them.
- The player passes to the post, e.g., to the right, then front or back cuts the defender to receive the ball back and passes on to the next attacking player.
- Swap roles frequently.
- Progression
 - » Add additional defenders on the attackers.

DOUBLE CUT

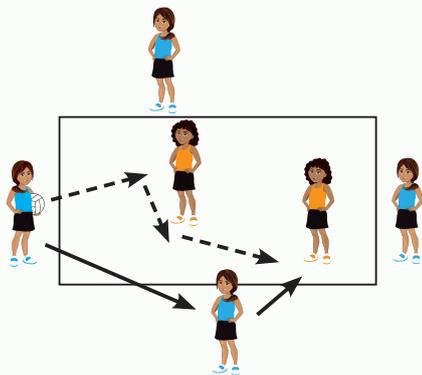
Aim: To use two cuts when moving the ball from one end to the other.

SET UP

No. of players: Group of 6 players

Area: Within one-third of the Netball court

Equipment: Bibs and 1 ball



HOW TO PLAY

- Two players are the defenders and wear bibs.
- The worker must pass to all other attacking players and the ball must finish with the attacker at the opposite end of the area.
- The worker can either front cut both defenders, or use a combination of front and back cuts.

CUT AND TAG

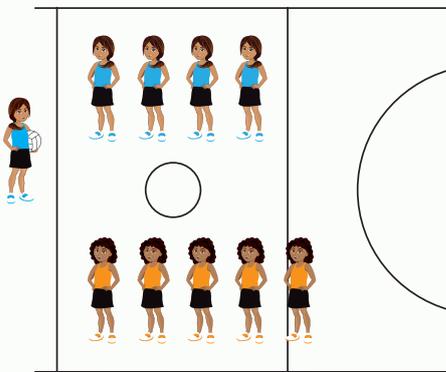
Aim: To be the team that tags the opposition, using front cuts when possible to provide easier passing options and get closer to the opposition.

SET UP

No. of players: 2 teams of equal size

Area: Two-thirds of the Netball court

Equipment: Bibs and 1 ball



HOW TO PLAY

- Both teams line up in the centre third.
- One player starts with the play on the transverse line. They aim at the Centre Circle.
- If they successfully bounce the ball in the circle, their team is on attack, if unsuccessful the opposition take the ball.
- The idea is to pass the ball around, obeying the footwork rule and close in on and tag an opponent. Front cutting a player can help by getting close to the player.
- If a tag is made, both teams move back to their starting positions and another player attempts to bounce the ball in the centre circle.

TACTICAL DEVELOPMENT: THROUGH COURT FROM A THROW-IN

This week on court our focus is on our through court play from various throw-in positions.

THROW-IN OPTIONS

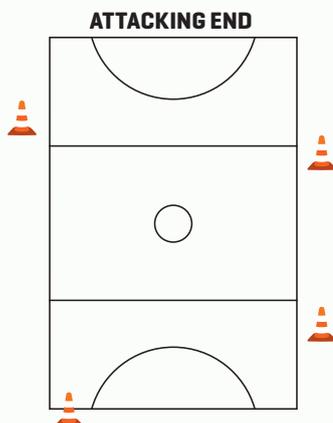
Aim: To establish strategies for attacking throw-ins.

SET UP

No. of players: Group of 10 – 12 players

Area: A Netball court

Equipment: 1 ball, bibs, cones



HOW TO PLAY

- Place four or five cones at various positions around the edge of the court.
- Divide the players into groups and allocate them 1 or 2 cones each.
- The groups need to come up with a strategy – who would ideally take this throw-in and why? What are the passing options? If that option is shut down, what is the next option? How can we maintain court balance?
- Once the groups have come up with their strategy, they can show the whole group and test it out.

COOL-DOWN

3

Light Aerobic Exercise: *Here, There, Where.* Coach indicates where the players will move: “here” move towards the coach; “there” – coach indicates in which direction to move; “where” – jogging on the spot. Speed of the activity should decrease from jogging to walking.

2

Food and Fluid: *Encourage players to drink some water.*

1

Static Stretching: *While players are stretching, recap the skill learnt today and cover the nutritional message for the day.*

Session Plan 12

Objective:

- As this is the last practice - have fun.
- Play a number of fun games or arrange to play the teachers or boys.

Dynamic Warm-up

DODGE BALL

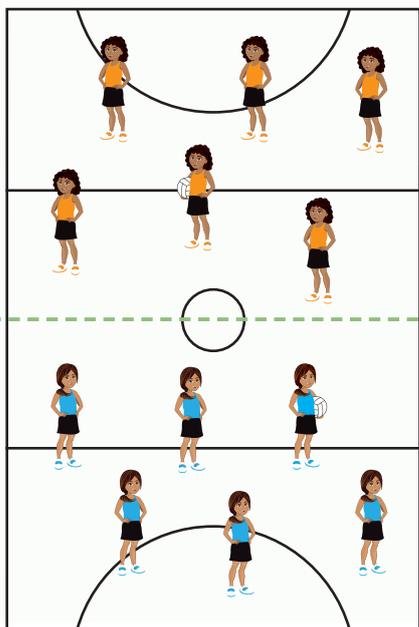
Aim: To eliminate all players of the opposing team by throwing one of three dodge balls.

SET UP

No. of players: 2 teams of equal size

Area: One or two-thirds of the Netball court

Equipment: Bibs, 2 netball or soft balls



HOW TO PLAY

- Players spread out in their designated half court.
- Each team starts with a ball.
- Once the balls have been thrown, it is a sprint to retrieve the ball and throw it back.
- A player is out, if they get hit below the hip, by a ball thrown by the opposite team.
- If you throw a ball that is caught by the opposition, you are also out.
- No player is allowed to cross the centre line.
- Players are expected to be honest and take themselves out when hit or caught.

ZIG ZAG BALL

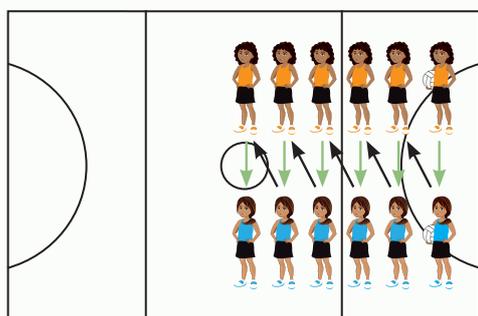
Aim: To move up the court with the ball continually being zig zagged between the two lines of players.

SET UP

No. of players: 6-10 players

Area: A Netball court

Equipment: minimum of 2 balls



HOW TO PLAY

- The players line up, three to five players in each line.
- The players at the back of each line, have a ball each.
- The player with the ball passes to the next player up on the opposite side.
- After passing the ball, the players quickly run behind the line to join the front of the line, ready to receive the ball when it comes.
- The group pass the balls continually, until they have moved to the opposite end of the court.
- Player might need to call the names of the player they are passing to.
- If you have enough player to form two zig zag formations – they could race each other.

GAME ON – BUT WHICH GAME?

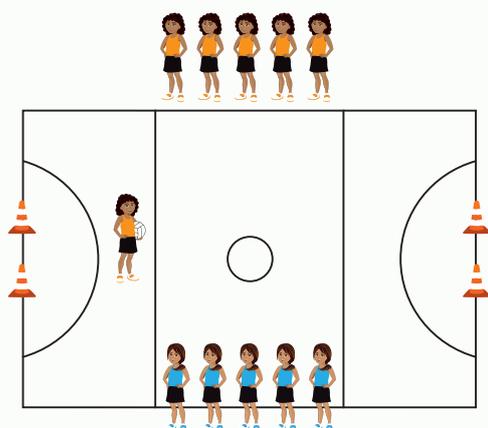
Aim: To score more goals than the opposition.

SET UP

No. of players: 2 teams of equal size

Area: Two-thirds of the Netball court

Equipment: Bibs, 1 ball and 4 cones



HOW TO PLAY

- Behind each goalpost set out two cones which will be the soccer goals.
- Divide the group into two even teams and allocate each team their goal scoring end.
- The objective of the game is to be the first team to score but just the way you get the ball to the goal changes. The coach or designated person calls out the sport, e.g., "Football", or "Netball" or "Basketball".
- The coach then drops the ball in the centre of the court and the teams race in to secure the ball. The team that gets to the ball first is on attack.
- The defence team tries to win the ball or if an infringement occurs, possession changes over.
- The ball is played until a goal is scored. Once scored, the teams return to their sidelines and await the sport to be called and the ball released.
- First team to 5 or 10 points.

If possible finish the session by playing the teachers or playing the boys in a game of Netball.

COOL-DOWN

3

Light Aerobic Exercise: Jog two lengths of the court, followed by walking two lengths.

2

Food and Fluid: Encourage players to drink some water.

1

Static Stretching: While players are stretching, recap and reflect on the nutritional messages within the sessions but also what they see on TV and in the newspaper etc.

A Quick Guide to the Basic Rules of Netball

GS (GOAL SHOOT)	To score goals and work in and around the circle with the GA
GA (GOAL ATTACK)	To feed and work with the GS and to score goals
WA (WING ATTACK)	To feed the circle players and give them shooting opportunities
C (CENTRE)	To take the centre pass and to link the defence and the attack
WD (WING DEFENCE)	To look for intercepts and prevent the opposition WA from feeding the circle
GD (GOAL DEFENCE)	To win the ball and reduce the effectiveness of the GA
GK (GOAL KEEP)	To work with the GD and prevent the shooters from scoring goals

BASIC PASS:

- The game starts and finishes on the umpire's whistle.
- Each game consists of four 15 minute quarters (four 10 minute quarters for lower grades). Teams change ends after each quarter break.
- Centre passes are taken alternatively by the Centre after a goal is scored.
- Umpires control the game through umpiring to their right with the court divided across the centre circle. Each umpire controls their half of the court and also controls the whole of the sideline on their side of the court.
- The ball is awarded to opposition for throw-in when ball has left the court. Throw-ins take place where the ball left the court with one foot close to the line.
- A goal is one point.

CENTRE PASS:

- The centre passes are taken alternatively by the centre for each team after a goal has been scored.
- All players must start in their designated goal thirds prior to the umpire's whistle being blown. The two Centres are in the centre third.
- The Centre stands with at least one foot wholly within the centre circle for the centre pass to proceed. The Centre must obey the footwork rule after the whistle has been blown.
- The opposing Centre can stand anywhere within the centre third of the court, providing she is 0.9m from the other Centre and is free to move.

FREE PASS:

- A free pass is awarded for infringements related to court play, e.g., stepping, replayed ball, over a third, held ball, short pass, breaking, offside.
- A free pass is taken by the opposition on the spot where the infringement took place.
- A shooter cannot shoot for a goal from a free pass.

STEPPING: A player must NOT re-ground the first foot to land on the court before releasing the ball. A player also may not drag or slide the landed foot but it is ok for a player to lift her grounded foot provided she releases the ball BEFORE re-grounding the foot.

REPLAYED BALL: When the ball is considered to be in control of the player but is then bounced or fumbled to gain better control, or when a shooter shoots for goal and the ball goes straight up in the air and comes down without any contact with the goal or another player.

OVER A THIRD: When the ball is thrown through a complete third of the court without being touched by any player.

HELD BALL: Ball held by a player for more than three seconds.

SHORT PASS: When there is no room for a third player to move between the hands of the thrower and the hands of the receiver at the time the ball is passed.

BREAKING: If a player enters the centre third before the whistle is blown for the centre pass. The pass is to be taken by the opposing team where the infringement occurred.

OFFSIDE: When any part of a player's body touches the ground in an area of the court where that player cannot go.

PENALTY PASS:

- A penalty pass is awarded for infringements relating to Obstruction and Contact.
- The player who caused the infringement must stand beside the player who has been awarded the penalty pass.
- A shooter CAN shoot for goal from penalty pass, if in the goal circle.

OBSTRUCTION: Defender must be 0.9m [3 feet] from the player with the ball – this is measured from the grounded foot of the player with the ball to the nearest foot of the defender.

CONTACT: No contact either accidentally or deliberately is allowed to interfere with an opponent's play.

CONTACT WITH THE BALL: A player cannot touch the ball when it is being held by another player.

THE TOSS: A toss is awarded for all simultaneous infringements.

Glossary

Channels	The court can be divided into three lengthwise strips – each strip is a channel which the ball can be taken down or players can move through.
Change of direction	Moving in one direction, pushing off strongly to move quickly in another direction. Also see 'prop'.
Change of pace	Varying the speed of movement to lose an opponent, e.g., sprint, slow and accelerate rapidly to receive a pass.
Cutting	The fast running movements made by an attacker to receive the ball that cuts off the defender's opportunity to intercept or stop this pass.
Feeding the circle	A pass made by an attacker into the circle to a shooter.
Grids	Squares, marked by cones or dots, in which players perform a skill[s]/drill.
Hidden hand	When one hand of the defender is kept by the side and hidden from the view of the passer to give a false sense of free space through which to pass.
Late arm	When a defender puts pressure on the pass or shot with a lean, using one arm extended, and then brings the other arm up and over the ball after 1–2 seconds, to vary the angle of pressure on the ball.
One-on-one (man-to-man)	When a player defends their opponent one-on-one by staying close to make it difficult for them to receive the ball.
Outside foot	The foot away from the direction in which the player is planning to move or the foot furthest from the opponent.
Pre-movements	The movements made by an attacker to lose the defence before they receive the ball.
Pressure on the ball	When a player has received the ball, the defender positions at 0.9m or more from the first grounded foot of the opponent. Their arms will be up to cover the ball in order to make the next pass more difficult or to gain a tip or intercept. This can be referred to as the 2nd phase of defence.
Prop	The movement used by the feet to push off – strongly in order to change direction.

Restrictive marking	Preventing an opponent from 'cutting' or moving to receive a pass. The defender angles their body in such a way as to prevent the opponent from moving in the direction they wish to move. This can be referred to as the 3rd phase of defence.
SBP	Stable Body Position = feet shoulder-width apart, knees relaxed and slightly bent, back straight, head up [for vision] and arms relaxed and held close to the body ready to move.
Screening out	This is the movement by circle defenders [or shooters] to prevent their opponents from gaining the rebound ball after an unsuccessful shot at goal; also, it is used to gain the most advantageous position for themselves or their team-mate.
Shuffle	A movement a player can use to restrict their opponent's space. This is achieved by moving on the balls of the feet sideways, around, in front of or behind the opponent, keeping knees bent and low to the ground.
Side marking	When a player defends one-on-one by being angled towards the opponent – facing the opponent more than the ball while maintaining vision of both, ready to attack the ball.
Spatial awareness	Spatial awareness is the ability to be aware of oneself in space and understand where you are in relation to other players and court layout.
Taking feet to the ball	Using small, quick steps with body weight evenly balanced over the feet to get to the ball without lunging and risking stepping, becoming off-balanced or losing control of the ball.
TGfU	Teaching Games for Understanding/Game Sense, where the learning occurs in a game or game- like activity.
Transition	The time taken when changing from defence to attack and vice versa. It can also mean when moving from one phase of defence to the next. Once players have mastered the skills of each phase in isolation, they should be encouraged to move continuously and quickly from one phase to the next.

