

If you like running, work in small spaces, possess good vision and can make good decisions in a split second then look no further

- 1 Footwork
Defenders must develop specific footwork in order to perfect the craft of Defence and just like shooters they need to practice their craft

- 2 The Edge
Know where your feet are at all times, even with your eyes shut!!

- 3 Fake it till you make it!
Excite the defenders with this classy move

- 4 Attacking as a team - Split Lead Re-offer
No more criss-cross netball drive it straight down the court and give the ball carrier options

- 5 Double Play
Leave the defenders in your wake and dazzle them with your speed and ball skills

- 6 First Ball pressure to a Contest
Don't let the attacker get the ball make them work for it

- 7 Dictating or Denying the Space (Blocking)

- 8 What to do under Pressure - NO stress
Reset the Play

- 8 GAME SENSE - Width and Depth - Attack Smarter not Harder
A basic knowledge of Court Balance and how to achieve it is necessary for even very young players to achieve success.

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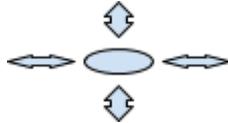
FOOTWORK

1. Standing on both feet jump to land on your left foot and hold your landing/balance for 3 seconds, repeat on your right, repeat 5 times on each leg and try to increase distance and height of the jumps each time
2. Standing on your left foot jump (or hop) onto your same foot and hold the landing/balance for 3 seconds, repeat on your right foot, repeat 5 times on each leg and try to increase distance and height of the jumps each time

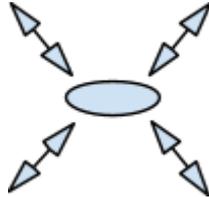
Foot Control (keeping your feet under your body, using different movement patterns)

1. Start with 2 feet positioned shoulder width apart and eyes up, step forward with both feet moving very fast and return to start position very fast, repeat stepping backwards, repeat each 10 times
2. Start with 2 feet positioned shoulder width apart and eyes up, step to the left with both feet moving very fast, and return to start position very fast, repeat stepping to the right, repeat 10 times.

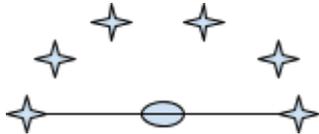
3.

<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Step the 12,3,6 and 9 points of a clock face with fast feet, coming back to the middle each time • Repeat in the opposite direction • Repeat 5 times each at 50cm, 1m and 2m 	
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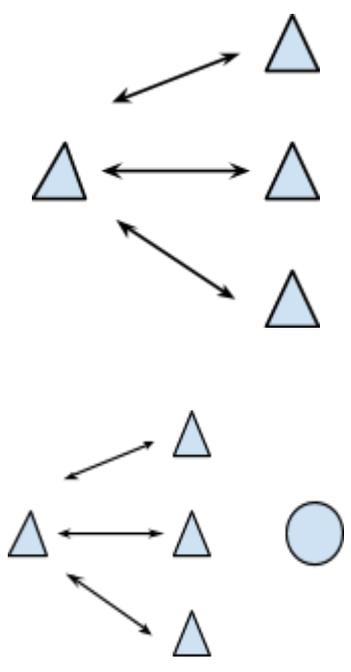
<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Run to the 4 corners of box with fast feet, coming back to the middle each time • Repeat in the opposite direction • Repeat 5 times each at 50cm, 1m and 2m • Crossover running style 	
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<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Step to the 6 points of a semi circle with fast feet, coming back to the middle each time • Repeat in the opposite direction • Repeat 5 times each at 50cm, 1m and 2m 	
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<p>Stand at the left cone with 2 feet positioned shoulder width apart, face forward so cones are on your right with eyes up run to each cone in turn approximately 2m away</p> <ul style="list-style-type: none"> ● Repeat pattern 3 times ● Hips must turn to point in direction of travel ● Aim for speed ● Move cones to the other side and repeat ● Repeat both sides again using a side step <p>SHARNI DRILL - Mine not Yours!</p> <p>Stand at the centre cone with 2 feet positioned shoulder width apart, in push step position</p> <ul style="list-style-type: none"> ● Using the push step, step out to the left cone, coming back to the centre cone facing forward jump to intercept a ball ● Repeat to all cones ● Remember to change lead foot ● If you have a partner put a ball in ● Repeat pattern 5 times 	
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Home Practice - alternate between Balance and Foot Control Activities

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

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THE EDGE

Let's discuss the rule amendments for the centre pass

I understand that the centre player needs to have only one foot wholly within the centre circle to take the centre pass. Can this foot touch the line bounding the centre circle?

YES. Rule 3.1.1(vi) provides that all lines are part of the court area they outline. This means that the line bounding the centre circle is part of the centre circle. If the player's foot is inside the centre circle and touching the line (without being over the line), the player will be deemed to be wholly within the centre circle.

Must the foot that is wholly within the centre circle remain there until the ball is released?

NO. Rule 8.2.2(i) provides that when the whistle is blown to start play, the centre in possession of the ball may step outside the centre circle, but must obey the footwork rule [Rule 9.6]. The player would be therefore be able to lift the foot wholly inside the circle (the grounded foot) into the air, but could not re-ground it [refer Rule 9.6.1(i)]. How does an umpire manage a player or players who haven't made it back into their respective goal thirds prior

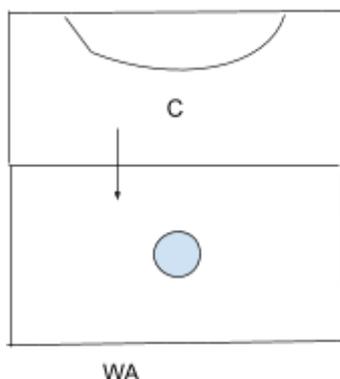
(exert from Netball Aust FAQ)

Get the Pass Off

The centre pass is very important. It signals the start of play and who you choose to release the ball to will determine the pattern of play which follows. When taking position in centre circle ready for the centre pass, look **POISED, EFFICIENT AND CONFIDENT**.

1 court, 3 players, 1 ball and a whistle

- The C starts at the opposite goal circle to where the centre pass is taken, the GA & WA start at the transverse as player return to their starting position, coach releases the ball to the C and reminds the player not to dawdle back.
- Centre steps into circle and executes C pass to the WA
 - Keep 1 foot in centre circle - until whistle is blown
 - Step in keeping 1 foot in the centre circle, await whistle and step out to pass to WA



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Where is the Edge

Goal Circle & Whistle

- Line players up on the intersection of the goal circle and the base line
- Players then side step around the outside of the circle edge being careful to not go offside
 - Allow players 2 run throughs on the 3rd if they go off side stop and get them to stand where it the off side occurred
 - Now recommence drill but this time with their eyes closed and again stop the players when they go off-side and get them to stand where it occurred - repeat 3 times

Find the Circle Edge from the Transverse

1/3 netball court, whistle

- Players line up on the transverse line facing the goal circle, on coaches command get players to run down to the circle edge, stopping on the edge without going off side
 - Remind players to start in a different position each time eg to end at a different position on circle edge (top, pocket, 45, etc) - repeat 3 times
 - Repeat again this time with their eyes shut, coach has to stop players when then go off side and again get them to stand where this occurred - repeat 3 times

Throw In's

In the taking of a throw in, does the player taking the throw in need to ensure that all other players are on the court before releasing the ball?

YES. As per rule 8.4.1 (i) (b), the player taking the throw in needs to ensure all other players are on the court before releasing the ball. If they don't, the umpire will award a Throw In to the opposing team from the original throw in spot.

Requirements for Taking Throw In

- (i) The player taking the throw in:
- (a) Stands outside the court with at least one foot within 15 cm (6 in) of the line at the point indicated by the umpire (this foot is considered 'the landed foot')
 - (b) Ensures all other players are on the court before releasing the ball
 - (c) Throws the ball within 3 seconds of taking up this position
 - (d) Observes the rules for footwork and playing the ball [Rules 9.4-9.6]
 - (e) May not enter the court (including the lines bounding the court) until the ball has been released
 - (f) May not step behind any offside area while holding the ball.

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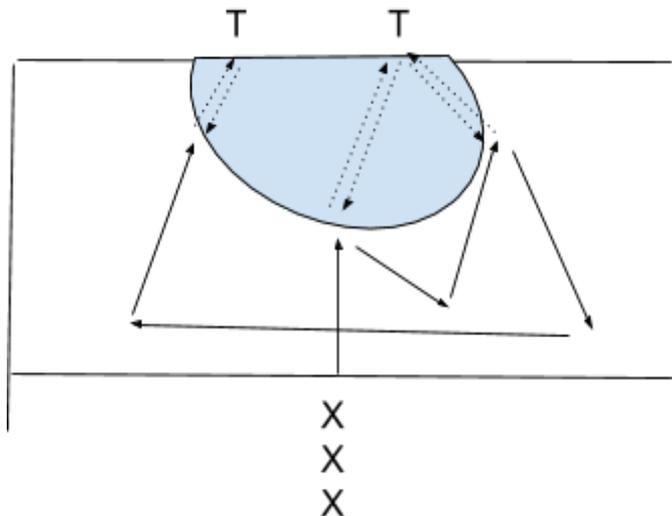
Side line of Netball Court, 1 ball between 2, whistle

- Get all players to line up on the sideline and demonstrate correct footwork for a throw in NO equipment (1 thrower & 1 worker)
- Right Foot up to the line left foot for balance reverse for left handers

On and Off the Circle Edge

1/3 netball court, 2 balls

- Position 2 players with a ball each, on the baseline mid way between the goal post and the edge of the circle
- The remaining players line up in the middle of the transverse line
- Once the first player receives 2 balls and crosses over the starting point next player enters drill
- You are looking for sharp changes of direction, speed, agility and balance on the circle edge



- To challenge players and encourage the use of peripheral vision ask players to use a clearing move after the 2nd pass receive, while watching the next player enter the drill, time their drive of that lead for the 3rd pass.

Drive the Edge - Change of Pace

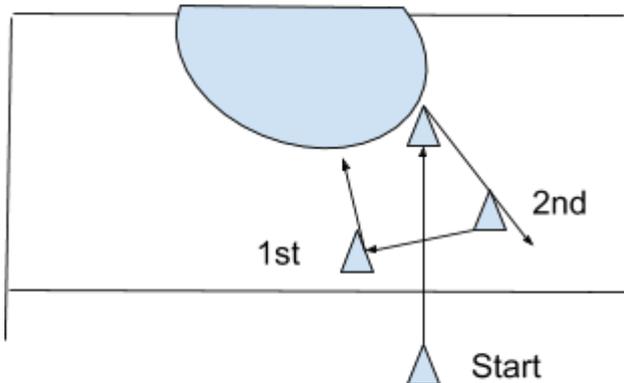
1/3 netball court, 4 cones +/- ball

- Starting in the middle 1/3 jog up to the first cone and then sprint up the circle landing on the circle edge
- You don't receive a ball, re-offer back to the 2nd cone, use your speed of the cone to the 1st and back to the circle edge ready to feed
 - Note players need to land on circle edge with feet hip distance apart, knees unlocked hands in ready position (90 deg), eyes up

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- Work both sides of the circle (use different coloured cones)
- Add 2 feeders on the base line

Add Feeder T
With Ball



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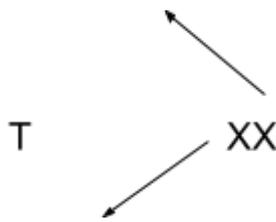
FAKE/BAULK

The fake or baulk, aims to create space to pass by deceiving an opponent with a 'dummy' pass

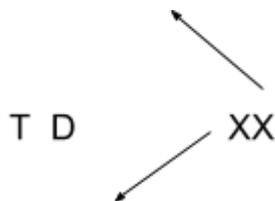
- Hold the ball in 2 hands
- IF POSSIBLE step forward towards direction of 'dummy' pass (may be restricted by position of court, circle edge)
- Give a short sharp passing action in the direction of the dummy pass
- Eye contact should be in direction of the dummy lead
- The sharp baulking movement with the ball, up, down, left or right must be convincing enough to make the opponent attempt to cover the dummy pass
- Recover from dummy pass to deliver the next passing option

Stage 1 - players each have a ball

- Practise the footwork of faking then looking to pass in another direction. Ball is not released
- Players stand in a triangle, player with the ball throws it to themselves, pivot and fake to one but pass to the other
- Add a split lead option, T to fake to one lead and pass to the other



Stage 2 - Add hands over the pass



Stage 3 - Add pass received while defended, turn and pass to the split lead - fake to one and pass to the other



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TEAM ATTACKING - SPLIT LEAD RE-OFFER

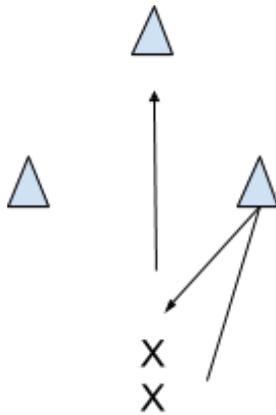
- Either directly forward or at an angle
- The back person must maintain vision of the front person and lead in a different direction
- The re-offer is a change of direction

Stage 1

- Players in pairs, one person stands behind the other
- Front player makes a lead either forward or to the left or right
- Back person reads off and makes a different lead
- Ensure that the front person does not take too long to lead, as the thrower has only three seconds to deliver the ball.
- Resent at the transverse line and repeat, work down the court and then change positions

Stage 2 - NO ball

- Front player makes a lead either forward or to the left or right and drives to the cone
- Back person reads off and makes a different lead to a different cone
- Back person then changes direction at the cone and drives back towards the initial starting position



- Repeat with the front person making the change of direction at the cone and driving back to the initial starting position

Stage 3 - Add Ball

- Place a thrower in front of the pair, and remove cones. Players to perform a split lead, player who does not receive first pass must re-offer down court.
- Vary the angles of leads and which player receives the first ball

Stage 4 - Add a defender

- Add one defender. First pass must go to the undefended player; the person must then re-offer and beat the defender.
- Defence to be passive and increase to active
- Add a second defender

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DOUBLE PLAY (GIVE AND GO)

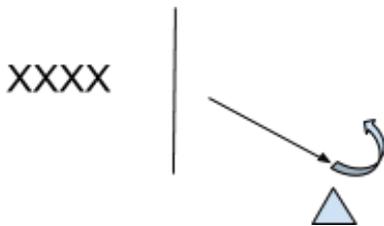
- First pass must allow the receiver to complete an inside pivot. Refer to teaching points provided for the inside pivot, ball must be able to be caught in a controlled manner close to the body

Stage 1

- Partner Tag Variation, players are paired off.
- On command, one player uses a variety of attacking moves to try to evade their partner
- When caught the player must complete a backwards turn before chasing their partner
- Players therefore change roles

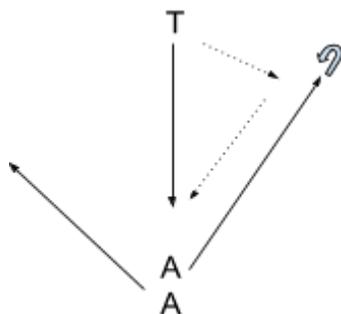
Stage 2

- Line groups of 4 players up behind a line
- Drive out towards a cone at a speed where the player can slow and control the landing
- Reverse pivot to face group return to back of line



Stage 3

- Place a thrower in front of the pair, and remove the cones.
- Players to perform a split lead both players to go wide
- Thrower passes to one of the leading players, pass must be received so that the player can land in a slow and controlled manner (ball passed to player, not in front)
- Then T drives forward to re-take the ball



Stage 4 - Add an opponent

- Add one defender on split, pass must go to the undefended player (ball passed to player, not in front) T to drive and re-take
- Add hands over T's pass, this defender then defends T's drive

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FIRST BALL PRESSURE TO A CONTEST

Maintaining close proximity to attacker as they lead for the ball so that the defender is in a position to intercept/tip (contest) the ball.

1. Good start position, close to attacker and on the ball side
2. Push strongly off back foot to drive forward leading with foot closet to attacker
3. Arms extend out in front of body to reach for the ball
4. Land on outside foot, ie when driving left, land left, when driving right, land right

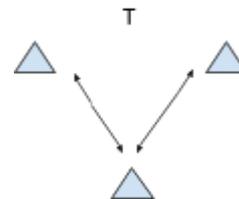
Activity 1

Players are paired off. On command, one player uses a variety of attacking moves to try to evade their partner and 'shake the shadow.' The partner tries to stay within arm's length. Players change roles and the activity is repeated.

Activity 2

Defender works between cones, varying the speed of the move. T holds the ball high or low and defender calls ball position. Work both sides

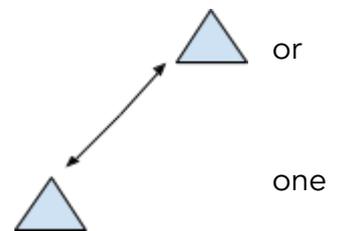
- Fast
- Fast, Slow, Fast
- Fast, Backwards, Fast



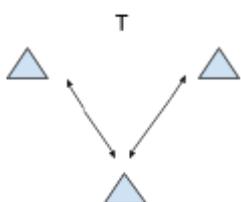
Activity 3 - Add an opponent

Defender shadows attacker between cones, continues to call ball movement (high or low). Other options can be used to ensure defender is maintaining vision on both attacker and the ball - T holding up fingers and defender calls number holding up colour cards. Work both sides

Attacker can lead in either direction, defender to try to keep attacker on side (normally defender would be ball-side) and shadow attacker's move



Activity 4 - Add an opponent and Add a Ball



Ball is passed into attacker, initially limit the attacker to one side, then work the other side, finally give the attacker the option of using preliminary moves in an attempt to lose the defender and then lead either side.

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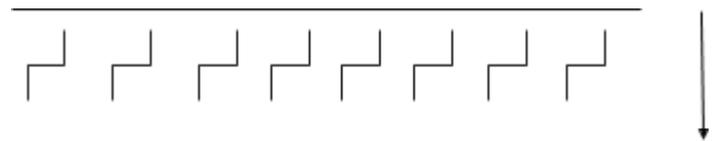
DICTATING OR DENYING THE SPACE BLOCKING - LIGHTNING FOOTWORK

If your players are constantly getting beaten and are out of position defensively, they can't be effective and it leaves holes in the unit defence. This leads to open corridors for attacking players to run and cut freely to space. If defenders can contain the attackers and work their defensive position/angles, this will lead to more defensive turnovers, which means fewer goals for your opponent and more scoring opportunity for your team.

- In the defensive stance the body weight is kept low with knees bent and arms by side
- The aim for the defender is to affect the timing and positioning of the attackers' next lead, eg force a player away from the ball
- The defender does not need to stop the attacker from making a lead, but to change the speed and affect the timing and lead option available on court. The defender is aiming to dictate the attacker's next lead option
- The defender must control the body positioning at all times to ensure the safety of this defending strategy

Activity 1 - no equipment

- Players line up single file behind a line practicing the correct defensive footwork and body position x 5
- Players get into pairs and now practice only side stepping moves, first walking, walking fast, slow jog, jogging
- Now add COD using side stepping moves cut each of the attacking moves off
Ask attackers to front cut the defenders - defenders need to step forward with either the R/L foot dependant on starting position
Ask attackers to try and get into the back space on the defenders - defenders need to stop back with either the R/L foot dependant on starting position
- Defenders need to adjust for the speed of the attacker, eg attacker faster than them allow more space and if the attacker is slower close the space
- You will notice that the defenders are now using fast side step/push step that looks like a lightning bolt on the ground



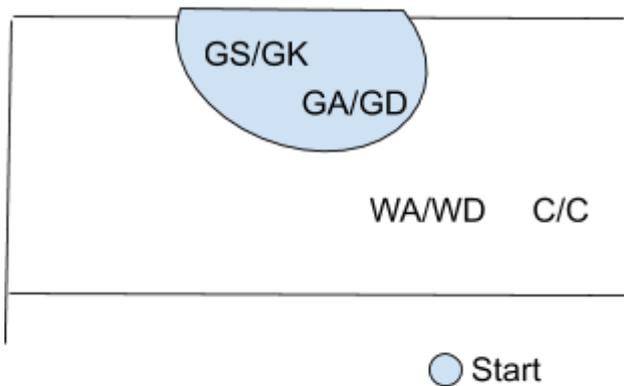
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RESET THE PLAY - What to do under pressure?

½ court, 9 players, 1 set of bibs (2 if you have), 1 ball

- Start without the WD and Defensive C, the WA and C perform a split lead re-offer to circle edge, shooters have to constantly move into the space according to the feed (no shots are taken). The ball needs to be fed in and out of the circle 3 or 5 times coaches discretion the reset
- Use both sides of the circle
- Slowly add defence WD and C
- If the WA and C need to be reminded not to force the ball into the circle if they can't feed replay the ball to the transverse and go again
- If defenders intercept the ball drive it out to the C

Set-up for half court





NETS NETBALL - MIDCOURT MADNESS - SPECIALIST SESSION

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WIDTH AND DEPTH - COURT BALANCE



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ATTACK SMARTER NOT HARDER - GAME SENSE