

Go Session Plans

SESSION

1

Crocodiles

Objective

To develop changes of direction in response to a random cues.

Equipment/Area

One third of a netball court.

Group Management

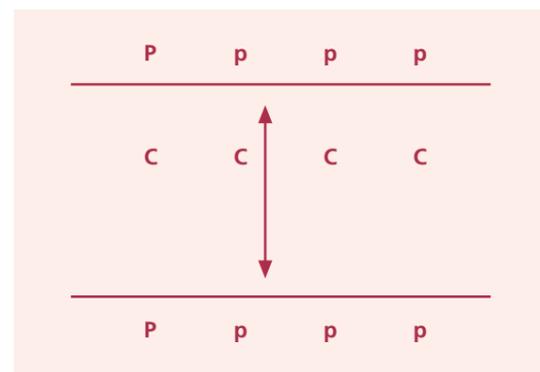
Select 4 players to be crocodiles positioned across the middle of a third of the netball court.

Description

The transverse lines are the river bank and all remaining players line up on either bank.

These players run from bank to bank as many times as possible evading the crocodiles.

When caught the player stands on the sidelines until the last player is caught.



Crocodiles C Player P

! Safety

Define the area appropriate for the number of players.

Reinforce the importance for looking out for other players also moving within the area.

🕒 Coaching Tip

Use quick changes of direction, movement patterns and speed.

↻ Change It

Down: If the players are caught too quickly reduce the number of players in the middle.

Up: All players start on the same side.

? Question

What strategies did you use to evade the crocodiles?

Crocodiles did you use and strategies to help catch the runners?

↻ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Touch and Go

Objective

To develop the ability the ability to change direction and move in confined spaces.

Equipment/Area

One third of a netball court with 8 cones set up in a circle.

Group Management

Multiple players group in the middle of the centre circle, Hoop or circle drawn on the ground.

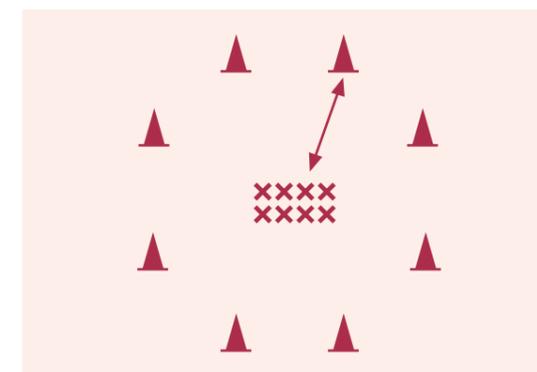
If large numbers divide the players into two groups.

Description

On the call go each player must run to a cone and then back to the middle.

Work until you have touched every cone.

No two players can be at the same cone.



Player X

! Safety

Define the area appropriate for the number of players. Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🕒 Coaching Tip

Each player must keep their vision up and use quick changes of direction to avoid another player.

↻ Change It

Down: Reduce the number of players running.

Up: Time the group and then repeat to reduce the time taken.

(Take the time taken from the last player to return to the middle)

? Question

What did you do to avoid contacting other moving players?

Reaction Run

Objective

To practice changes of speed and direction.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Small groups or full group.

Description

The team lines up behind a line.

The first player sprints forward to the cone and on the throwers call of either right or left, the player reacts and sprints out on a 45 degree angle (initially no passes are thrown).

Jog recovery back to the line.

As the players gain confidence add a ball thrown in on the angled lead.

⚠ Safety

Define the area appropriate for the number of players. Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tips

Use quick changes of direction, movement patterns and speed.

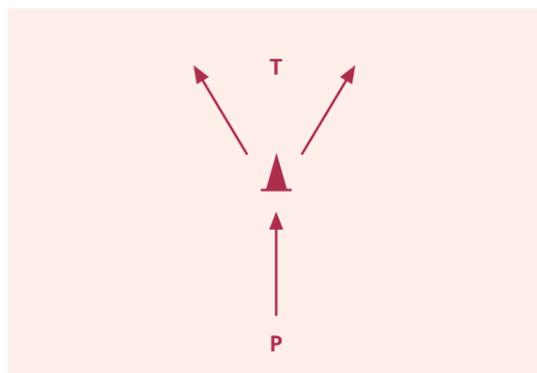
🔄 Change It

Down: Call left or right earlier so the player has ample time to decide before reaching the cone.

Up: Call left or right later so the player has to make a quick decision.

❓ Question

Which foot did you push off on when you were changing direction?



Player P Thrower T

Cone Wave

Objective

To practice moving around an object using quick footwork.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Cones .

Group Management

Set up pairs with two cones and one ball.

Cones should be approximately 1 metre apart.

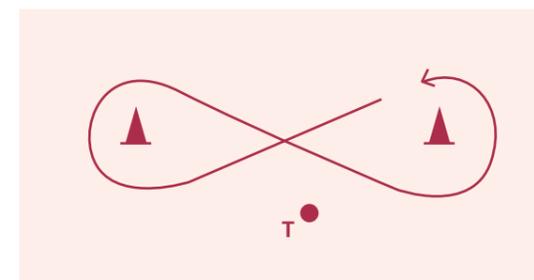
Description

The working player positions in the middle of two cones.

Work a figure 8 around the cones (no passing initially).

Challenge the players to think about which direction it is best to move around the cones to ensure you are provide a lead to the ball.

Add a ball thrown in on the lead forward



Thrower T Ball ●

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

👁 Coaching Tips

Use quick light footwork to step around the cones. Keep head and eyes up looking at the ball.

🔄 Change It

Down: Continue movement around the cones without the ball thrown in.

Up: Encourage players to time the lead and the pass to be executed in the space as the player in leading forward through the middle space.

❓ Questions

In which direction would it be best to move to receive the ball?

Step Overs

Objective

To practice quick light footwork.

Equipment/Area

Two cones/markers per pair of players.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group in pairs with two cones and one ball.

Description

Work in pairs with one player working at a time.

Start in the middle of the two cones. Step over the right cone with the right foot and place it on the ground on the outside, lift the left foot then place it back in the middle now step the right foot back in to the middle.

Repeat with the left foot on the left side.

As the player steps out a ball is thrown in on the same side as the step.

The player controls the ball back to the thrower with one or two hands as quickly as possible before stepping back in.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step over the cones.

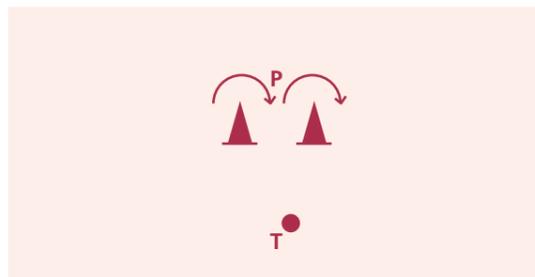
🔄 Change It

Down: The player steps out with both feet and catches the ball with two hands.

Up: Encourage players to control the ball back with one hand control (the outside hand).

? Questions

When might you need to be able to control the ball with one hand in a game?



Player P Thrower T Ball

Ball Pick-Up Race

Objective

To develop running technique, focusing on take off.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 5–6.

Description

Groups form two lines and stand facing each other across one third. Players in each group are numbered consecutively.

Two balls are placed in the middle, one for each group.

When the coach calls a number, the corresponding player from each group runs in to pick up their ball.

The first player to pick up their ball scores a point for their team.

! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🕒 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

Knee lifts.

🔄 Change It

Down: Make a circle of five players, numbering players one to five. When a number is called only one person has the number.

Up: Once the player picks up the ball they must complete an activity with the ball (for example, three bounces, or once the player picks up the ball they must pass to three team-mates).

? Questions

What things did you do to take off quickly?

What things slowed you down?

Pick up, Drop Off

Objective

To develop movement skills

Equipment/Area

Third of a netball court

Group Management

Two or more teams line up behind a transverse line

Description

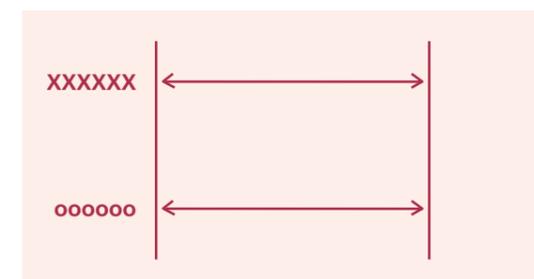
The first player in each line runs to the next transverse line and then back to join hands with the second player in the team.

These two players run up to the transverse line and back to join up with the third person in the team.

These three players then run up and back.

Continue until all players are linked as the group and complete a lap together. When the team returns to the starting position, they drop off player 1.

The teams continue dropping player off until the last player runs up and back by themselves.



Team1 X Team2 O

! Safety

Define the area appropriate to the numbers.

🕒 Coaching Tip

Use quick changes of direction, movement patterns and speed to keep together.

🔄 Change It

Down: Set up only small groups of players.

Up: Complete the activity using a variety of movement patterns.

? Questions

What did you do to work effectively when all linked in a group?

🔄 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Tennis Ball Work

Objective

To continue to develop hand-eye coordination.

Equipment/Area

One tennis ball per player.

A full netball court or suitable training space.

Group Management

Individual practice.

Description

Bounce/dribble the ball continuously with the right hand only.

Bounce/dribble the ball continuously with the left hand only.

Bounce the ball using alternate hands.

Hop on the spot with right leg and bounce and catch the ball with right hand.

Hop on the spot with right leg and bounce and catch the ball with left hand.

Hop on the spot with left leg and bounce and catch the ball with the left hand.

Hop on the spot with left leg and bounce and catch the ball with the right hand.

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Keep eyes on the ball.

Use quick light ground touches with the ball of the foot when hopping.

🔄 Change It

Down: Allow players to catch the ball between bounces.

Up: Encourage the players to continuously work the ball up and down.

❓ Question

Which was the easiest bouncing and hopping on the same foot or opposite hand and foot?

Ball Walk

Objective

To practice body control and ball handling skills.

Equipment/Area

One third of a netball court.
Size 4 netball (or equivalent).

Group Management

Set the group up in pairs with a ball spaced out along the sideline.

Description

The first player walks/lunges forward across the court

- Passing the ball between the front leg
- Pass the ball around the body
- Passing the ball up in the air as they side step across the space
- Passing the ball between the back leg moving backwards
- Bounce the ball in front from the right hand to the left
- Starting backwards pass the ball over the head and turn to retrieve it

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick changes of direction movement patterns and change of speed.

↻ Change It

Down: Encourage the players to take their time and not see this activity as a race.

Up: Encourage repeated efforts with clean ball handling skills.

? Question

Were you able to control the ball equally on the right and left hand?

How might you use ball some of these ball control activities in a game?

↻ Stretch!

Select an appropriate activity from the Stretch Coaching.

Step Overs

Objective

To practice quick light footwork with one hand ball control.

Equipment/Area

Two cones/markers per pair of players.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group in pairs with two cones.

Description

Work in pairs with one player working at a time.

Start in the middle of the two cones.

Step over the right cone with the right foot and place it on the ground on the outside, lift the left foot then place it back in the middle now step the right foot back in to the middle.

Repeat with the left foot on the left side.

This is one combination.

Step over right and left x4 each side.

When players become proficient add a sprint movement forward on an angle.

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick light footwork to step over the cones.

↻ Change It

Down: Use one cone and have the player step over and back one foot at a time.

Up: Encourage players to complete a set number of step overs as fast as possible.

? Question

Why do you think it is important to have quick light footwork?



Partner Throws

Objective

To practice safe hands and accurate passing.

Equipment/Area

Size 4 netball (or equivalent).

Group Management

Netball court or suitable training area.

Description

Work in pairs with one player working at a time.

P1 starts with the ball P2 is the worker.

P1 takes a catch to the right and then the left – catching two handed and throwing with one. Work 8-10 passes.

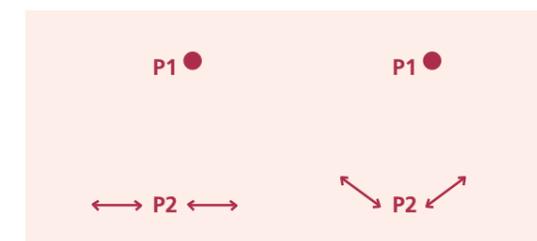
Repeat P1 as the worker.

P1 makes a right, angled lead to take a pass then returns to starting point and leads to the left. Work 8-10 passes.

Repeat P1 as the worker.

P2 stands on the spot and P1 passes the ball just above the head of P2. P2 jumps to catch the ball. Work 8-10 passes.

Repeat with P1 as the worker.



Player P Ball ●

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Two handed catches should be encouraged where possible.

🔄 Change It

Down: Reduce the number of passes to 6 - 8.

Up: Encourage players to complete all passes with fumbling or dropping the ball.

❓ Questions

Why is it important to be able to move on a variety of angles?

Colour Run

Objective

To continue practice of angled leads and the effective use of efficient footwork when reacting to a random cue.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

4 cones of at least three different colours.

Group Management

Small groups of two or three players.

Four cones per group set up in a random square.

Description

P1 starts at the outside cone. P2 positions out in front holding a ball (this is to ensure P1 keeps both head and eyes up looking up (The ball is not thrown)).

P2 calls a colour and P1 reacts and lead out and back.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Encourage players to keep head and eyes up and not turn to look at the cones.

First step should be in the direction of intended movement.

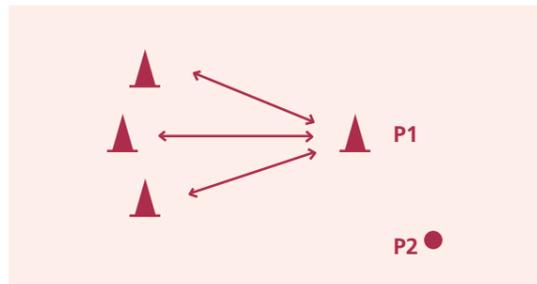
↻ Change It

Down: Allow P1 to turn and repeatedly check where the colour cones are.

Up: P1 starts with quick footwork on the spot, and between movements out and back.

? Question

How could you use leads and changes of direction to lose your opponent in a game?



Player P Ball ●

Outside, Inside Pivots

Objective

To practice using angles to create options then turning to see option down court.

Equipment/Area

A full netball court or suitable training space.

6 to 8 cones.

3 Size 4 netballs (or equivalent).

Group Management

Small group work.

Size 4 netball (or equivalent).

Description

Outside pivot

P1 leads out to the right side, lands on the outside foot, pivots and passes to P2 (R) who returns the ball to T and then becomes the worker.

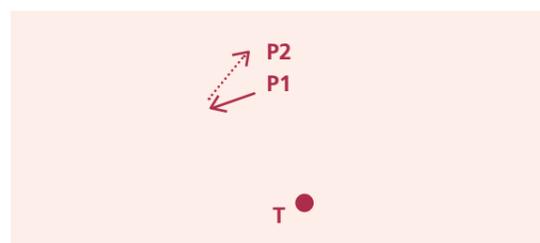
Rotate players to include the thrower as a worker.

W1 lead to the left side, lands on the outside foot and pivots to the outside and passes to P2.

Inside Pivot

Repeat lead to the right with a take-off on the right foot but this time land on the inside foot and pivot to the inside.

Repeat lead to the left side, land on the inside foot and pivot to the inside.



Player P Thrower T Ball ●

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tip

Encourage clean ball handling.

Reinforce angled leads with the direct placement of the take-off foot at each cone.

Players are to maintain movement all the way onto the ball (no stopping before the catch is taken).

The placement of the pass will assist the working players landed foot.

A pass out on extension will initiate an outside foot land.

A pass thrown higher or closer to the body will allow an inside foot land.

↻ Change It

Down: Keep the throwers in close so the passes are not too long.

Up: Put the receiver on the move to create a decision for the worker as they turn to sight the receiver.

? Question

Where were you looking as you moved to the back cone?

Were you able to keep looking forward and see the cones behind you?

Down the Line

Objective

To practice lead, pivot and passing techniques.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Full group work.

Description

Players line up facing down the line.

Leading right

P1 passes to P2

P2 passes to P3

P3 passes to P4

P4 passes to P5

All leads should be angled to the thrower.

The ball returns with the players leading right again until the ball returns to P1.

Repeat 4 times.

Repeat leading to the left. Interchange players and positions in the line.



Player P Ball ●

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tip

Encourage clean ball handling.

Leads should be timed so that the player is receiving the ball as they move into space.

🔄 Change It

Down: Reduce the space between the players so that the passes are shorter.

Up: Add a change of direction before leading out to take the pass.

❓ Questions

What is the quickest and most effective passing technique over distance?

SINGLE DODGE

All movements when dodging should be quick and decisive. Good balance, footwork and quick decision making help to execute this skill.

TEACHING POINTS

- Eyes on thrower
- Body upright, feet shoulder-width apart, slightly bent knees and hips
- Move a few steps away from the intended catching position
- Place outside foot strongly on ground and push off in the desired direction, turning hips to face towards direction of travel
- Use arms to accelerate and extend to receive ball

COMMON ERRORS

- Feet too far apart
- No weight transfer onto the outside foot
- Push off on the inside foot
- Dodge not a definite movement – just a sway
- Movement too slow, allowing the defender to hold the attacker's position
- Moving head and losing sight of the thrower
- Eyes and head looking down
- Arms beside body and not used to increase power

CHANGE IT

- X1 passes to T then makes single dodge left then right (or vice versa), receives pass from T, pivots and passes to X2
- Return to end of line



- A cone may be used initially to ensure first move is definite

Dodge

- Work in groups of three
- Player with ball stands in front of other two who take role of an attacker and defender
- T throws ball to self (for timing), then passes to attacker (A) who uses a dodge to free themselves from the defender



CHANGE IT

- Eight players divided into two teams
- Playing area should be divided into four with a player from each team in each square
- Team in possession of ball passes to any of their teammates in other squares, trying to avoid an interception
- Players must remain in own square and should use dodges to get free from defender
- If a defender intercepts or tips ball they become attacking team



- It is easier for As if area is bigger and easier for Ds if area is reduced

Can make it competitive:

- Most number of consecutive passes
- Longest time to retain possession

Goal Shooting

The Australian shooting technique is predominately a one handed shot with the other hand resting lightly on the side of the ball to support and guide the shot.

The shot is a high arm release action with the power coming from the legs and transferred up through the body to the release point. With the release of the ball at its highest point the aim is to make it difficult for the defending player to affect the shot through a deflection or interception.

Many junior players may initially not be able to achieve the leg power and upper body strength required for the one handed high arm shooting technique outlined. Through necessity junior players often lower the height of the ball and rely upon their supporting arm to assist with gaining power to achieve the height required for the shot at goals.

Encourage junior players to focus on ensuring that their feet, hips and elbows point towards the goal post even if the overall height of the ball is initially low. Players should avoid shooting with 'chicken wing' arms (elbows sticking out to the sides) as this further reduces the power of the shot and causes technique difficulties when the player begins to gradually increase their strength and raises the height of the ball.

TEACHING POINTS

- Ball is held above the head
- Arms are extended with the shooting arm reasonably straight and close to the ear
- Ball rests on the base of the spread fingers and the thumb
- The opposite hand is placed on the side of the ball to steady it
- Stand upright with the feet about shoulder-width apart
- Feet, hips and elbows pointing towards the goal post
- Bend the elbows and knees
- There are three main areas a shooter can aim for but they must be consistent with the method chosen
 - Front of ring – lift ball above
 - Spot 15cm above middle of ring
 - Back of the ring
- Straighten elbows and knees
- Release the ball just before elbows and knees are straight
- Flick the ball with the wrist
- Follow through, arms towards post
- Straighten fingers pointing them towards the post
- The ball should travel in an arc towards the post

COMMON ERRORS

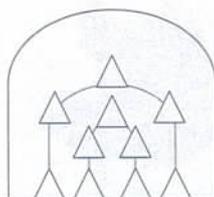
- Ball is behind or in front of head
- Arm is extended out from ear
- Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips
- Opposite hand is placed under the ball
- Feet too close or too far apart and body is hunched
- Feet, hips and elbows not aligned with each other and the post
- Keeping elbows and knees extended and ball dropping behind the head
- Inconsistent aiming point
- Keeping elbows and knees flexed on the release phase of the shot
- Releasing ball after elbows and knees are straight
- Not using any wrist action
- Arms not following the ball in the direction of release
- Fingers not pointing in the direction of the ball release
- The ball travels flat in the air

CHANGE IT

- Players to shoot concentrating on correct technique

Shooting Radial Shot

- Mark circle at various distances from post, e.g. 1 metre and 2 metres with five spots on each circle
- Stand and shoot at each point for each circle. Only move to next point when a goal is scored



CHANGE IT

Option 1 – Fatigue

- Skip 20 times with a rope then have five shots. Keep a record of successful attempts and try to better your last score. Work with a partner – one skip and one shoot

Option 2 – Movement

- Start at post, run to edge of circle, push off on outside foot, receive ball on move to post and shoot. Vary angle of drive on each move, repeat five times

Goaling

Objective

To practice goal shooting techniques.

Equipment/Area

A third of a netball court or suitable training space.

Size 4 netball (or equivalent).

Modified goalposts.

Group Management

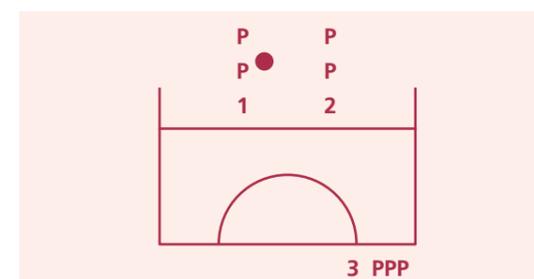
Full group work but could also be set up as two groups working to each end of the court.

Description

Players line up either at the centre third transverse line (lines 1 and 2) or at the baseline (line 3).

A player from line 3 positions in the goal circle.

The first two players from lines 1 and 2 work the ball down to a shot for goal with player 3 who may move out of the circle. The players then ask to cross again and the wolf responds with a different colour.



Player P Ball ●

⚠ Safety

Define the area appropriate for the number of players.

👁 Coaching Tips

Encourage the goaler to have their feet, hips and elbow pointing towards the post.

The ball should be extended above the head resting on one hand with the other hand at the side for support.

↻ Change It

Down: Keep the goaler in the goal circle.

Up: Encourage the three players to balance the goal third.

❓ Questions

What are the important things to remember when shooting for goal?

A defender can be added in the goal circle to practice the defence of the shot.

Number Ball

Objectives

To practice catching and throwing and the ability to create and use space.

Equipment/Area

Size 4 netball (or equivalent).

A minimum of one third of a court.

Group Management

Divide the group into two teams numbering each player.

Description

Team teams line up with numbers starting at opposite ends

A caller is positioned out in front.

When a number is called, the two players with that number race in to pick up the ball placed on the ground in the middle.

The player with the ball turns to her team mates who may now enter the space to receive a pass.

The ball is passed around until all players have handled the ball.

Players can handle the ball more than once is a player is not free to pass too.

The opposing team becomes defenders.

A point is scored if all attackers handle the ball successfully or the defending team intercept the ball.

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🕒 Coaching Tips

Observe correct catching technique and observance of the footwork rule.

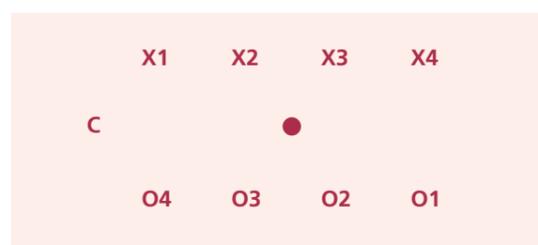
🔄 Change It

Down: After the numbered player has retrieved the ball all other players stay on the side line. The retriever passes to each teammate in their stationary position.

Up: Limit the time each player can hold the ball. Instruct the players that they can only handle the ball once.

? Question

How could you use leads and changes of direction to lose your opponent?



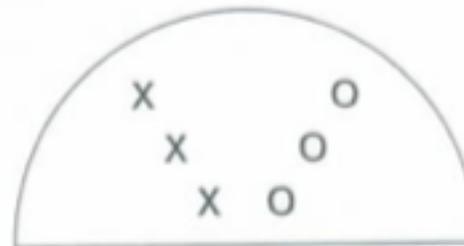
Team X Team O Caller C Ball ●

5. GOLDEN CHILD

- Divide the group into two equal teams.
- The running team lines up in a single file outside the court at the goal post.
- The goaling team forms a single line behind a marker placed in the goal circle.
- The shooting team takes it in turns to have one shot at goal, rebound and pass to the next person in line.
- They call "Stop" each time they score a goal.
- If the runner has not completed the designated running circuit (usually one third) they must STOP and remain at that point until released by the last runner.
- The next runner in the line begins their circuit after a call of "Stop" or when the previous runner makes it back to the start.
- The running team scores one point when a runner successfully completes the running circuit before a goal is scored.
- The last runner is called the 'golden child'.
- As they complete the last lap for the running team they are able to 'free' any of the players stopped at various points around the circuit by tagging them.
- Each time a runner completes the remaining part of the lap the team scores one point.
- If a goal is scored while the 'golden child' is still running the game stops and the teams change roles.
- This activity can also be set as a Personal Best Challenge with each team trying to improve their score from first to second innings.
- Variations: Change the shooting distance or the size of the running area.

19. TEN GOAL SHOOT OUT

- Two even teams line up behind the leader who begins with the ball.
- On command the player with the ball attempt one shot at goal, rebound the ball and pass to the next person in their team.
- Each team is trying to be the first to reach 10 goals; teams should call the score out loud after each successful attempt.
- Variations: distance from goal (e.g. start from corner of the third and pass ball down the line before the shot) or set time limit.



Landing on the Circle Edge

Objective

To practise landing technique in a confined space.

Equipment/Area

Netball court or suitable playing area.

Goal circle.

Markers.

Size 4 netballs (for advanced players).

Group Management

Groups of three.

Description

Players line up three metres from the circle edge in groups of three.

The first player in the line runs forward and jumps to land on the circle edge and hold their balance for 2–3 seconds.

They join a different line for their next turn.

⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Land softly on two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

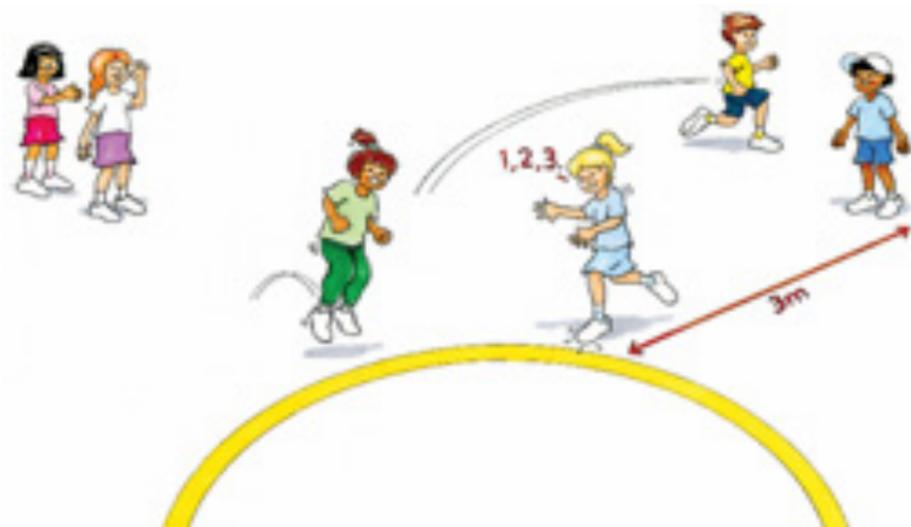
🔄 Change It

Down: Add a marker as a guide of where to take off.

Up: Add a ball to be thrown to the player as they land

❓ Questions

How did you make sure you didn't go offside when landing on the circle edge?



Scarecrow Tiggy

Objective

To practise running and changing direction in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

One player is nominated as the tagger.

When the tagger catches the other players they become 'scarecrows'.

Scarecrows are released when another player crawls underneath the legs of the player captured.

Limit space depending on numbers.

Variation: Change the type of movements (for example, skip, hop, jump).

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

🔄 Change It

Down: Increase the size of the area; Increase the number of taggers.

Up: Increase the size of the area.

❓ Questions

What did you do to avoid the tagger?



Move into the Space

Objective

To practice timing of leads and moving to a free space.

Equipment/Area

One third of a court or a suitable training space.

Size 4 netball (or equivalent).

Group Management

Organise group of three with a ball.

The space between players should be approximately 3 metres.

Description

Three players take up a position in three corners of a square.

One of the outside players starts with the ball.

The player nearest the free space moves to take a pass in the vacant space.



Player P Ball ●

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Each player should watch the player with the ball and time their lead to catch the ball out in front as they reach the space. Too soon and they will be standing waiting and too late the player with the ball will be holding the ball too long.

↔ Change It

Down: Reduce the space between player.

Up: Players are encouraged to use clean ball handling skills and pivot fully to see the option available.

❓ Questions

Did you use outside or inside pivots after catching the ball?

Race for the Ball

Objectives

To practice contesting for the ball.

Equipment/Area

A full netball court or suitable training space.

Size 4 netballs (or equivalent).

Group Management

Groups of three with a ball.

Description

Two players position beside and level with a thrower.

The thrower (T) tosses the ball out in front.

As soon as the ball is released the two players run out to retrieve the ball.

The player who retrieves the ball pivots and passes back to the thrower. The non-receiver defends the pass back.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Starting behind a line is useful in ensuring both players start in a level position.

🔄 Change It

Down: All passes thrown in a straight line from the thrower.

Up: Passes may be tossed slightly to either side.

? Question

Were you able to react quickly and get to the ball before it bounced or perhaps after only one bounce?



Player P Thrower T

Arms Over

Objective

To develop the ability to apply pressure over the release of the ball.

Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

Group Management

Groups of three players and a ball.

Description

P1 starts with a ball. The defender (D) positions 1.2metre away with P2 positioned approximately 3 metres away.

P1 passes the ball to P2.

The D puts and over and attempts to

- Delay the release
- Tip the ball
- Intercept the ball

Encourage the players to experiment with different arm Positioning

- Both high
- Both out wide
- One high one wide

! Safety

Define the area appropriate for the number of players.

🕒 Coaching Tips

Arms Over

- Keep eyes forward
- Keep knees and body read to react
- Use small steps to move back to the required 1.2m keeping arms by side
- Extend arms after getting distance

🔄 Change It

Down: The ball is passed close to the defender arms to give them the feeling of touching or intercepting the ball.

Up: P2 is put on the move, leading either to the left or right to give P1 a clearer option.

? Question

Which arm positioning did you find most effective?

One on One Defence - Front

Objective

To revise front positioning and then move out to take an intercept.

Equipment/Area

A full netball court or suitable training area.
Size 4 netball (or equivalent).

Group Management

Groups of three players and a ball.

Description

The attacker makes a straight lead to the left.

The defender should position in front on an angle and slightly to one side so that they can see the ball and player.

As the attacker leads out be decisive and work to run feet to the ball and take the intercept (work an extra step to the ball rather than over reaching or lunging for the ball).

Repeat working the right side.

! Safety

Define the area appropriate for the number of players.

🕒 Coaching Tips

When positioning to the right work to force the attacker right When positioning to the left work to force the attacker to the left side Position head so that the ball and attacker can be seen simultaneously (discourage excessive eye and head movement).

↻ Change It

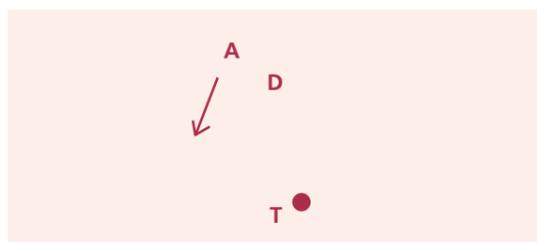
Down: The ball is passed in close to the defender so that they get the feel of moving out to take an intercept.

Up: The attacker can move either left or right.

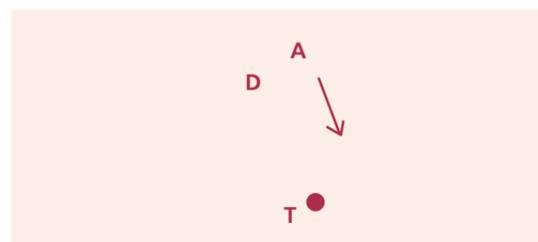
? Questions

Were you able to position to see both ball and player? Were you able to see when the ball was released?

Working the attacker to the right



Working the attacker to the left



Attacker A Defender D Thrower T Ball ●

Defend the Cone

Objective

To develop efficient repositioning movements effective at protecting a space.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Groups of three players and a ball.

Description

A defender stands in front of a cone with two throwers out in front.

The throwers pass the ball to each other working to create a clear line to pass the ball to hit the cone.

The defender moves about in front of the cone to protect and intercept any pass thrown in to the cone.

The throwers must remain approximately 1 metre away but can move about to any side.



Defender D Thrower T Ball ●

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

The defender uses quick light footwork to position and reposition to protect the cone.

Encourage the defender to keep their base shoulder width apart.

🔄 Change It

Down: Throwers remain stationary so the defender is only repositioning across a short distance.

❓ Question

When protecting the cone what movements did you use to reposition?

Defence of the Shot - Lean

Objective

To practice defending a shot for goal

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Modified goalposts.

Group Management

Divide the players into groups of three

Description

An attacker and defender position in space with a receiver out in front.

The attacker (goaler) starts with the ball and positions the ball above the head in a goal shooting position.

The defender moves back 1.2metres keeping eyes up and stretches to extend the right arm over the intended point or release maintaining their balance.

The attacker releases the ball to the receiver as if shooting for goal.

The defender works to tip or disrupt the shooting action of the goaler finishing this action by turning to deny space to contest a rebound.

Repeat leaning with the left arm.

Practice holding the leaning position for 4 seconds.

Players rotate and experience all positions.

Rotate groups to the goal posts

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Have the defenders practice extending up on their toes and lifting the back foot.

Use same opposite arm and foot.

Use same arm and foot.

Ensure the defenders arm does not come up until 1.2m has been established.

🔄 Change It

Down: Lean over the shot standing on two feet.

Up: The goaler starts facing away from the defender and tosses the ball re-catches and turns to prepares to shoot for goal. The defender starts up close and then moves back as the goaler turns.

❓ Questions

Which arm and leg combination did you find most effective at leaning over the shot?

Taking an Intercept

Objective

To practice defensive footwork and the ability to read.

Equipment/Area

Two cones/markers per group.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the players into groups of three.

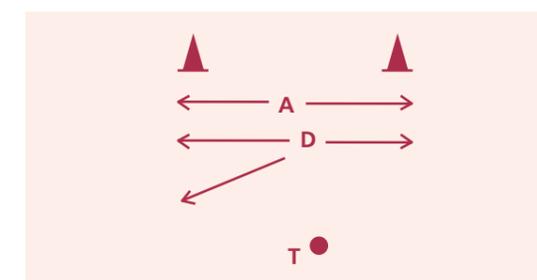
Place sets of two cones out approximately 2 metres apart.

Description

Two players position between the cones, one is the attacker and one the defender with a thrower out in front.

The attacker(A) moves side to side then leads out to take a pass.

The defender (D) shadows the two preparatory moves by the attacker and then moves out with the attacker to take the intercept.



Attacker A Defender D Thrower T Ball ●

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

👁 Coaching Tips

Have the defenders work half way across the body of the attacker keeping their head up seeing both player and the ball.

When moving out to take the intercept the defender must keep moving their feet through the line of the pass rather than stopping at the ball.

🔄 Change It

Down: Have the attacker work slow movements at first then increase speed as the defender gains confidence.

Up: Challenge the defender after taking the intercept to balance and quickly throw the ball back to the thrower.

❓ Questions

Were you able to find a position where you could see both ball and player?

What helped you time your lead to take the intercept?

Cone Wave

Objective

To practice moving around an object using quick footwork.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Cones .

Group Management

Set up pairs with two cones and one ball.

Cones should be approximately 1 metre apart.

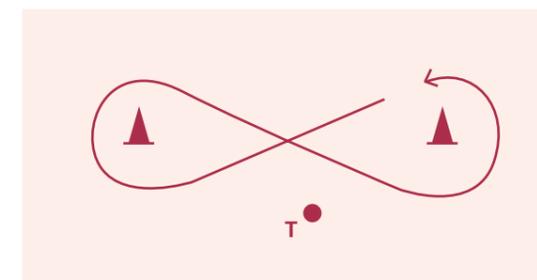
Description

The working player positions in the middle of two cones.

Work a figure 8 around the cones (no passing initially).

Challenge the players to think about which direction it is best to move around the cones to ensure you are provide a lead to the ball.

Add a ball thrown in on the lead forward



Thrower T Ball ●

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step around the cones. Keep head and eyes up looking at the ball.

🔄 Change It

Down: Continue movement around the cones without the ball thrown in.

Up: Encourage players to time the lead and the pass to be executed in the space as the player in leading forward through the middle space.

❓ Questions

In which direction would it be best to move to receive the ball?

Side Step Over

Objective

To practice quick light footwork

Equipment/Area

6-12 cones/markers per group of players

Netball court or suitable training area

Size 4 netball (or equivalent)

Group Management

Full group or two smaller groups

Description

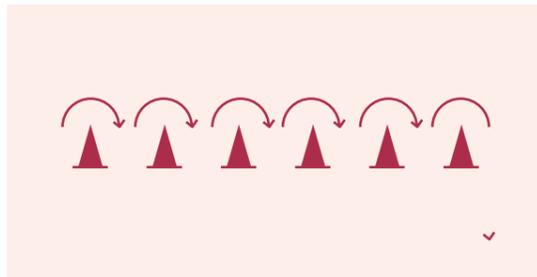
Start at the front of a row of cones standing side on.

Step over the cones leading with the right foot.

Repeat leading with the left foot.

Add a sprint forward at the end of the cones.

Add a pass on the sprint move forward.



⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step over the cones.

Keep head and eyes up rather than looking down at the cones.

🔄 Change It

Down: Use one cone and have the les cones and encourage the players to use slow deliberate movements to get the hips lifting and the feet placement efficient.

Up: Add the ball thrown in on the sprint movement early to get the players to keep their head and eyes up.

❓ Questions

Why do you think it is important to have quick light footwork?

Colour Cone Run

Objective

To develop running technique at different speeds and in varying directions.

Equipment/Area

Two cones/markers in two different colours.
Netball court or suitable training area.

Group Management

Form two teams and line up outside a third of the netball court (assign a colour to each team).
Two sets of coloured cones are scattered around the third.

Description

The first player in each team runs to a cone of the colour assigned to their team and turns it over to stand on the narrow end.

The player then runs back to the team to tag the next player.

When all the cones have been turned over the team call stop.

Conduct additional contest to

- turn the cones back over
- skip movement out to the cones
- hopping movement
- running backwards

! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🕒 Coaching Tip

Use quick changes of direction, movement patterns and speed to complete the task efficiently.

↻ Change It

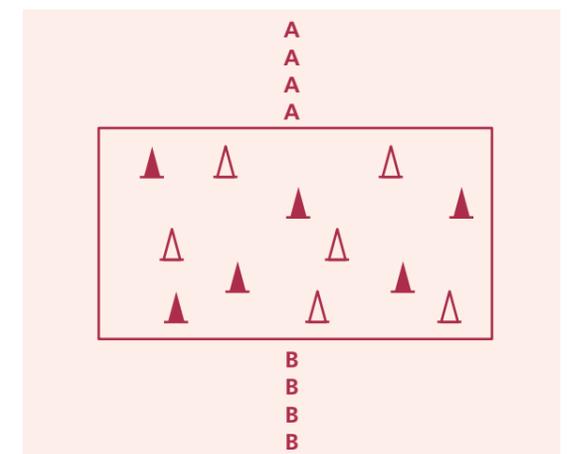
Down: Reduce space.

Up: Increase space or number of cones.

? Questions

How did you go about deciding which pathway you would take to get to a cone?

What movement patterns did you need to use the spaces available and avoid any player contact?



Team1 A Team2 B

Step Overs

Objective

To practice quick light footwork.

Equipment/Area

Two cones/markers per pair of players.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group in pairs with two cones and one ball.

Description

Work in pairs with one player working at a time.

Start in the middle of the two cones. Step over the right cone with the right foot and place it on the ground on the outside, lift the left foot then place it back in the middle now step the right foot back in to the middle.

Repeat with the left foot on the left side.

As the player steps out a ball is thrown in on the same side as the step.

The player controls the ball back to the thrower with one or two hands as quickly as possible before stepping back in.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step over the cones.

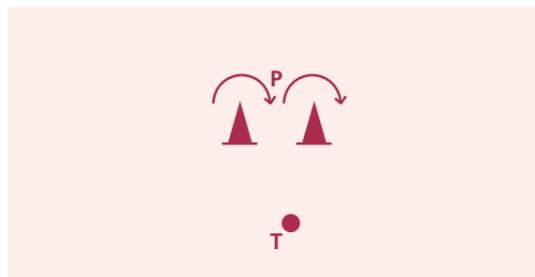
🔄 Change It

Down: The player steps out with both feet and catches the ball with two hands.

Up: Encourage players to control the ball back with one hand control (the outside hand).

? Questions

When might you need to be able to control the ball with one hand in a game?



Player P Thrower T Ball

Ball Pick Up

Objective

To practice reacting to a cue with efficient take off steps with direct movement and angles to the ball.

Equipment/Area

Tennis balls.
Netball court or suitable training area.

Group Management

1 tennis ball per player.
Allow sufficient space between pairs to move about freely to retrieve the random movement of the ball.

Description

One player stands with a tennis ball held in each down. Turned hand with arms raised at shoulder height. A partner starts approximately 1 metre away. The thrower lets one of the balls drop to the ground. The worker must run forward quickly and pick up the ball as soon as possible.

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Use quick take off steps to move to retrieve the ball.

🔄 Change It

Down: Move the moving player closer to the thrower.

Up: Drop one ball then the other. The worker must quickly retrieve the two balls.

❓ Questions

What cues did you use to predict or time your move to pick up the ball?

Target Cone Throw

Objectives

Accuracy of passing and upper body strength development.

Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Players line up in pairs along a sideline or transverse line.

Place a line of cones out in front approximately 2 metres away.

Description

Partners take turns to throw the ball using a shoulder pass to hit the cone.

The non-throwing player (P2) should stand behind the cone and retrieve the ball for their partner.

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Observe and give feedback on opposite hand and leg positioning on the throw.

Players should use shoulder, hip rotation on the throw.

🔄 Change It

Down: Move the cone closer to the throwers.

Up: Move the cones further away.

❓ Question

What was the best throwing technique?

Why would accurate passing be important in a game?



Player P Ball ●

Line Ball

Objectives

To practice the players ability to balance when catching the ball from a variety of heights and angles.

Equipment/Area

Size 4 netball (or equivalent).

Lines of a court or lines drawn with chalk.

Group Management

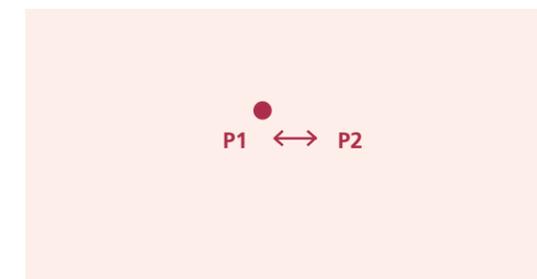
Divide the players into pairs with a ball.

Description

Partners place two feet shoulder width apart along a line.

Players pass the ball to each other using a two handed catch and shoulder passes.

As the players gain confidence challenge them to pass the ball at various heights and slightly to the side away from the body.



Player P Thrower T Ball ●

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Players should keep hips straight and bend at the knees, hips and ankles.

🔄 Change It

Down: Keep passes close to the body and around the upper body level.

Up: Challenge the players to complete passes thrown just about head height.

This raises the centre of gravity and increase the difficulty to maintain balance.

❓ Questions

What did you do to keep your balance?

High Ball Balance

Objective

To practice ball control in a dynamic situation.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent) or tennis ball.

Group Management

Set up pairs with a tennis ball or netball.

Description

Two players stand approximately 2 metres apart

Player 1 with a ball and player 2 balancing on one leg

Player 1 throws the ball up above player 2's head.

Player one maintains a balance and stretches up to catch the ball and return it to player 1

Change legs.

When players gain confidence introduce a tap back to the thrower with either the left or the right hand.

Have the player jump up to catch the ball and land on one foot then pass it back.

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick changes of direction movement patterns and speed to speed

↻ Change It

Down: Pass the ball to chest or head height

Up: If the ball is thrown in directly above the worker's head the ball will be easier to retrieve

If the ball is thrown high and slightly off centre then it will be more difficult to hold the balanced position.

? Questions

When and where would you need to be able to balance to control a pass above your head?

Sit and Throw

Objective

To develop build upper body strength

Equipment/Area

One netball per two players

Group Management

Partners sit approximately 1 metre apart

Description

Partners sit with legs straight out in front facing each other.

Hold a ball above the head and throw continuously with two hands

- catch two hands and throw with the right hand
- catch two hands and throw with the left hand

Bring the ball down to shoulder height and throw a one-handed shoulder pass.

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Keep legs out straight and push forward with the upper body.

Arms follow through in the intended direction of the pass.

↔ Change It

Down: Move the players closer together and or allow the players to bend their knees.

Up: Move the players further apart.

? Questions

Is it more difficult to throw a ball standing up or sitting down?

Why might this be?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching.

Two Ball Work

Objective

To practice leading on an angle and pivoting to pass down court.

Equipment/Area

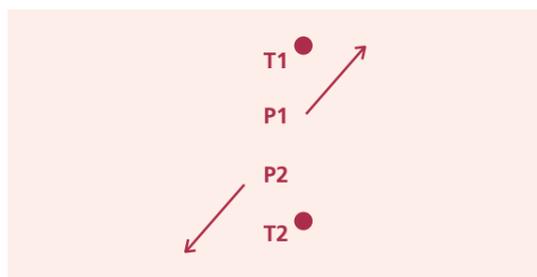
Netball court or suitable training area.
Size 4 netball (or equivalent).

Group Management

Set up groups of four with two balls.

Description

- P1 leads to the right to take a pass from T1 then pivot and pass to T2.
- P1 then leads on the angle to take a pass from T2 and then pivots to pass back to T1.
- P2 leads to the right and takes a pass from T2, pivots and pass to T1 then leads to the right again to take a pass from T1.
- Repeat x8 passes.
- Practice players receiving a variety of passes e.g. shoulder, bounce and lob.



Player P Throwing T Ball ●

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Use quick light footwork to step over the cones.

↻ Change It

Down: Use one cone and have the player step over and back one foot at a time.

Up: Encourage players to complete a set number of step overs as fast as possible.

? Questions

Why do you think it is important to have quick light footwork?

Down the Line

Objective

To practice lead, pivot and passing techniques.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Full group work.

Description

Players line up facing down the line.

Leading right

P1 passes to P2

P2 passes to P3

P3 passes to P4

P4 passes to P5

All leads should be angled to the thrower.

The ball returns with the players leading right again until the ball returns to P1.

Repeat 4 times.

Repeat leading to the left. Interchange players and positions in the line.



Player P Ball ●

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

👁 Coaching Tip

Encourage clean ball handling.

Leads should be timed so that the player is receiving the ball as they move into space.

↻ Change It

Down: Reduce the space between the players so that the passes are shorter.

Up: Add a change of direction before leading out to take the pass.

❓ Questions

What is the quickest and most effective passing technique over distance?

SINGLE DODGE

All movements when dodging should be quick and decisive. Good balance, footwork and quick decision making help to execute this skill.

TEACHING POINTS

- Eyes on thrower
- Body upright, feet shoulder-width apart, slightly bent knees and hips
- Move a few steps away from the intended catching position
- Place outside foot strongly on ground and push off in the desired direction, turning hips to face towards direction of travel
- Use arms to accelerate and extend to receive ball

COMMON ERRORS

- Feet too far apart
- No weight transfer onto the outside foot
- Push off on the inside foot
- Dodge not a definite movement – just a sway
- Movement too slow, allowing the defender to hold the attacker's position
- Moving head and losing sight of the thrower
- Eyes and head looking down
- Arms beside body and not used to increase power

CHANGE IT

- X1 passes to T then makes single dodge left then right (or vice versa), receives pass from T, pivots and passes to X2
- Return to end of line



- A cone may be used initially to ensure first move is definite

Dodge

- Work in groups of three
- Player with ball stands in front of other two who take role of an attacker and defender
- T throws ball to self (for timing), then passes to attacker (A) who uses a dodge to free themselves from the defender



CHANGE IT

- Eight players divided into two teams
- Playing area should be divided into four with a player from each team in each square
- Team in possession of ball passes to any of their teammates in other squares, trying to avoid an interception
- Players must remain in own square and should use dodges to get free from defender
- If a defender intercepts or tips ball they become attacking team



- It is easier for As if area is bigger and easier for Ds if area is reduced

Can make it competitive:

- Most number of consecutive passes
- Longest time to retain possession

CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

Being able to change direction quickly will assist the player to create space for themselves or teammates. The initial move must be convincing enough to elicit a response from the defender.

TEACHING POINTS

- Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle, shoulders should be in direction of movement
- Emphasis should be on strong first three to four steps
- Push off strongly on outside foot and use inside foot as take-off foot to move into a new space
- Emphasis again on strong first steps when moving to the new space

COMMON ERRORS

- Leading too soon
- Shoulders not turned in direction of lead
- Push off on the inside foot
- Movement onto second move not definite
- Not changing direction into a free space
- Arms beside body and not used to increase power
- Eyes and head looking down

CHANGE IT

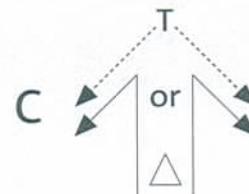
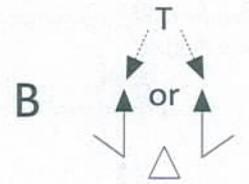
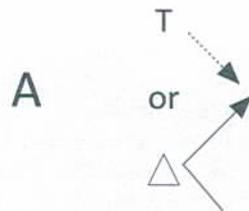
- Players drive through cones focusing on a strong change of direction



✕

Change of Direction

- Drive to cone, change direction, receive pass
- Complete a variety of movements and ensure type of pass selected is appropriate



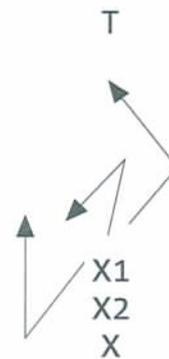
Variation:

- Add second cone to indicate to players which direction to lead. A should lead in front of second cone to receive ball. B should lead beside the second cone, C should lead outside the second cone

CHANGE IT

✕

- X1 makes an initial lead, changes direction and makes a second lead to receive a pass
- Complete variety of movements and receive variety of passes See diagram for examples



Variation:

- Add defence
- Could use Shuttle Ball from two foot land and pivot, but add change of direction before player receives pass

Goal Shooting

The Australian shooting technique is predominately a one handed shot with the other hand resting lightly on the side of the ball to support and guide the shot.

The shot is a high arm release action with the power coming from the legs and transferred up through the body to the release point. With the release of the ball at its highest point the aim is to make it difficult for the defending player to affect the shot through a deflection or interception.

Many junior players may initially not be able to achieve the leg power and upper body strength required for the one handed high arm shooting technique outlined. Through necessity junior players often lower the height of the ball and rely upon their supporting arm to assist with gaining power to achieve the height required for the shot at goals.

Encourage junior players to focus on ensuring that their feet, hips and elbows point towards the goal post even if the overall height of the ball is initially low. Players should avoid shooting with 'chicken wing' arms (elbows sticking out to the sides) as this further reduces the power of the shot and causes technique difficulties when the player begins to gradually increase their strength and raises the height of the ball.

TEACHING POINTS

- Ball is held above the head
- Arms are extended with the shooting arm reasonably straight and close to the ear
- Ball rests on the base of the spread fingers and the thumb
- The opposite hand is placed on the side of the ball to steady it
- Stand upright with the feet about shoulder-width apart
- Feet, hips and elbows pointing towards the goal post
- Bend the elbows and knees
- There are three main areas a shooter can aim for but they must be consistent with the method chosen
 - Front of ring – lift ball above
 - Spot 15cm above middle of ring
 - Back of the ring
- Straighten elbows and knees
- Release the ball just before elbows and knees are straight
- Flick the ball with the wrist
- Follow through, arms towards post
- Straighten fingers pointing them towards the post
- The ball should travel in an arc towards the post

COMMON ERRORS

- Ball is behind or in front of head
- Arm is extended out from ear
- Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips
- Opposite hand is placed under the ball
- Feet too close or too far apart and body is hunched
- Feet, hips and elbows not aligned with each other and the post
- Keeping elbows and knees extended and ball dropping behind the head
- Inconsistent aiming point
- Keeping elbows and knees flexed on the release phase of the shot
- Releasing ball after elbows and knees are straight
- Not using any wrist action
- Arms not following the ball in the direction of release
- Fingers not pointing in the direction of the ball release
- The ball travels flat in the air

CHANGE IT

- Players to shoot concentrating on correct technique

Shooting Radial Shot

- Mark circle at various distances from post, e.g. 1 metre and 2 metres with five spots on each circle
- Stand and shoot at each point for each circle. Only move to next point when a goal is scored



CHANGE IT

Option 1 – Fatigue

- Skip 20 times with a rope then have five shots. Keep a record of successful attempts and try to better your last score. Work with a partner – one skip and one shoot

Option 2 – Movement

- Start at post, run to edge of circle, push off on outside foot, receive ball on move to post and shoot. Vary angle of drive on each move, repeat five times

Goaling

Objective

To practice goal shooting techniques.

Equipment/Area

A third of a netball court or suitable training space.

Size 4 netball (or equivalent).

Modified goalposts.

Group Management

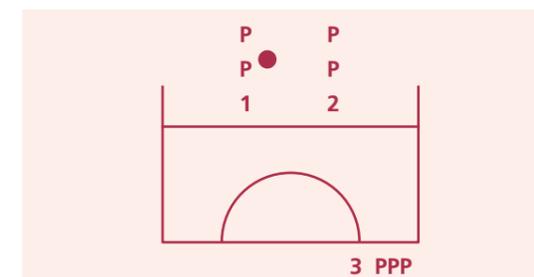
Full group work but could also be set up as two groups working to each end of the court.

Description

Players line up either at the centre third transverse line (lines 1 and 2) or at the baseline (line 3).

A player from line 3 positions in the goal circle.

The first two players from lines 1 and 2 work the ball down to a shot for goal with player 3 who may move out of the circle. The players then ask to cross again and the wolf responds with a different colour.



Player P Ball ●

⚠ Safety

Define the area appropriate for the number of players.

👁 Coaching Tips

Encourage the goaler to have their feet, hips and elbow pointing towards the post.

The ball should be extended above the head resting on one hand with the other hand at the side for support.

↻ Change It

Down: Keep the goaler in the goal circle.

Up: Encourage the three players to balance the goal third.

❓ Questions

What are the important things to remember when shooting for goal?

A defender can be added in the goal circle to practice the defence of the shot.

Race for the Ball

Objectives

To practice contesting for the ball.

Equipment/Area

A full netball court or suitable training space.

Size 4 netballs (or equivalent).

Group Management

Groups of three with a ball.

Description

Two players position beside and level with a thrower.

The thrower (T) tosses the ball out in front.

As soon as the ball is released the two players run out to retrieve the ball.

The player who retrieves the ball pivots and passes back to the thrower. The non-receiver defends the pass back.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Starting behind a line is useful in ensuring both players start in a level position.

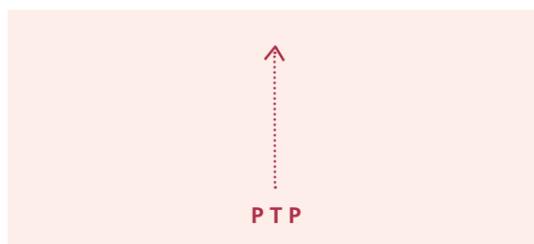
🔄 Change It

Down: All passes thrown in a straight line from the thrower.

Up: Passes may be tossed slightly to either side.

? Question

Were you able to react quickly and get to the ball before it bounced or perhaps after only one bounce?



Player P Thrower T

Repositioning

Objective

To practice defensive footwork and the ability to reposition.

to stay between the ball and the attacker.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

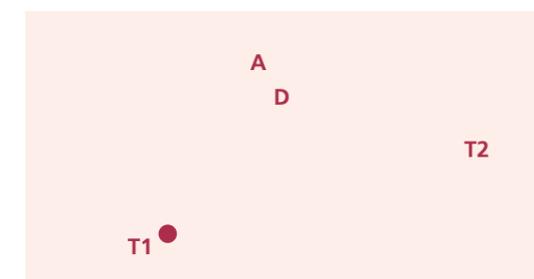
Divide the group into sets of four.

Description

An attacker and defender position in space with two throwers out in front.

The two throwers move about and pass the ball either to each other or to the attacker. The defender (D) works to reposition to maintain front position.

As the defenders become more proficient widen the space between the throwers and encourage the defender to come out to intercept any pass between the throwers as well as maintaining 1v1 defence of the attacker.



Thrower P Attacker A Defender D Ball ●

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Have the defenders work quick side-stepping movements to reposition and maintain front position.

The defender should position to see ball and player.

🔄 Change It

Down: Have the throwers stationary

Up: Challenge the defenders to read the front pass and come off the 1v1 to take and intercept

Allow the attacker to make small movements in a limited space.

❓ Questions

Were you effective at intercepting the passes thrown in to the attacker?

Defenders what was your cue to come off the attacker?

Taking an Intercept

Objective

To practice defensive footwork and the ability to read.

Equipment/Area

Two cones/markers per group.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the players into groups of three.

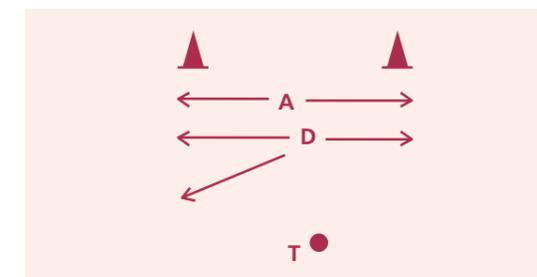
Place sets of two cones out approximately 2 metres apart.

Description

Two players position between the cones, one is the attacker and one the defender with a thrower out in front.

The attacker(A) moves side to side then leads out to take a pass.

The defender (D) shadows the two preparatory moves by the attacker and then moves out with the attacker to take the intercept.



Attacker A Defender D Thrower T Ball ●

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

👁 Coaching Tips

Have the defenders work half way across the body of the attacker keeping their head up seeing both player and the ball.

When moving out to take the intercept the defender must keep moving their feet through the line of the pass rather than stopping at the ball.

🔄 Change It

Down: Have the attacker work slow movements at first then increase speed as the defender gains confidence.

Up: Challenge the defender after taking the intercept to balance and quickly throw the ball back to the thrower.

❓ Questions

Were you able to find a position where you could see both ball and player?

What helped you time your lead to take the intercept?

Defence of the Shot - Lean

Objective

To practice defending a shot for goal

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Modified goalposts.

Group Management

Divide the players into groups of three

Description

An attacker and defender position in space with a receiver out in front.

The attacker (goaler) starts with the ball and positions the ball above the head in a goal shooting position.

The defender moves back 1.2metres keeping eyes up and stretches to extend the right arm over the intended point or release maintaining their balance.

The attacker releases the ball to the receiver as if shooting for goal.

The defender works to tip or disrupt the shooting action of the goaler finishing this action by turning to deny space to contest a rebound.

Repeat leaning with the left arm.

Practice holding the leaning position for 4 seconds.

Players rotate and experience all positions.

Rotate groups to the goal posts

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Have the defenders practice extending up on their toes and lifting the back foot.

Use same opposite arm and foot.

Use same arm and foot.

Ensure the defenders arm does not come up until 1.2m has been established.

🔄 Change It

Down: Lean over the shot standing on two feet.

Up: The goaler starts facing away from the defender and tosses the ball re-catches and turns to prepares to shoot for goal. The defender starts up close and then moves back as the goaler turns.

❓ Questions

Which arm and leg combination did you find most effective at leaning over the shot?