

Set Session Plans

SESSION

1

Straight Line Partner Tag

Objective

To develop change of pace.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of 2–3.

Description

Players form into groups of two or three with one nominated leader.

Starting behind the sideline, players jog towards the opposite sideline. At any point between the sidelines, the leader turns and sprints back to the start line.

The other players in the group aim to beat the leader back to the sideline.

Repeat then change roles.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

👁 Coaching Tip

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

↻ Change It

Down: Players change direction at a designated spot.

Up: Add a further change of direction (for example, before the player reaches the start line they change direction and sprint back to the other sideline).

❓ Questions

What did you do to speed up/change pace?



Bounce Ball and Balance

Objective

To practise balance techniques incorporating ball movement

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Balance on one leg while bouncing a ball.

Hop and bounce a ball.

Cross legs and bounce a ball.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

👁 Coaching Tips

Eyes looking forward.

Bend at knees as required.

↻ Change It

Down: Move ball around rather than throwing it and/or copy partner's movements.

Up: Bounce ball consecutively with one hand; Bounce two balls at once.

❓ Question

What things did you do to stay balanced?

Leap from Hoop to Hoop

Objective

To practise landing technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Hoops.

Group Management

As a group.

Description

Place hoops in a third of the court. Hoops can be placed either next to each other or spaced apart.

Players leap from hoop to hoop, and balance after each leap.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

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

🎯 Coaching Tips

Body weight over the outside foot with shoulders even and weight on the outside foot.

↔ Change It

Down: Reduce the numbers of hoops.

Up: Leaps become continuous.

? Questions

How did you keep your balance after jumping?

Cone Jumps

Objective

To develop take-off and landing skills.

Equipment/Area

One third of a netball court.
Cones or markers.

Group Management

Small groups of approximately 4 players.

Description

Players line up in small groups in front of a row of six cones.
The first player jumps over the cones using a two foot take off and land, at the end walk back to the end of the line.
Each player jumps over the cones x 5.
Start facing side on to the cones jumping over the cones with a sideways jump.
Work both the right and left side.

⚠ Safety

Define the area appropriate for the number of players.

Have cones sized appropriate for the size of the players.

👁 Coaching Tips

Reinforce the importance of light landing technique with hips, knees and ankle flexion.

Keep the head over the feet with the body upright.

🔄 Change It

Down: Reduce the number of cones

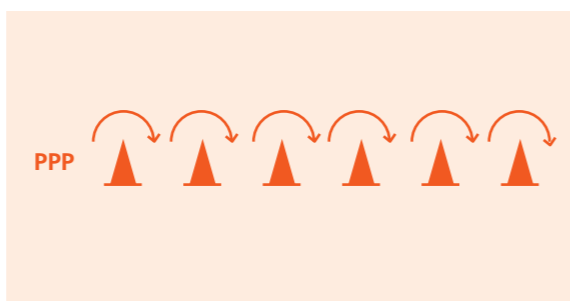
Up: Add a sprint forward of 5 metres at the end of the cones

❓ Question

When might you need to take off and jump up in a game of netball?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



Player P

Cones Moves

Objective

To practice using changes of direction.

Equipment/Area

A full netball court or suitable training space.
2 cones or markers per pair of players.
Size 4 netballs (or equivalent).

Group Management

Divide the group into pairs with two cones and a ball.

Description

P1 positions inside two cones placed approximately 2 metres apart.

P2 stands out in front holding a netball for P1 to keep vision of during changes of direction.

P1 moves from side to side between the cones keeping their head up seeing the ball on each movement.

⚠ Safety

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

👁 Coaching Tip

Players should push off on the outside foot when changing direction

Shoulders and body should face in the direction of the intended move but the head should remain looking at the ball

🔄 Change It

Down: Keep the throwers in close so the movement is not too long

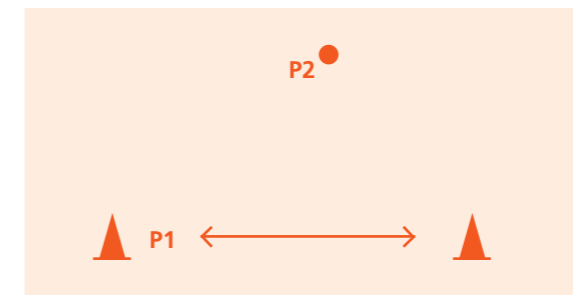
Up: Make the receiver (P2) slightly active to create a decision for the worker on where to look

❓ Questions

Where were you looking as you moved to the between the cones?

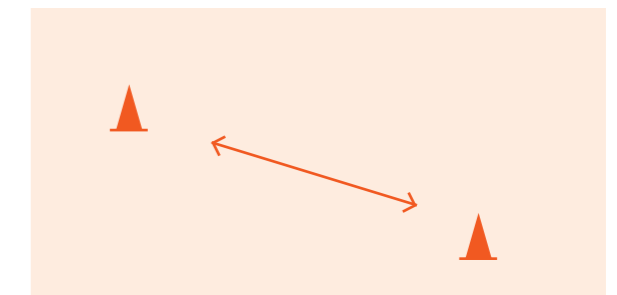
What did you do to keep looking forward and see the cones as well?

Extension 1: Complete a figure of eight movement around the cones



Player P Ball ●

Extension 2: Move cones on an angle to practice moving into and away from the ball



Teach Passing in Pairs

Objectives

To develop passing techniques – lob/bounce.
To practise passing techniques – shoulder/chest.

Equipment/Area

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

Group Management

Pairs.

Description

Pairs approximately 3–4 metres apart should do 20 passes each:

- Shoulder
- Chest
- Lob
- Bounce.



! Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Lob:

- Start movement from the shoulder
- Short back movement
- One-handed high release
- Follow through in direction of pass with wrist/fingers.

🕒 Coaching Tips (cont.)

Bounce:

- Step forward and bend/lunge on opposite leg
- Push ball forward and downward
- Release ball between the hip and knee
- The path of the ball is lower, under the outstretched hands of the defender
- The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height.

Shoulder:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Chest:

- Head up, eyes on the ball
- Transfer weight forward
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Ball comes out evenly from both hands.

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

🔄 Change It

Down: Use a soft ball.

Up: Introduce a competition.

? Question

When would you use these types of passes in a game?

Boundary Pass

Objectives

To practise passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players run around the outside of the court passing to each other using a variety of passes (for example, chest, bounce and shoulder pass).

On the whistle, players change direction.

⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Stand still to pass, then change partners on the whistle.

Up: Add a change of direction; the thrower must see the change of direction made by the player before they pass the ball.

❓ Question

What are the key points for a good chest, shoulder or bounce pass?

Clock Pivot

Objective

Accuracy of passing and upper body strength development.

Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

Hoops.

Group Management

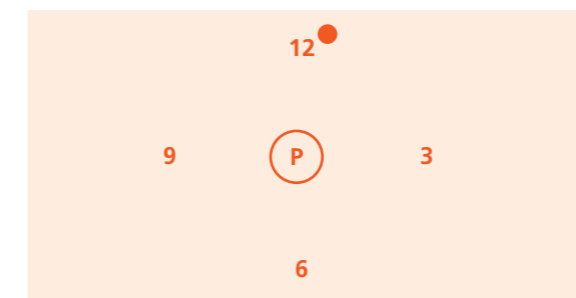
Divide the players into groups of five with a ball and a hoop.

Description

A player stands in the middle of a hoop with four team mates positioned at the four points of a clock as shown below.

The ball is passed in from any player on the outside who then calls a time on the clock.

The middle player pivots to pass to that designated player.



Player P Ball ●

⚠ Safety

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

👁 Coaching Tips

Encourage correct catching and throwing technique.

Reinforce pivoting on the ball of the foot with weight kept over the foot and the body upright.

↻ Change It

Down: Move the throwers closer to the hoop

Up: The player in the middle starts just outside of the hoop and runs in to take the catch from the outside player

❓ Questions

What was your best throw?

Why would accurate passing technique be important in a game?

Opposite Leads

Objective

To practice watching and reacting to the team mates lead.

Equipment/Area

A netball court or suitable training area.

Group Management

Divide the group into two lines of players (approximately six to eight players).

Description

Players line up on a transverse line.

The first player leads out on a 45° angle either to the left or to the right.

The next player must move in the opposite direction.

Repeat with each player looking and reacting to the front lead.

Extension: The player must lead in the direction called by a player or coach positioned near by



Player P

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction).

The first foot to move should be the foot on the side of the intended direction of the lead.

↔ Change It

Down: Predetermine the move and have the players call the direction of their lead.

Up: Players work in pairs and react to the front players lead, working the opposite direction.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

Opposite Lead and Receive

Objective

To practice taking a pass on the move reacting on both sides of the body.

Equipment/Area

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

Group Management

players positioned out in front with a ball.

Description

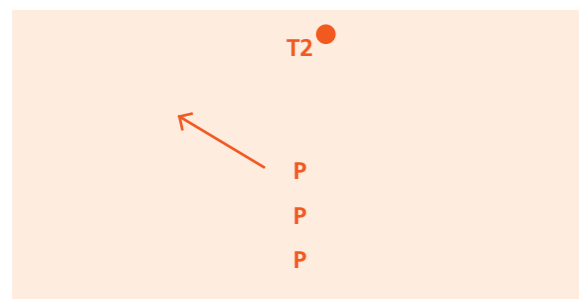
Players line up on a transverse line.

The first player leads out on a 45° angle either to the left or to the right and receives a pass from a front thrower.

The player then pivots to pass to the line of players.

The next player must move in the opposite direction to receive a pass.

Repeat with each player looking and reacting to the previous lead.



Player P Ball ●

⚠ Safety

Define the area appropriate to the numbers.

👁 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction).

The first foot to move should be the foot on the side of the intended lead.

Pivots should be performed with the weight and head over the pivoting foot.

🔄 Change It

Down: Shorten the distance between the thrower and the moving player.

Up: Position two throwers out in front to allow for quicker reaction time.

❓ Questions

Were you aware of your initial stance and take off foot whilst watching which way you needed to move?

Front, Side and Across

Objective

To practice reacting and passing on a variety of angles.

Equipment/Area

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

Group Management

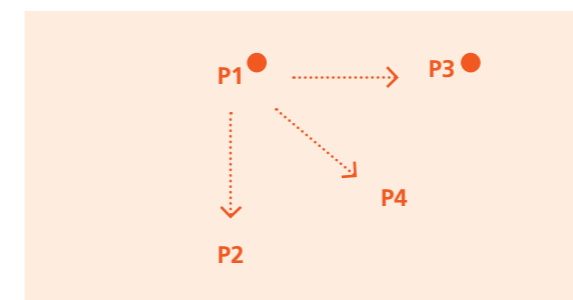
Divide the players into groups four players with two balls.

Description

Four players form a square with players 1 and 3 with a ball.

Introduce the calls of front, side and across.

Both balls are thrown at the same time so all players need to be ready to pass or catch on every call.



Player P Ball ●

⚠ Safety

Define the area appropriate space between lines to allow safe movement.

👁 Coaching Tips

Encourage players to use correct catching and throwing technique. Shoulder and hips should be turned in the direction of the pass.

🔄 Change It

Down: Reduce the calls to front and side.

Up: Encourage the players to react quickly and watch to see when the receiver is ready before releasing the ball.

❓ Questions

Why would the ability to react and pass over a variety of angles be an important skill to develop?

Three Passes

Objective

To practice taking a pass on the move and decision making on selecting options.

Equipment/Area

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

Group Management

Groups of nine player (three lines of three).

Description

Three players line up at three points of a triangle.

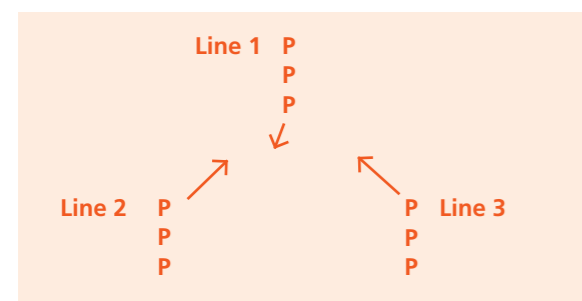
To start, a player from one line stands in the space with a ball.

The front player from the other two lines run in.

The ball is passed to one and then the other player moves again to receive the ball.

The second players from all three lines run in and work to receive a pass each.

After taking a pass, the players move back to the end of their own line.



Player P

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction).

The first foot to move should be the foot on the side of the intended lead.

Pivots should be performed with the weight and head over the pivoting foot.

🔄 Change It

Down: Shorten the distance between the thrower and the moving player.

Up: Position two throwers out in front to allow for quicker reaction time.

❓ Question

What were you looking at when you choose one of the players as the option to pass to?

PIVOT

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

TEACHING POINTS

Pivoting must always be on the landing foot

- Bring weight over grounded foot
- Bend knees slightly
- Turn on ball of the pivot foot, pushing off with the other foot to provide direction and balance
- Players must be able to turn quickly after receiving a pass and face the play down court
- Keep ball close to body and positioned ready to throw

Remember:

- When leading to the right, land on the right foot and pivot to the right
- When leading to the left, land on the left foot and pivot to the left
- When leading straight, balance and pivot on the first landed foot away from the defended side

COMMON ERRORS

- Landing on incorrect foot
- Pivoting before the ball is securely caught
- Pivoting into opponent
- Dragging the pivoting foot on the pivot action
- Pivoting with the leg straight
- Weight not over grounded foot
- Grounded foot is lifted and re-grounded during pivot
- Weight of grounded foot is moved from heel to toe during pivot
- Ball not brought into body after catch

CHANGE IT

Pivot Ball

- Group of players in a line three metres apart
- Players jump as catch ball, land on two feet, pivot, and pass to next player in line
- Reverse direction back to start, change positions and repeat



Variation:

- Beat the Ball – Add a runner who runs a loop around group (or markers) and attempts to beat ball as it is passed along line and back to start; thrower calls stop once ball is caught whilst runner attempts to beat ball
- Type of pass

Two Foot Land and Pivot

- Pass ball to thrower (T)
- Run 2 metres towards (T), catch and land on two feet, select a pivot foot and pivot to turn and pass ball back to line



One Foot Land and Pivot Drill

- Pass ball to thrower (T), make straight lead to left or right at 45 degree angle
- Land on outside foot, pivot and pass to X2
- Return to end of line



Pivot Pass

- Straight lead to left or right at 45-degree angle
- Land on outside foot, pivot and pass to other thrower (T2)
- Continue to pivot and pass
- Reverse direction so land on other foot



Variation:

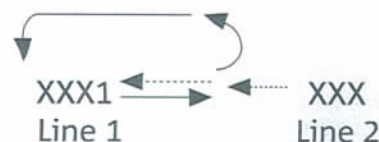
- Add preliminary move, e.g. dodge before lead
- An easier option is to add pivot to one foot land drill using hoops

CHANGE IT

X

Shuttle Ball

- Two lines facing each other
- Worker (X1) leads forward from line 1 and receives pass from line 2
- X1 lands on two feet, pivots and passes back to their line and returns to end of own line
- Sequence continues with alternate leads from line 1 then line 2



Variation:

- Type of pass
- Distance between lines

- Add second ball
- First person in line (X1) leads to left, once thrower (T) passes ball to X1, second person in line (X2) passes ball to T and leads to right
- Xs then alternate leading to left and right

Option 2:

- Could use Shuttle Ball in Two-Foot Land & Pivot Skill but change straight lead to angled lead

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

Lead, Receive and Shoot 3

Objective

To practice goal shooting in a dynamic activity.

Equipment/Area

A full netball court or suitable playing area.

Size 4 netball (or equivalent).

Modified posts.

Group Management

Full group work but could also be set up as two groups working one half of the goal third.

Description

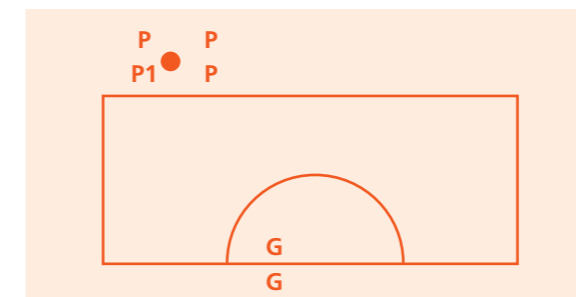
Players line up in pairs at the transverse line.

Another group line up just outside the baseline and step on court as a pair starts to work down court.

The first pair work the ball between themselves down to the circle edge then pass to the goaler on the move.

The goaler then puts up a shot for goal.

Rotate pairs and goalers.



Goalier G Ball ●

⚠ Safety

Define the area appropriate for the number of players.

Ensure there is sufficient space between groups and there is an awareness of safety considerations such as avoiding the area near the goalpost and the rebounding balls.

🎯 Coaching Tips

Emphasise landing technique and correct pivot action.

Encourage players to have their feet, hips and shoulders in line with the goal ring.

Encourage the high release with elbow movement to initiate the shot.

🔄 Change It

Down: The player who is to shoot for goal can start in the circle closer to the goalpost.

Up: Encourage the players to take their shots from a variety of lengths and angles in their half of the goal circle.

❓ Question

What helped you successfully shoot for goal?

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?



Take the Space 2

Objective

To develop the ability to read space and respond to a cues.

Equipment/Area

One third of a netball court or suitable training area.

Group Management

Players form a circle.

One player is positioned inside the circle.

Description

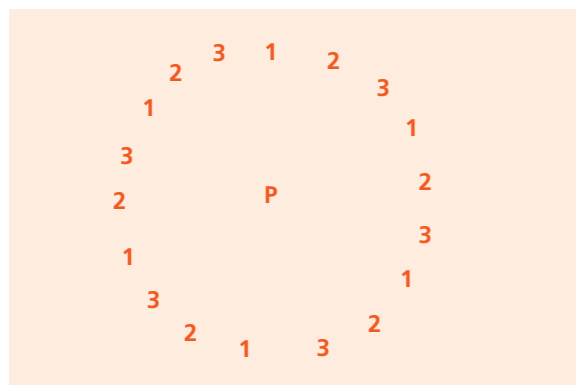
The players in the circle number off from 1 to 3.

The player in the middle calls a number and the players with this number exchange places.

The middle player moves to take one of the spaces left open as the players exchange places.

The player without a space now becomes the middle player.

On the call Everyone, all players must change positions.



Player P

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Observe direct (use of angles rather than circular movement).

Use of weight transfer to change direction.

Use of arm pumps to degenerate speed.

Light footwork for the stride jumps.

Movements may be untidy due to the focus on reaction rather than technique.

🔄 Change It

Down: Call instructions less frequently to allow plenty of reaction time.

Up: Call out changes quickly.

🧘 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

Hands Over Intercept Drill

Objective

To develop intercepting skill.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 7–8.

Description

Two defenders (D) are in the middle.

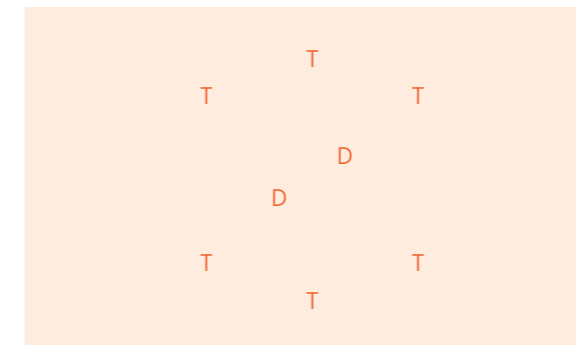
Throwers (T) pass to each other.

One defends positions at 1.2m (4 ft) and the other defender attempts to intercept.

Throwers can't pass to a person directly beside them.

Defenders recover after attempting an intercept to defend at 1.2m (4ft).

After score six points (one for tip, two for intercept), rotate roles.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

👁 Coaching Tips

Arms over pass:

- Eyes forward
- Bend at knees as required
- Use small steps to move backward to 1.2m, keeping arms by sides
- Extend arms to defend ball.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

🔄 Change It

Down: Reduce group size (two defenders and two throwers).

Up: Add an extra ball.

❓ Questions

What did you look for when attempting an intercept?

How did you work together as a team (defenders)?

WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL?

PHASE 2 – DEFENCE OF THE SHOT

PROCESS and AWARENESS

Nb. whilst 3 seconds is the rule; always train for 4 seconds.

Coaches when you look at these photos – I didn't worry about which arm the girls were using to defend with in relation to the side of the court they are on.

1. Lean – same hand / foot forward on ground:

- Balance on one foot or two with a split stance
- Start with knees slightly bent
- Sometimes stretch to the fullest (on 3 seconds)
- Sometimes maintain a more crouched position, in preparation to jump



2. Single Jump:

- Slight knee bend
- Keep eyes on the ball
- Time jump at earliest release point of the ball with intention to deflect ball at lowest point.



INTERCEPTION

To take possession of the ball during an attempted pass by the attacking team.

TEACHING POINTS

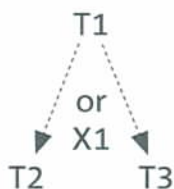
- Read cues provided by the thrower to anticipate direction of the pass
- Drive for an intercept at an angle
- Focus on ball
- Emphasis should be on strong first three to four steps
- Run through to take the ball
- Land on the outside foot and balance

COMMON ERRORS

- Misreading the cues
- Leading too soon
- Angle is too flat
- Eyes and head looking down
- Push off on the inside foot
- Lunging at the ball
- Landing on incorrect foot and overbalancing

CHANGE IT

- X1 stands between and in front of T2 and T3 and attempts to intercept pass from T1 to either T2 or T3

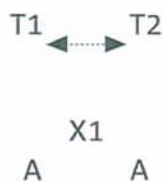


Variation:

- Piggy in the Middle – one player stands in a circle of approximately six players and attempts to intercept passes made by the circle players. Circle players cannot pass to player either side of them

Interception

- T1 and T2 pass ball between each other then pass to either attacker (A) with X1 trying to intercept
- X1 should move to cover the pass to A's
- A's are stationary

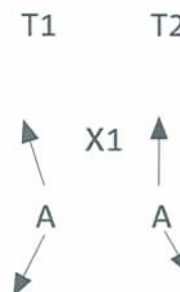


Variation:

- Restrict number of passes between T1 and T2 to assist X1

CHANGE IT

- Set up middle drill again but in a defined area; A's can now move in confined area



Straight Line Partner Tag

Objective

To develop change of pace.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of 2–3.

Description

Players form into groups of two or three with one nominated leader.

Starting behind the sideline, players jog towards the opposite sideline. At any point between the sidelines, the leader turns and sprints back to the start line.

The other players in the group aim to beat the leader back to the sideline.

Repeat then change roles.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

👁 Coaching Tip

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

↻ Change It

Down: Players change direction at a designated spot.

Up: Add a further change of direction (for example, before the player reaches the start line they change direction and sprint back to the other sideline).

❓ Questions

What did you do to speed up/change pace?



Bounce Ball and Balance

Objective

To practise balance techniques incorporating ball movement

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Balance on one leg while bouncing a ball.

Hop and bounce a ball.

Cross legs and bounce a ball.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

👁 Coaching Tips

Eyes looking forward.

Bend at knees as required.

↻ Change It

Down: Move ball around rather than throwing it and/or copy partner's movements.

Up: Bounce ball consecutively with one hand; Bounce two balls at once.

❓ Question

What things did you do to stay balanced?

Leap from Hoop to Hoop

Objective

To practise landing technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Hoops.

Group Management

As a group.

Description

Place hoops in a third of the court. Hoops can be placed either next to each other or spaced apart.

Players leap from hoop to hoop, and balance after each leap.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

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

🎯 Coaching Tips

Body weight over the outside foot with shoulders even and weight on the outside foot.

↔ Change It

Down: Reduce the numbers of hoops.

Up: Leaps become continuous.

? Questions

How did you keep your balance after jumping?

Cone Jumps

Objective

To develop take-off and landing skills.

Equipment/Area

One third of a netball court.
Cones or markers.

Group Management

Small groups of approximately 4 players.

Description

Players line up in small groups in front of a row of six cones.
The first player jumps over the cones using a two foot take off and land, at the end walk back to the end of the line.
Each player jumps over the cones x 5.
Start facing side on to the cones jumping over the cones with a sideways jump.
Work both the right and left side.

⚠ Safety

Define the area appropriate for the number of players.

Have cones sized appropriate for the size of the players.

👁 Coaching Tips

Reinforce the importance of light landing technique with hips, knees and ankle flexion.

Keep the head over the feet with the body upright.

🔄 Change It

Down: Reduce the number of cones

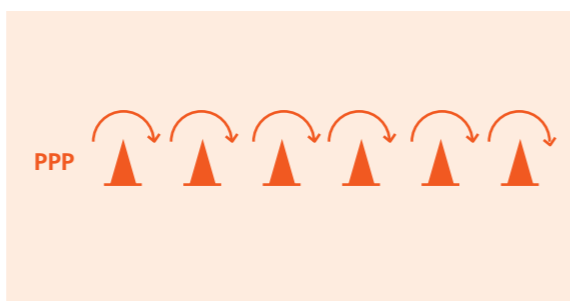
Up: Add a sprint forward of 5 metres at the end of the cones

❓ Question

When might you need to take off and jump up in a game of netball?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



Player P

Cones Moves

Objective

To practice using changes of direction.

Equipment/Area

A full netball court or suitable training space.
2 cones or markers per pair of players.
Size 4 netballs (or equivalent).

Group Management

Divide the group into pairs with two cones and a ball.

Description

P1 positions inside two cones placed approximately 2 metres apart.

P2 stands out in front holding a netball for P1 to keep vision of during changes of direction.

P1 moves from side to side between the cones keeping their head up seeing the ball on each movement.

⚠ Safety

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

👁 Coaching Tip

Players should push off on the outside foot when changing direction

Shoulders and body should face in the direction of the intended move but the head should remain looking at the ball

🔄 Change It

Down: Keep the throwers in close so the movement is not too long

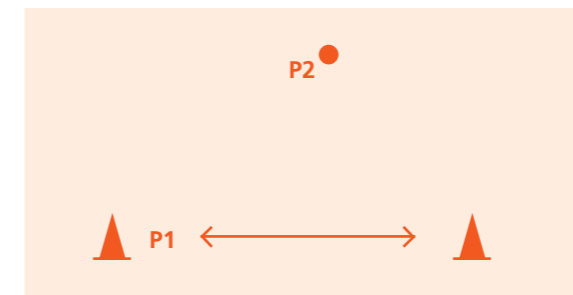
Up: Make the receiver (P2) slightly active to create a decision for the worker on where to look

❓ Questions

Where were you looking as you moved to the between the cones?

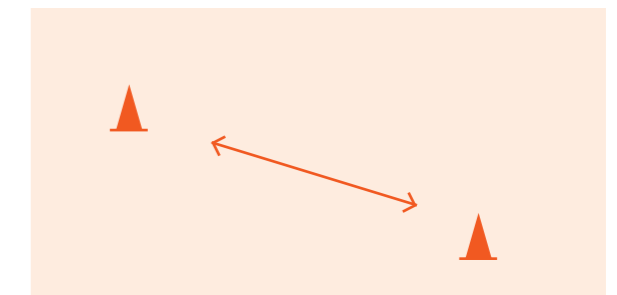
What did you do to keep looking forward and see the cones as well?

Extension 1: Complete a figure of eight movement around the cones



Player P Ball ●

Extension 2: Move cones on an angle to practice moving into and away from the ball



Teach Passing in Pairs

Objectives

To develop passing techniques – lob/bounce.
To practise passing techniques – shoulder/chest.

Equipment/Area

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

Group Management

Pairs.

Description

Pairs approximately 3–4 metres apart should do 20 passes each:

- Shoulder
- Chest
- Lob
- Bounce.



! Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Lob:

- Start movement from the shoulder
- Short back movement
- One-handed high release
- Follow through in direction of pass with wrist/fingers.

🕒 Coaching Tips (cont.)

Bounce:

- Step forward and bend/lunge on opposite leg
- Push ball forward and downward
- Release ball between the hip and knee
- The path of the ball is lower, under the outstretched hands of the defender
- The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height.

Shoulder:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Chest:

- Head up, eyes on the ball
- Transfer weight forward
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Ball comes out evenly from both hands.

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

🔄 Change It

Down: Use a soft ball.

Up: Introduce a competition.

? Question

When would you use these types of passes in a game?

Boundary Pass

Objectives

To practise passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players run around the outside of the court passing to each other using a variety of passes (for example, chest, bounce and shoulder pass).

On the whistle, players change direction.

⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Stand still to pass, then change partners on the whistle.

Up: Add a change of direction; the thrower must see the change of direction made by the player before they pass the ball.

❓ Question

What are the key points for a good chest, shoulder or bounce pass?

Clock Pivot

Objective

Accuracy of passing and upper body strength development.

Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

Hoops.

Group Management

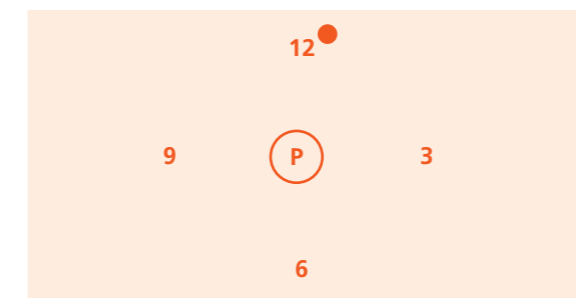
Divide the players into groups of five with a ball and a hoop.

Description

A player stands in the middle of a hoop with four team mates positioned at the four points of a clock as shown below.

The ball is passed in from any player on the outside who then calls a time on the clock.

The middle player pivots to pass to that designated player.



Player P Ball ●

⚠ Safety

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

👁 Coaching Tips

Encourage correct catching and throwing technique.

Reinforce pivoting on the ball of the foot with weight kept over the foot and the body upright.

↻ Change It

Down: Move the throwers closer to the hoop

Up: The player in the middle starts just outside of the hoop and runs in to take the catch from the outside player

❓ Questions

What was your best throw?

Why would accurate passing technique be important in a game?

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

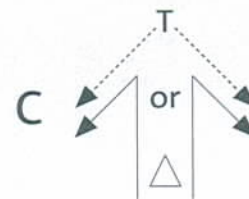
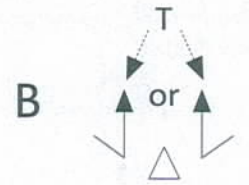
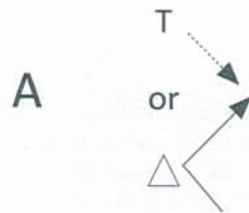
- Players drive through cones focusing on a strong change of direction



✕

Change of Direction

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



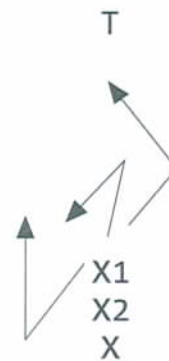
Variation:

- 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

Work Around the Cone

Objective

To practice timing of leads.

Equipment/Area

A full netball court or suitable training space.

5 - 6 cones or markers per groups of players.

Size 4 netballs (or equivalent).

Group Management

Divide the group into groups of six.

Space 5 cones out down the court.

Description

Five players position to the side of the cones.

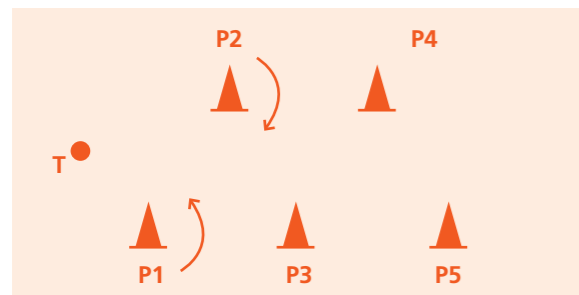
P1 leads around the back of the cone and into the middle space to take a pass from the thrower.

P1 then pivots to pass to P2 who moves around the cone to take the next pass in the middle area.

Work the ball down the line.

Take the ball back to the start and complete the task again.

Change the thrower and the players position down the line.



Player P Thrower T Ball ●

! Safety

Define the area appropriate for the number of players.

🕒 Coaching Tips

Players should work quick feet around the cone and then angle their lead toward the ball.

🔄 Change It

Down: Reduce the number of cones.

Up: Challenge the players to be active and moving in to take a pass as the player in front pivots.

? Question

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

What was your cue to start moving to take a pass?

Working in Opposite Directions

Objective

To develop the players timing and ball skills.

Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the players into threes (one thrower and two workers).

Description

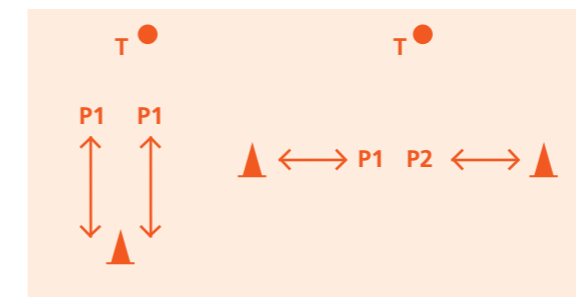
The thrower starts with the ball and passes to P1 who then passes the ball back.

P2 runs to the cone and then forward to take the next pass as P1 runs to the cone and back.

Work 10 alternate passes and change over.

Now place two cones out to the side.

The players lead out and back alternatively to take a pass.



Player P Thrower T Ball ●

⚠ Safety

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

👁 Coaching Tips

Encourage correct catching and throwing technique.

Encourage the players to push off strongly to change direction and always to keep their eyes on the ball.

🔄 Change It

Down: Make the running distance shorter.

Up: Challenge the players to keep the activity continuous without any ball handling errors.

❓ Question

What did you do to ensure the timing of your leads?

Throwers where did you place the pass to allow the workers to quickly receive and return the ball?

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

Shooting Rounders

Objective

To practice throwing and catching skills.

Equipment/Area

Goal circle.

Size 4 netball (beanbag or tennis ball).

Coloured bibs.

Group Management

Two teams of five players.

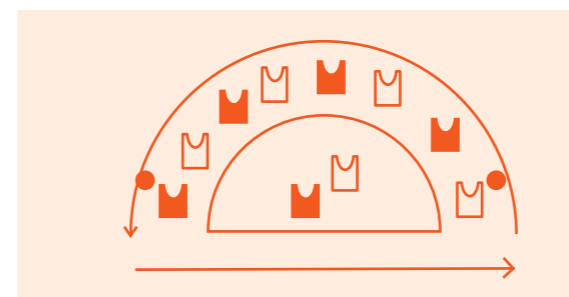
Description

Both teams position alternately around the circle edge with one player in the goal circle.

The first edge player passes to the goaler in the circle who then passes the ball to the other players on the circle edge and then turns to shoot.

The initial thrower runs along the baseline and then around the back of the players back to their starting position.

The next player around the circle becomes the runner. After running the player becomes the next goaler.



Ball ●

! Safety

Define the area appropriate for the number of players.

🕒 Coaching Tips

Encourage players to keep their head up and be aware of the other moving around the outside.

🔄 Change It

Down: Make the teams smaller

Up: Introduce a competition

? Question

Did you try any strategies to trick or confuse the other team?

Lead, Receive and Shoot 3

Objective

To practice goal shooting in a dynamic activity.

Equipment/Area

A full netball court or suitable playing area.

Size 4 netball (or equivalent).

Modified posts.

Group Management

Full group work but could also be set up as two groups working one half of the goal third.

Description

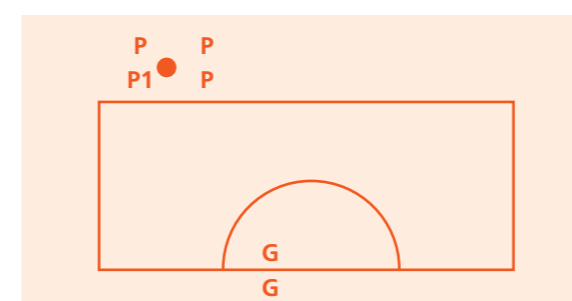
Players line up in pairs at the transverse line.

Another group line up just outside the baseline and step on court as a pair starts to work down court.

The first pair work the ball between themselves down to the circle edge then pass to the goaler on the move.

The goaler then puts up a shot for goal.

Rotate pairs and goalers.



Goalers G Ball ●

⚠ Safety

Define the area appropriate for the number of players.

Ensure there is sufficient space between groups and there is an awareness of safety considerations such as avoiding the area near the goalpost and the rebounding balls.

🎯 Coaching Tips

Emphasise landing technique and correct pivot action.

Encourage players to have their feet, hips and shoulders in line with the goal ring.

Encourage the high release with elbow movement to initiate the shot.

🔄 Change It

Down: The player who is to shoot for goal can start in the circle closer to the goalpost.

Up: Encourage the players to take their shots from a variety of lengths and angles in their half of the goal circle.

❓ Question

What helped you successfully shoot for goal?

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?



Take the Space 2

Objective

To develop the ability to read space and respond to a cues.

Equipment/Area

One third of a netball court or suitable training area.

Group Management

Players form a circle.

One player is positioned inside the circle.

Description

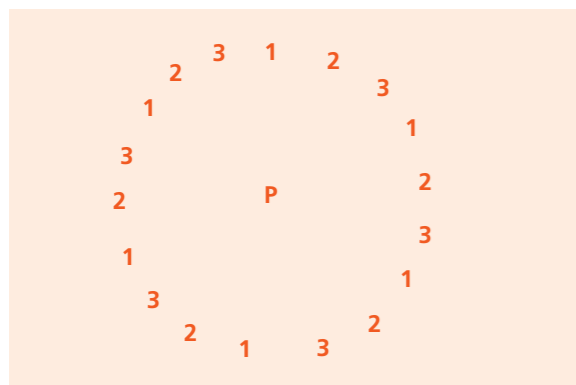
The players in the circle number off from 1 to 3.

The player in the middle calls a number and the players with this number exchange places.

The middle player moves to take one of the spaces left open as the players exchange places.

The player without a space now becomes the middle player.

On the call Everyone, all players must change positions.



Player P

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Observe direct (use of angles rather than circular movement).

Use of weight transfer to change direction.

Use of arm pumps to degenerate speed.

Light footwork for the stride jumps.

Movements may be untidy due to the focus on reaction rather than technique.

🔄 Change It

Down: Call instructions less frequently to allow plenty of reaction time.

Up: Call out changes quickly.

🧘 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

Continuous Around the World

Objective

To practice using footwork skills in a dynamic situation.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Groups 8-12 players forming two teams of equal number.

One ball per two players.

Description

Half the players form a circle each holding a netball.

The other half of the group cluster on the inside of the circle (a centre circle is a good place to gather, draw a circle or use a hoop).

On the command Go the players in the middle run out to take two passes (one moving to the right and then one moving to the left) from the same thrower.

After taking the second pass the player holds the ball and the outside player move in to the centre to become the new worker.

If out of position the player quickly moves into position ready for the interchange with the next player.

⚠ Safety

Define the area appropriate for the number of players.

👁 Coaching Tips

Reinforce angled leads with the direct placement of the take-off foot when leaving the centre.

Encourage clean ball handling.

Initially use arms to pump and generate speed then as the players gets ready to catch then arms are extended out in front.

Encourage the players to be aware of which foot they are landing on.

🔄 Change It

Down: Reduce the number of players in the group.

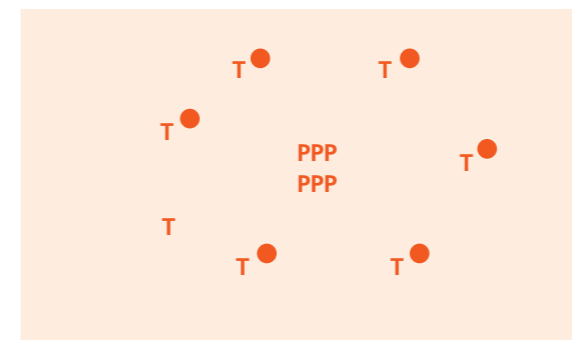
Up: Introduce a competition.

The first player to have moved into and out to take the passes 6 times.

❓ Questions

Where were you looking as you were leaving the centre area?

What did you do to ensure you were able to keep moving forward to catch the ball?



Thrower T Runner R Ball ●

Work the Ball Across 2

Objective

To practice movement, ball skills and decision making.

Equipment/Area

A full netball court or suitable training space.

Size 4 netballs (or equivalent).

Colour or playing bib.

Group Management

Groups of five with a ball.

Description

Three players position inside a third of the court.

A fourth player starts on the sideline.

An extra player wears a bib and works as a defender.

The group work across the court.

The defender is free to move around and defend any player.

Player A4 passes the ball to any player in the third.

The three attackers then work the ball across the court.

One of these attackers now positions on the opposite sideline and A4 moves on court.

The ball is worked back across court.

Change roles. All players should work as the defender.

⚠ Safety

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

🎯 Coaching Tips

Encourage the three attackers on court to watch each other, be aware of the defender and create leads to open spaces and spread the defender.

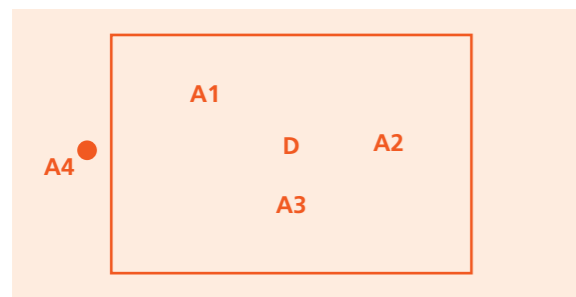
🔄 Change It

Down: Take out the defender and set a sequence for the attackers to receive the ball.

Up: Challenge the players to look long and reduce the number of passes used to get across the court.

❓ Question

What starting positions can you use to create options that balance the court across as well as down (long)?



Attacker A Defender D Ball ●

Opposite Sides

Objective

To develop space awareness and court balance.

Equipment/Area

Cones or markers.

Size 4 netballs (or equivalent).

Group Management

Netball court or suitable training area.

Divide the players in to groups of three.

Description

Work in pairs with a player out the front holding a ball so that both.

players can keep their heads up and practice looking down court.

P1 and P2 position in adjoining squares approximately 2 metres square.

Both face the front, P1 moves anywhere in the front space using a variety of movement patterns.

P2 must work to always be on the opposite side but in the back space.

Work for 10 moves and change over.

The thrower does not pass the ball.



Player P Thrower T Ball ●

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Quick light footwork with direct changes of direction should be encouraged.

Moves should be angled with straight line movement.

🔄 Change It

Down: Slow the front player down to give extra time for the back player to react.

Up: Challenge the players to use a change of movement patterns and a change of speed.

? Questions

Why is it important be aware of a team mates position on the court?

Moving into the Pathway of the Ball 2

Objective

To develop the ability to take the ball on the run particularly as a defender reading when to take an intercept.

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

Two players pass the ball to each other.

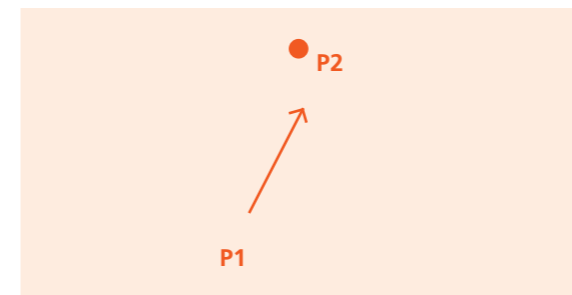
A third player starts beside one of the throwers and judges when to move through the pathway to take the intercept.

As shown below work on only passes from P2 to P1.

Practice coming through from both sides.

Extension: The defender can come from behind and move around the body to take the intercept.

P1 can start further back and lead into the space.



Player P Ball ●

⚠ Safety

Define the area appropriate for the number of players.

👁 Coaching Tips

Player working to take an intercept should focus on catching the ball in the pathway but land out the other side rather than stopping in the middle. This will allow clean possession rather than tips or misses.

↔ Change It

Down: Move the throwers further away.

Up: Put P1 on the move, leading forward into the space.

? Question

What cues did you need to watch to know when to move to take the intercept?

Shark Tank

Objective

To practice watching and reacting to an opposition movement.

Equipment/Area

A netball court or suitable training area.
Cones or markers.

Group Management

Select three or four players as sharks (defenders) in an area approximately 3 metres square.

Description

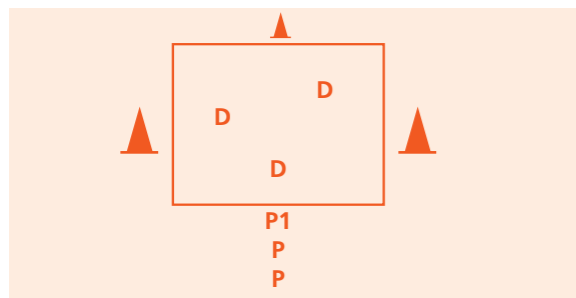
The defenders position randomly in the designated space.

The first player P1, runs into the space and must work to touch each of the three cones in any order.

The defenders move about and try to disrupt the players movement without touching them.

Rotate defenders (sharks) and moving players.

Sharks are not able to defend the cones.



Player P Defenders D

⚠ Safety

Define the area appropriate to the numbers

🎯 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction)

Use quick changes of direction to move defenders and create a clear space to lead to a cone

↻ Change It

Down: Reduce the number of defenders

Up: Two running players may enter the tank at the same time

🔄 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

3. Double Jump – As above, however:

- a. Initial (smaller) jump is done
- b. Followed by the final jump and attempt at the ball
- c. Or alternatively, one defender completes first jump, and second defender times their jump to go second.

4. Forward Leg Hang / Forward Stance:

- a. One hand to two hands or 2 hands up to ball
- b. Balance on one foot and have the opposite knee drawn up towards the chest between shooter and defender whilst face on to the shooter (this is not obstruction as foot is off the ground).



5. Inside Leg Hang / Side On Stance – (probably the most difficult to do as the whole body on the inside of defenders centre of gravity – easy to fall in early:

- a. Standing slightly on angle
- b. Foot furthest from goaler is the grounded foot
- c. Therefore the leg closest to goaler hangs on the inside with a drawn up knee

