

## CHAPTER 8C

# Netball Session Plans

Note: All coaching points are provided in the Skills and Drills Section.

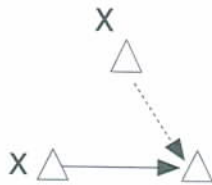
<b>Session</b>	<b>1</b>	<b>AGE: 11-13 60 MINUTES</b>	<b>PASSING AND CATCHING INCORPORATING MOVEMENT SKILLS</b> Players will continue to develop the skills of passing and catching. They will be introduced to one hand control.
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<p><b>Equipment</b> 6 balls 20 cones 1 set of bibs</p>	<p><b>Skill Development (30 minutes)</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Rule of the week:</b>  <b>Changes from Netta to Netball</b>                      Time to pass – Netta is up to six seconds and Netball up to three seconds.                      Obstruction – Netta is 1.2 metres and Netball 0.9 metres.</p> </div> <p>The following drills require pairs.</p> <p><b>DRILL 1: ONE HAND CONTROL (STATIONARY)</b>                      Players receive a pass, to the left or right, control the ball with one hand and direct it back to their partner.</p> <div style="text-align: center; margin: 10px 0;"> </div> <p><b>DRILL 2: STRAIGHTS AND DIAGONALS</b>                      Players move the ball in a figure 8 pattern using one-hand control. Direct the pass to the hand receiving the ball. Ball at shoulder height.</p> <div style="text-align: center; margin: 10px 0;"> </div> <p><b>DRILL 3: TWO-BALL ALTERNATE PASSES</b>                      Each player has one ball in their right hand. At the same time pass the ball to partner, aim for the hand on the same side as the ball (partner's left), control the ball being passed with the left.</p> <div style="text-align: center; margin: 10px 0;"> </div> <p><b>DRILL 4: TRIANGLES – CHEST PASS</b>                      Pairs set up on two points of a triangle, one with the ball. Player without the ball leads to the free point of the triangle to catch the ball. Outside pivot and pass to partner leading to free point of triangle (emphasise timing). Work 10 passes. Then reverse direction.</p>
<p><b>Group Organisation</b> 12 players – modify equipment to suit size of group.</p>	
<p><b>Physical Warm-up (5 minutes)</b>  <b>DODGE AND STEAL</b>                      Instructions in the Warm-up and Cool-down Section, Games with a Ball – Activity 4.   <b>STRETCH</b>                      See stretching section.</p>	
<p><b>Skill Warm-up (5 minutes)</b>  <b>STAR PASSING</b>                      Instructions in Skills and Drills section under Other Drills.</p>	

## Skill Development (continued)

### DRILL 5: TRIANGLES – BOUNCE PASS

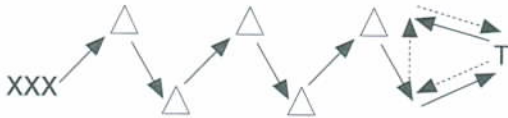
Repeat Triangles in both directions with bounce pass.



### DRILL 6: COMBINATION FOOTWORK

Groups of Four

Players to drive to each cone then lead out to receive a pass, complete a triangle with the thrower (outside pivot) so that the worker takes their place and thrower joins line.



### DRILL 7: COMBINATION FOOTWORK

Repeat using the following footwork combinations:

- Sprint cones 1-3, slide back to 2, and continue as above.
- Sprint cones 1-3, slide back to 2, then to 3, and continue as above.
- Repeat using a variety of combinations of slides and sprints forward and back.

### DRILL 8: SKILLS AND DRILLS

Select drills from the Skills and Drills Section from the Other Drills to finish this section.

## Modified Game/Minor Game (10 minutes)

### FIVE POINT PLAY

Instructions in Modified Game Section – Activity 14.

## Concluding Activity (5 minutes)

Summarise skills covered.

### STRETCH

See stretching section.

## Evaluation



**COACH TIP:** Have players umpire if they are off the court during practice matches.

<b>Session</b>	<b>2</b>	<b>AGE: 11-13</b> <b>60 MINUTES</b>	<b>ATTACKING SKILLS</b> Players will develop the skill of dodging. They will combine simple movements on court. Players will be introduced to centre pass systems.
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<p><b>Equipment</b> 4 balls 8 cones 1 set of bibs</p>	<p><b>Skill Development (30 minutes)</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Rule of the week: Short Pass</b> At the moment the ball is passed there needs to be room for a third player to move between the hands of the thrower and those of the receiver.</p> </div> <p>Groups of three</p> <p><b>DRILL 1: DODGING</b></p> <ul style="list-style-type: none"> <li>Pass ball to the thrower, dodge through the cones, drive out to take a pass, turn and pass to next person in line.</li> </ul> <div style="text-align: center; margin: 10px 0;"> </div> <ul style="list-style-type: none"> <li>Remove the cones and add a defender. Work five dodges and change roles.</li> </ul> <p>Groups of six</p> <p><b>DRILL 2: LINES</b></p> <p>Set up in a line down the court. Ball to move down the line to each player in turn.</p> <ul style="list-style-type: none"> <li>Straight leads left or right using chest passes and then shoulder passes.</li> <li>Players to make a single dodge before leading for the ball.</li> <li>Players to make a double dodge before leading for the ball.</li> <li>Players to make a change of direction before receiving the pass (two straight leads); the thrower must see the change of direction.</li> </ul>
<p><b>Group Organisation</b> 12 players – modify equipment to suit size of group.</p>	
<p><b>Physical Warm-up (5 minutes)</b></p> <p><b>FOLLOW THE LEADER</b> See instructions in Warm-up and Cool-down Section, Pairs Without a Ball – Activity 1.</p> <p><b>STRETCH</b> See stretching section.</p>	
<p><b>Skill Warm-up (5 minutes)</b></p> <p><b>FOX AND GEESE</b> See instructions in the Warm-up and Cool-down Section, Games Without a Ball – Activity 2.</p>	

## Skill Development (continued)

### DRILL 3: ATTACKING MOVES

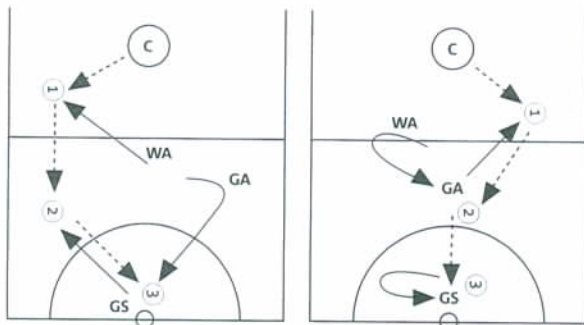
- Throwers to stand at the ends of a third, two pairs set up in the third. Thrower to throw ball in the air, catch and turn and pass to an attacker, attackers to work ball across third with 2-3 passes, pass to thrower and then work back. Repeat 2 times and rotate positions.



### CENTRE PASS SYSTEMS:

Initially players to perform the patterns of play without defence. See examples in Strategies Section under Centre Passes.

Remember to add the 'What ifs', e.g. for centre pass system 1 in the section – what if the GS drive is covered, who would be the second option? (possibly C.) What if the GA drive is covered for the pass from the GS, who would be the next option (possibly the WA or C on the edge of the circle.)



## Modified Game/Minor Game (10 minutes)

### FIRST TO FIVE - HALF COURT

Set up to play half-court – players to set up one end of the court with play starting at a centre pass. Attackers score one point for each goal; defenders score one point for each time they stop the attackers scoring and get the ball back over the centre circle.

Emphasise attacking moves and where possible attempt the centre pass systems.

## Concluding Activity (5 minutes)

Summarise skills covered.

### STRETCH

See stretching section.

## Evaluation



**COACH TIP:** Plan to help all players contribute to team play.



<b>Session</b>	<b>3</b>	<b>AGE: 11-13</b> <b>60 MINUTES</b>	<b>SPACE AWARENESS</b> Players start to develop an understanding of space awareness and working with others in a team environment. Players will be introduced to GK throw-in strategies.
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**Equipment**  
 4 balls  
 1 set of bibs

**Group Organisation**  
 12 players – modify equipment to suit size of group.

**Physical Warm-up (5 minutes)**

**TUNNEL BALL**  
 Instructions in the Warm-up and Cool-down Section, Games With a Ball – Activity 3.

**STRETCH**  
 See stretching section.

**Skill Warm-up (5 minutes)**  
 Use the Strategies Section as a reference for this session.  
 Width Balance  
 Complete activities 1 and 2.

**Skill Development (30 minutes)**

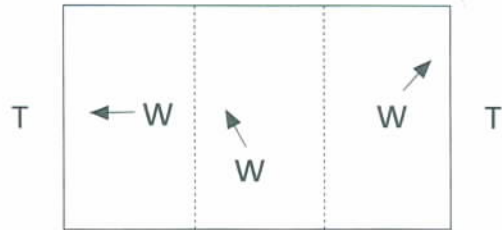
**Rule of the week: Playing the Ball**  
 A player may not:

- Attempt to gain possession or throw the ball while lying, sitting or kneeling on the ground
- Use the goal post as a support
- Use the goal post to keep balance
- Roll the ball to another player
- Deliberately kick the ball

Use the Strategies Section as a reference for this session.

**DRILL 1: DEPTH BALANCE**

Complete activities 1-5.



**DRILL 2: WIDTH AND DEPTH BALANCE**

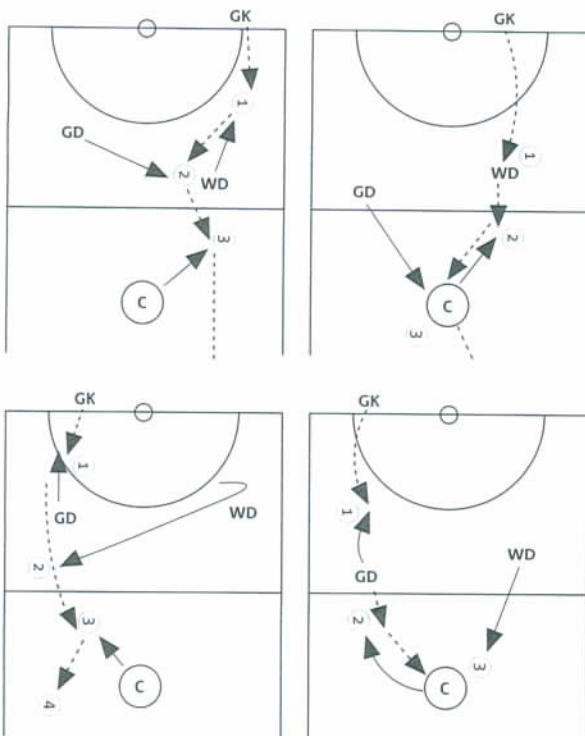
Complete activity 1.

## Skill Development (continued)

### DRILL 3: GK THROW-INS

Use Systems Section as a reference. Complete the first three passes for the full court systems (use only the GK, GD, WD and C). Note that the two systems where the WD receives the first pass from the GK mimic the systems where the GD receives the first pass. Emphasise court balance; players to read the space and react accordingly.

Remember to add the 'What ifs'. e.g. for system 1 in the section – what if the GD drive is covered, who would be the second option? (possibly GK.) What if the C drive is covered for the pass from the GD, who would be the next option? (possibly the WD balancing the other side of the court.)



## Modified Game/Minor Game (10 minutes)

### FIRST TO FIVE - HALF-COURT

Set up to play half-court – players to set up one end of the court with play starting at a centre pass. GK throw-in is taken after each goal is scored.

Attackers score one point for each goal; defenders score one point for each time they stop the attackers scoring and get the back over the centre circle.

Emphasise court balance.

### Concluding Activity (5 minutes)

Summarise skills covered.

#### STRETCH

See stretching section.

## Evaluation



**COACH TIP:** Give players the opportunity to play a variety of positions.

<b>Session</b>	<b>4</b>	<b>AGE: 11-13</b> <b>60 MINUTES</b>	<b>DEFENDING SKILLS</b> Players continue to develop the defensive skills of shadowing, hands over the ball, recovery to 0.9m and combine these in simple defending actions. Players will be introduced to full-court systems.
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**Equipment**  
6 balls  
24 cones  
2 sets of bibs

**Group Organisation**  
12 players – modify equipment to suit size of group.

**Physical Warm-up (5 minutes)**  
**NETBALL TAG**  
See instructions in Warm-up and Cool-down Section, Games With a Ball – Activity 5.  
**STRETCH**  
See stretching section.

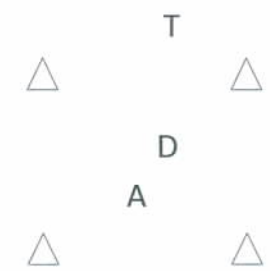
**Skill Warm-up (5 minutes)**  
**SHADOW DEFENCE**  
In pairs practise shadow defending between cones. Work for 5 seconds at a time. Practise both sides of the body.

**Skill Development (30 minutes)**

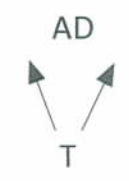
**Rule of the week: Playing the Ball**  
A player may:

- Catch the ball again if it rebounds from the goal post
- A player may roll the ball to oneself to gain possession
- Bat or bounce the ball onto another player without first having had possession.

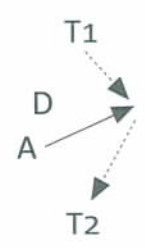
**DRILL 1:**  
1vs.1 in a 3 x 3 metre square with a thrower in front. Work five passes with defender practising shadowing. No lobs allowed.



**DRILL 2:**  
A to throw ball to self and catch, D pretends to contest, D recovers and puts hands over the pass to T, who leads for the ball.



**DRILL 3:**  
In groups of four. A drives for pass from T1, pivots and passes to T2. D shadow defends, recovers to hands over.



### Skill Development (continued)

#### DRILL 4: LINES WITH DEFENCE

Pairs to line up down the court with a T at either end. Work the ball down the court with each player receiving the pass in turn. Could put out cones to limit area to 3m x 3m per pair if required. Initially no lobs are permitted then lobs can be introduced.

T 1 v 1 1 v 1 1 v 1 1 v 1 1 v 1 T

#### DRILL 5: FULL-COURT SYSTEMS

Using Strategies Section and then Systems as a reference. Build on the GK Throw-ins from last session, remember to encourage court balance. Encourage players to come up with their own systems using the concept of court balance.

### Modified Game/Minor Game (10 minutes)

#### GK THROW-IN NETBALL

Game to start with a GK throw-in. Throw-in to be alternated between teams. Score may be kept. If numbers are limited; put on whatever defensive players are available after the attacking team is in place; instead of playing the game above, count the number of successful systems from five opportunities before rotating positions.

### Concluding Activity (5 minutes)

Summarise skills covered.

#### STRETCH

See stretching section.

### Evaluation



**COACH TIP:** Guard against instructed moves where there is a risk of producing a team of non-thinking puppets.



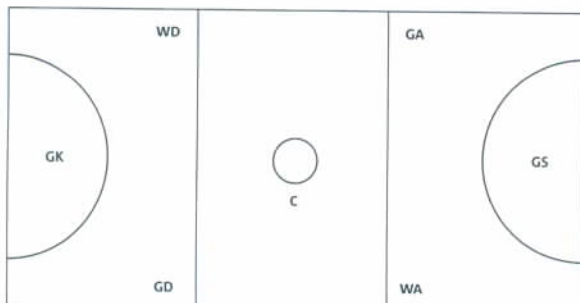
<b>Session</b>	<b>5</b>	<b>AGE: 11-13</b> <b>60 MINUTES</b>	<b>GOAL SHOOTING AND DEFENCE OF THE SHOT</b> Players will practise shooting and develop the skill of defending the shot. Players will continue to develop full-court systems.
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<p><b>Equipment</b> 6 balls 2 sets of bibs</p>	<p><b>Skill Development (30 minutes)</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Rule of the week: Over a Third</b> The ball must be caught or touched in each third of the court by a player who is standing or who lands in the correct third. 'Landing' means the first foot must be completely within the correct third when the ball is caught or touched.</p> </div> <p><b>DRILL 1: SHOOT A GOAL</b> In pairs practise shooting using correct technique – one player shoots and one rebounds.</p> <p><b>DRILL 2: DONKEY</b> Instructions in Modified Game Section – Activity 25.</p> <p><b>DRILL 3: DEFEND THE SHOT</b> Line up along a line and practise defending shots. Use a one arm, one leg lean. Experiment using same arm and leg and opposite arm and leg. Players to practise balancing for three seconds.</p> <p><b>DRILL 4: SHOOT, DEFEND AND REBOUND</b> In threes – one player shoots, one defends shot and one rebounds.</p>
<p><b>Group Organisation</b> 12 players – modify equipment to suit size of group.</p>	
<p><b>Physical Warm-up (5 minutes)</b></p> <p><b>LINE TAG (PAC MAN)</b> Instructions in the Warm-up and Cool-down Section, Games Without a Ball – Activity 11.</p> <p><b>STRETCH</b> See stretching section.</p>	
<p><b>Skill Warm-up (5 minutes)</b></p> <p><b>GOLDEN CHILD</b> Instructions in Modified Games Section - Activity 5.</p>	

## Skill Development (continued)

### DRILL 5: FULL-COURT SYSTEMS

Revise full-court systems from last session, gradually adding defenders, e.g. add WA and WD, followed by GK and GS, then C, and finally the GD and GA.



### Modified Game/Minor Game (10 minutes)

Give each team four centre passes and then four GK throw-ins before rotating positions.

Focus on shooting, shot defence and court balance.

### Concluding Activity (5 minutes)

Summarise skills covered.

#### STRETCH

See stretching section.

## Evaluation



**COACH TIP:** Every player should receive at least one piece of positive feedback per session.

<b>Session</b>	<b>6</b>	<b>AGE: 11-13</b> <b>60 MINUTES</b>	<b>REVISION</b> Players continue to develop an understanding of match play.
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<p><b>Equipment</b> 6 balls 24 cones 2 sets of bibs</p>	<p><b>Skill Development (20 minutes)</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Rule of the week: Out of Court</b> The ball is out of court when it hits the ground, object or person outside the court. A player with the ball is out of court when touching the ground, an object or person outside the court. Players who are not in possession of the ball may move out of court without being penalised – but before catching the ball must re-enter the court (i.e. be in contact with the ground inside the court).</p> </div> <p><b>DRILL 1: SPACE AWARENESS</b></p> <ul style="list-style-type: none"> <li>In pairs work six passes in a 5 x 5 metre space, utilise all available space.</li> </ul> <div style="text-align: center; margin: 10px 0;"> </div> <ul style="list-style-type: none"> <li>Repeat using different types of passes, e.g. a different pass is thrown from that received.</li> <li>Repeat changing the timing of the passes, e.g. up to 1, 2 or 3 seconds.</li> <li>Add one defender to each group.</li> </ul> <p><b>DRILL 2: WORK THE BALL ACROSS THE THIRD</b></p> <ul style="list-style-type: none"> <li>One defender in each area of the third (defenders are not to leave their area). Pairs to work the ball across the third with a minimum of one pass in each section.</li> </ul> <div style="text-align: center; margin: 10px 0;"> </div> <ul style="list-style-type: none"> <li>Add defender in first area who can move to middle area to defend as ball progresses.</li> <li>Add all defenders who can move into next area as the ball progresses across the third.</li> </ul>
<p><b>Group Organisation</b> 12 players – modify equipment to suit size of group.</p>	
<p><b>Physical Warm-up (5 minutes)</b></p> <p><b>DODGE AND STEAL</b> See instructions in Warm-up and Cool-down Section, Games With a Ball – Activity 4.</p> <p><b>STRETCH</b> See stretching section.</p>	
<p><b>Skill Warm-up (5 minutes)</b></p> <p><b>STAR PASSING</b> See instructions in the Skills and Drills Section, Other Drills.</p>	

### Modified Game/Minor Game (20 minutes)

#### NETBALL

Encourage the use of skills covered in the training sessions.

#### Stop the game:

- When the players perform a skill or strategy that has been focused upon and emphasise the effectiveness and congratulate the athletes.
- If an opportunity arises to practise a skill or strategy and it is not performed, ask players to repeat, incorporating the skill or strategy.

### Modified Game/Minor Game (continued)

#### Concluding Activity (5 minutes)

Summarise skills covered.

#### STRETCH

See stretching section.

### Evaluation



**COACH TIP:** Coaches are important role models who can shape not only a participant's sporting experience but also their approach to everyday life.