

# Set Session Plans

SESSION

1

## Partner Balance

### Objective

To improve participants' balance.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs ask the players to balance on the body parts called by the coach. Make up your own or use the following:

Four feet touching the ground.

Two feet touching the ground.

Two hands and two feet touching the ground.

Two hands and two knees touching the ground.

One back and two feet touching the ground.

### ⚠ Safety

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

### 👁 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

### 🔄 Change It

Down: Allow players to add one or two other body parts to balance if required.

Up: Players move around using a variety of movements (for example, run, skip, hop, jump, leap), when the coach calls the body parts; Perform the balance with a partner.

### ❓ Question

What things did you do to stay balanced?

## Jumping Square

### Objective

To develop jumping technique.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Players stand evenly around a square.

Number opposite sides of the square 1, and the other sides 2.

When a player's number is called, players jump from one side to the other, exchanging places.

When the number three is called all players jump to the opposite side of the square.

### ⚠ Safety

Define the area appropriate for numbers.

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

### 👁 Coaching Tip

Jump:

- Eyes forward
- Bend at the knee, hip and ankle with arms back
- Bring arms forward and up as legs straighten to take off.

Two-foot land:

- Land softly with 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: One side moves at a time so all going in the same direction.

Up: Call a different movement as well as the number (for example, leap, hop, skip).

### ❓ Questions

How many jumps did it take to get across the square?



## Landings off a Step

### Objective

To practise jumping and safe landing technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Step.

### Group Management

As a group.

### Description

Jump off a step (make sure it is not too high) on to the ground landing on either two feet or one foot.

Hop off a step onto the group landing on either two feet or one foot.

### ! Safety

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

### 🕒 Coaching Tips

Land softly with 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: Jump from the ground (as shown in illustration).

Up: Catch a ball on landing.

### ? Questions

What did you do to land safely?



## Bean Bag Take Off

### Objective

To develop a strong take-off technique.

### Equipment/Area

Netball court or suitable playing area.

Bean bags.

### Group Management

Groups of 5–6.

### Description

Players stand behind a line.

On a command players sprint forward five metres to pick up a bean bag.

### ! Safety

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

### 🕒 Coaching Tips

Arms/legs move in opposition.

Lean body forward.

Start with small steps and gradually move to bigger steps.

Arms drive forward in relaxed style, elbows bent.

Keep head erect and eyes up.

If leading to the right, take off with the right foot and vice versa.

### 🔄 Change It

Down: No competition; Remove the bean bag so players only need to cross the line.

Up: Take off from different starting positions (for example, lying down, facing backward/sideways).

### ? Questions

What are the important things to do to run fast?

## Change of Direction

### Objective

To develop take off and change of direction technique.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Individuals.

### Description

Lay out markers in a zigzag formation on the ground.  
Players line up behind the start of the zigzags.

Players run through, changing direction at each marker.  
At the end of the line, they pivot and repeat back down the line.

### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

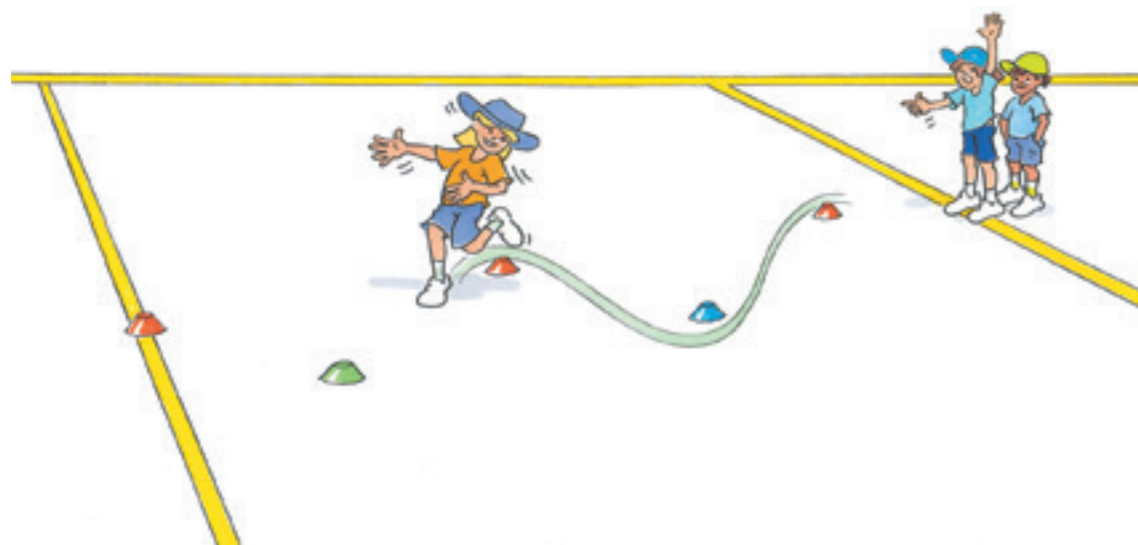
### ↔ Change It

Down: Reduce the number of markers.

Up: Introduce a competition between teams;  
After the last marker the player leads for the ball.

### ❓ Questions

Why is it important to be able to change direction?



## Lead and Pivot

### Objective

To practise lead, pivot and passing techniques.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

### Group Management

Groups of four.

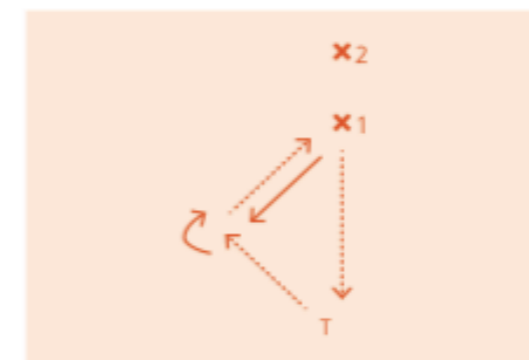
### Description

Player 1 (X1) leads on a 45-degree angle for 2–3 steps (left or right).

X1 turns their shoulders in direction of lead, catches a pass from the thrower (T) and lands on their outside foot.

X1 then pivots outside and passes to the next player in line (X2), who passes back to the thrower.

The lead should be angled forward towards the passer. Players should work both sides.



Thrower T    Player X

### ① Safety

Define the area appropriate for numbers.

### Ⓢ Coaching Tips

Ball placement should be out in front of player.

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pivot:

- Pivot must always be on landed foot
- Turn on the ball of the landed foot, pushing off with other foot
- Pivot in the direction of the landed foot.

### Ⓢ Change It

Down: Remove pass – lead out, land, pivot.

Up: Add defender.

### ❓ Question

Why is it important to lead at a 45-degree angle?

## 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?

## Straight Lead

### Objective

To practise straight lead and passing on the move.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of four.

### Description

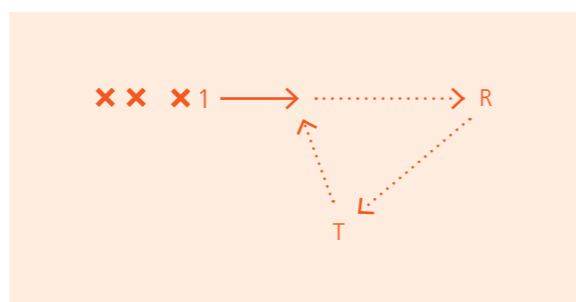
Player 1 (X1) sprints straight forward to receive a pass from the thrower (T).

X1 lands, steps forward and passes to the receiver (R).

The receiver passes back to the thrower and X1 returns to the end of the line.

Players should use shoulder passes.

Players change sides and swap roles throughout the activity.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Ball placement should be out in front of player.

Take off:

- 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.

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pass:

- 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.
- Reinforce weight transfer on shoulder pass and catching technique.

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: Move the thrower to where the receiver stands and remove the receiver.

Up: Add a defender; Change type of pass.

### ? Question

Where would you use a straight lead in a netball game?

## Lines

### Objective

To practise lead, pivot and passing technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

As a group.

### Description

Players line up one behind the other, facing the thrower.

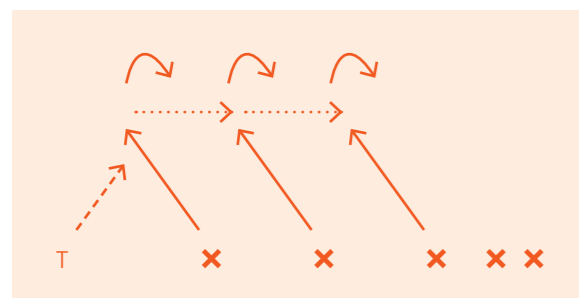
Player 1 leads out for 2–3 steps at a 45-degree angle forward to thrower.

Player 1 takes the ball out in front, lands on the outside foot and pivots out.

Player 1 then passes to the next lead.

Timing – wait until player before pivots, before next player leads.

Work both sides.



Thrower T    Player X

### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Ball placement should be out in front of player.

The lead should be angled forward towards the passer.

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pivot:

- Pivot must always be on landed foot
- Turn on the ball of the landed foot, pushing off with other foot
- Pivot in the direction of the landed foot.

Pass:

- 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

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: Reduce to a group of three; Stationary thrower and receiver.

Up: Add in a dodge.

### ❓ Question

Why do you pivot on the outside foot?



## Leading on an Angle

### Objective

To practice ball handling and footwork skills.

### Equipment/Area

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

### Group Management

Groups of four to six players.

### Description

Players line up with one standing out in front with a ball.

P1 leads out to take a pass on an angle of about 45°.

The ball is thrown to the space ahead of the moving player.

Player one lands in a balanced position preferably on the outside foot, grounds the second foot and passes back to the thrower.

Extension 1: Pivot to pass to the next player in the line who would then pass back to the thrower before making a lead.

Extension 2: Place a cone out on the first lead. The player must change direction at the cone then make another lead to take a pass.



Player P Thrower T Ball ●

### ⚠ Safety

Define the area appropriate for the number of players.

### 👁 Coaching Tips

Encourage players to take off on the foot on the same side as the intended lead and then land on the outside foot.

On landing keep the body upright flexing ankles, knees and hips.

The knee of the landed foot should stay in line the foot.

### 🔄 Change It

Down: Shorten the distance between the thrower and the receivers.

Be lenient with the 5 second rule.

Up: Limit the possession time to 5 seconds.

Encourage players to land on their outside foot and quickly ground the other foot for balance.

### ? Questions

What did you do to keep balance and ready yourself to throw the ball?

## 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

## Partner Tag

### Objective

To develop dodge technique.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, one player uses a dodge to try to evade their partner and 'shake the shadow'.

The partner tries to stay within arm's length so when the coach blows their whistle they can touch their partner.

Players change roles and repeat.

Players cannot turn and run away from their partner.

### ⚠ Safety

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

### 👁 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### ↻ Change It

Down: Decrease number of pairs working within an area; Increase distance the partner should be on the whistle (for example, two steps to touch partner).

Up: Increase the number of pairs working the area.

### ? Questions

What moves worked best to shake the shadow?

FINISH UP (5-10 MIN)

## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.

# Set Session Plans

SESSION

2

## Shooting a Goal

### Objective

To develop accuracy of pass and shot.

### Equipment/Area

Netball court or suitable playing area.

Modified goalpost.

Hoops.

Bean bags.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

Work in pairs.

One player shoots using a bean bag and the other player rebounds (collects) and passes the bean bag back.

Shoot five times and swap roles.

### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Encourage players to have their feet, hips and elbows pointing towards the goal post.

Players should avoid shooting with 'chicken wings' (elbows sticking out to the side) as this develops poor technique for shooting.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

### 🔄 Change It

Down: Aim for a hoop held by a partner rather than a ring.

Up: Use a soft ball or a netball; Introduce a competition (for example, score out of five); Relay race – player has one shot, collects bean bag/ball, passes to next player in line then goes to the end of the line, continuing for a time limit or reaching a number of goals.

### ❓ Question

Where did you aim to get a goal?



## Numbers Netball

### Objective

To practise netball skills in a match-like game.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Bibs.

### Group Management

Groups of 10–12.

### Description

Two teams, consecutively numbered, line up on the sideline.

The coach calls two numbers and those players from each team run into the playing area.

Only the first number called is able to contest the first ball rolled by coach.

The team which gains possession becomes attackers and may pass to sideline players.

Both teams shoot towards the same goal ring. If the ball is intercepted, the defending team becomes the attacking team but must pass the ball back to the coach (or sideline player) before shooting.

Work for one minute using NetSetGO rules.

The ball getting into the goal circle scores two points and an additional point if a goal is scored.



### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Passing:

- 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.

Catching:

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

Reinforce intercept, shadow and shooting coaching points.

### 🔄 Change It

Down: Use a soft ball; Decrease the number of defenders.

Up: Set a number of passes that must be completed before a point is scored. All players must touch the ball to score.

### ❓ Questions

What moves did you use to lose the defender?

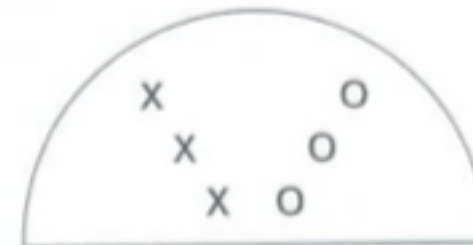
What did you do to stick tight to the defender?

## 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?





## 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?



## Kings and Queens

### Objective

To practise balance technique and hands over ball defense.

### Equipment/Area

Netball court or suitable playing area.  
Line or markers (to start).

### Group Management

Groups of 5–6.

### Description

Group lines up along a line.

The coach faces the group – the first player on the coach's right is the king and the second is the queen.

When the coach calls players to 'defend the pass', they must get back 1.2m (4 feet) and put their hands up to defend.

If a player is slower than the player on their right (coach's left), they move down one spot.

The aim is to be the quickest and become the king.

### ⚠ Safety

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

### 🕒 Coaching Tips

Recovery to 1.2m (4 feet)

Push off strongly 1.2m distance.

Strong stride/jump back – can be one large stride or a few quick steps.

Use arms for power to jump back.

Head up with eyes on ball and opponent.

Hand over the ball:

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

### 🔄 Change It

Down: Remove the competition.

Up: Combine with specific arm positions (Balance Activity - Norma Says).

### ❓ Question

How far away do you need to be to defend a player with the ball?

What did you do to stay balanced?



## 1.2m (4 feet) Stance

### Objective

To practise quick footwork to recover to defending distance.

### Equipment/Area

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

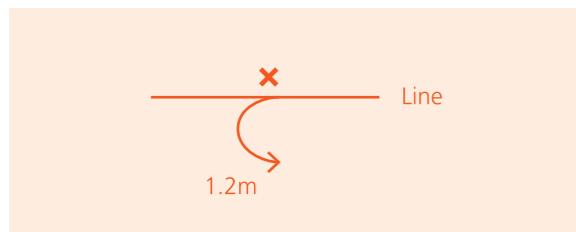
### Group Management

Individuals or groups of three.

### Description

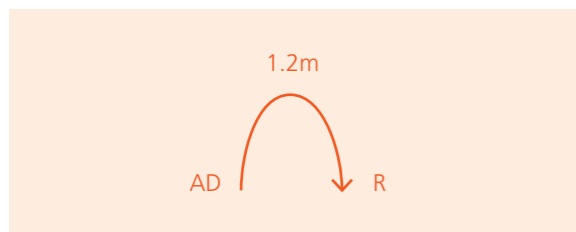
Individuals:

- Players start on the line, and then move with quick small steps back to 1.2m and put their hands up.



In groups of three

- Attacker (A) throws the ball up, catches it and pivots.
- Defender (D) must get back to 1.2m and put their arms up.
- Attacker (A) passes to receiver (R).



## 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.

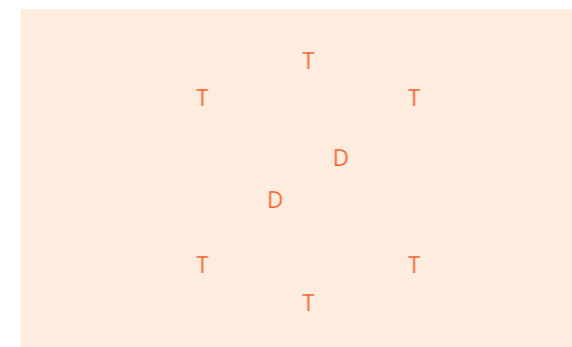
Throwers (T) pass to each other.

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)?

## ONE-ON-ONE (SHADOWING)

In one on one defence the aim is to dictate the opponent's play to force the attacker to a poor position to turnover the ball. If the ball is coming from in front, use in-front defence.

### TEACHING POINTS

- Stand in front of opponent with back to attacker, and body halfway across opponent's body
- Arms close to sides of body
- Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright
- Vision to see attacker and the ball
- Shadow moves using fast small steps
- Aim to move feet to maintain vision of the attacker and not swing the head

### COMMON ERRORS

- Standing directly in front of attacker or directly beside attacker
- Watching either the ball or the attacker exclusively
- Bottom is not tucked in and legs straight
- Feet too close together or too far apart
- Arms positioned out from the body causing obstruction
- Moving head and not feet to maintain vision on attacker

### CHANGE IT

- Working between cones attacker uses a variety of moves to evade their opponent and 'shake the shadow'
- T in front of group holds ball to check defender has vision of ball and opponent



#### Variation:

- Move ball around high, low etc and defender calls position of ball
- Pass ball to attacker

### One-on-One (Shadowing)

- Working in confined area attacker uses a variety of moves (e.g. straight lead, dodge, change of direction) to evade opponent and receive pass from T



#### Variation:

- Use goal circle or wing area around goal as area
- Work number of passes

### CHANGE IT

- Eight players divided into two teams
- Playing area is a series of squares in a line with a player from each team placed in each square and a T at either end of line
- T starts with ball and passes to attacking team who pass it along line, trying to avoid an interception
- Players must remain in own square and should use a variety of moves to free themselves from the defender
- If a defender intercepts or tips ball they become attacking team



#### Variation:

- No lobs to make it easier for defenders
- Work same team as defenders for a time limit and count intercepts and tips

# Coaching Points

## Footwork, Balance and Movement Skills

### Initial Stance

Forms the starting point for most attacking and defending skills.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Feet shoulder-width apart</li> <li>✓ Shoulders back and down</li> <li>✓ Knees slightly flexed</li> <li>✓ Knees over toes</li> <li>✓ Head up with eyes looking in direction of play</li> <li>✓ Arms relaxed by side of body</li> <li>✓ Centre of gravity is low and over base of support</li> </ul>	<ul style="list-style-type: none"> <li>✗ Base of support too narrow</li> <li>✗ Shoulders forward and leaning inward</li> <li>✗ Knees straight</li> <li>✗ Knees not over toes</li> <li>✗ Head down</li> <li>✗ Arms tensed and away from body</li> <li>✗ Centre of gravity high and not over base of support</li> </ul>

### Safe Landing

When landing on one leg it is important to teach the players which foot they should be landing on.

Teaching Points	Common Errors
<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✓ Land with feet shoulder-width apart to give a firm support base</li> <li>✓ Keep body upright, bend at hips, knees and ankles on impact to cushion landing</li> <li>✓ Continue to bend knees after impact to assist with a balanced soft landing</li> <li>✓ Body weight over both feet with shoulders even and weight on both feet</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ If player leads to the left, they should land on the left (outside) foot. If they lead to the right, land on the right foot</li> <li>✓ Body weight over the outside foot with shoulders even and weight on the outside foot</li> <li>✓ Place other foot on the ground quickly to help absorb impact and provide balance</li> </ul>	<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✗ Landing with feet too close together</li> <li>✗ Not continuing to bend knees, ankles and hips on and after impact</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Landing on incorrect foot (inside)</li> <li>✗ Not bending knees, ankles and hips on and after impact and weight on the outside foot to cushion landing</li> <li>✗ Second foot not landing quickly and overbalancing on first</li> <li>✗ One shoulder is dipped – usually same side as landed foot</li> </ul>

## Take-Off

Stride length should be short on take-off.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Arms/legs move in opposition</li> <li>✓ Lean body forward</li> <li>✓ Start with small steps and gradually move to bigger steps</li> <li>✓ Arms drive forward in relaxed style, elbows bent</li> <li>✓ Keep head erect and eyes up</li> <li>✓ If leading to the right, take off with the right foot and vice versa</li> </ul>	<ul style="list-style-type: none"> <li>✗ Initial step back before driving forward</li> <li>✗ Same arm and same leg</li> <li>✗ Arms at side of body not driving or swinging across the body</li> <li>✗ Stride length too big</li> <li>✗ Eyes looking down</li> </ul>

## Jumping and Leaping

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

Teaching Points	Common Errors
<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul> <p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Push strongly off take-off foot</li> <li>✓ Drive arms up to extend towards ball</li> <li>✓ Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles</li> </ul> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> </ul>	<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Extra step not taken so only a one-foot take off used</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on one foot</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take-off</li> <li>✗ Knee straight before take-off</li> <li>✗ Pattern of skipping is incorrect</li> </ul>

## Pivot

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

Teaching Points	Common Errors
<p><b>Pivoting must always be on the landing foot</b></p> <ul style="list-style-type: none"> <li>✓ Bring weight over grounded foot</li> <li>✓ Bend knees slightly</li> <li>✓ Turn on ball of the pivot foot, pushing off with the other foot</li> <li>✓ Non-grounded foot is lifted and regrounded to maintain balance throughout movement</li> <li>✓ Players must be able to turn quickly after receiving a pass and face the play down court</li> <li>✓ Keep ball close to body and positioned ready to throw</li> </ul> <p><b>Remember:</b></p> <ul style="list-style-type: none"> <li>✓ When leading to right, land on right foot and pivot to right</li> <li>✓ When leading to left, land on left foot and pivot to left</li> <li>✓ When leading straight, pivot on first landed foot away from defended side</li> </ul>	<ul style="list-style-type: none"> <li>✗ Landing on incorrect foot</li> <li>✗ Pivoting before the ball is securely caught</li> <li>✗ Pivoting into opponent</li> <li>✗ Dragging the pivoting foot on the pivot action</li> <li>✗ Pivoting with the leg straight</li> <li>✗ Weight not over grounded foot</li> <li>✗ Grounded foot is lifted and regrounded during pivot</li> <li>✗ Weight of grounded foot is moved from heel to toe during pivot</li> <li>✗ Ball not brought into body after catch</li> </ul>



## Ball Skills

### Catch

Encourage players to catch with two hands to increase control.

Teaching Points	Common Errors
<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✓ Eyes on the ball</li> <li>✓ Move towards the ball</li> <li>✓ Extend hands forward with fingers spread and thumbs behind the ball ('W' formation)</li> <li>✓ Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs</li> </ul>	<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✗ Eyes not on the ball</li> <li>✗ Catching with the palms of the hand</li> <li>✗ Thumbs not behind ball</li> <li>✗ Arms bent and close to body</li> <li>✗ Not taking the ball while on the move</li> <li>✗ Movement away from the ball</li> </ul>

### Shoulder Pass

One-hand pass used for speed and accuracy over long distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Opposite foot to the throwing arm forward</li> <li>✓ Feet shoulder-width apart, with weight on back foot at start of throw</li> <li>✓ Ball held with two hands initially then in one hand with arm back behind the shoulder</li> <li>✓ Arms extended with elbow slightly bent, shoulders turned</li> <li>✓ Fingers spread wide behind the ball</li> <li>✓ Transfer weight forward as throwing arm comes through</li> <li>✓ Follow through throwing arm until almost extended, fingers and wrist extend in the direction of the pass</li> <li>✓ Rotate hips and shoulders towards target</li> <li>✓ Direct pass to space ahead of receiver</li> </ul>	<ul style="list-style-type: none"> <li>✗ Same foot as arm forward</li> <li>✗ Throwing hand resting on shoulder</li> <li>✗ Weight on front foot initially – little with transfer resulting in loss of power</li> <li>✗ No transfer of weight from back foot to front foot</li> <li>✗ Ball held in palm</li> <li>✗ Elbow not bent when taken back</li> <li>✗ No shoulder rotation as ball taken back – stab pass</li> <li>✗ No hip/shoulder rotation as ball comes through</li> <li>✗ Arm taken back too high and the ball travels down on release</li> <li>✗ Hand under ball causing spin on release</li> <li>✗ Pass not directed to space in front of receiver</li> </ul>

### Chest Pass

Pass with two hands from the chest (used for quick, short and accurate passes).

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand front on with the ball in two hands at chest height and elbows down</li> <li>✓ Spread fingers around the ball with thumbs behind</li> <li>✓ Step forward with weight transferred onto front foot as you push the ball with wrist and fingers</li> <li>✓ Ball comes out evenly from both hands</li> <li>✓ Head up, eyes looking forward</li> </ul>	<ul style="list-style-type: none"> <li>✗ Elbows at shoulder height</li> <li>✗ Hands at the side of the ball with thumbs upward</li> <li>✗ No weight transfer, use upper body only</li> <li>✗ Ball pushed from palm – lack of touch on pass</li> <li>✗ One hand dominates pass</li> <li>✗ Head down looking at ball</li> </ul>

### Bounce Pass

Used when the thrower is closely defended or when play is crowded, generally over short distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Step forward and bend/lunge on opposite leg</li> <li>✓ Push ball forward and downward</li> <li>✓ Release ball between the hip and knee</li> <li>✓ The path of the ball is lower – under the outstretched hands of the defender</li> <li>✓ The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height</li> </ul>	<ul style="list-style-type: none"> <li>✗ Step is across body</li> <li>✗ Pass not directed downward</li> <li>✗ Ball released at shoulder height</li> <li>✗ No weight transfer</li> <li>✗ Bounce the ball too close to the thrower</li> <li>✗ Bounce the ball too high</li> </ul>



## Ball Skills (cont.)

### Lob

A high pass used to lift the ball over the arms of the defending players.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Start movement from the shoulder</li> <li>✓ Short back movement</li> <li>✓ One-handed high release</li> <li>✓ Follow through in direction of pass with wrist/fingers</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball begins at waist/hip level</li> <li>✗ Large 'back swing' movement</li> <li>✗ Ball released from chest position</li> <li>✗ No follow through, arm action 'stabs' pass</li> </ul>

### Ball Placement

An important aspect of all passes.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Place in front of moving player</li> <li>✓ Receiver to receive at full stretch, in front of defender</li> <li>✓ Into space created by attacker – hold for a bounce or a lob</li> </ul>	<ul style="list-style-type: none"> <li>✗ Pass placed behind or at receiver</li> <li>✗ Pass too high or low</li> <li>✗ Receiver moves off too soon – allowing defender to move into the space created</li> </ul>

## Shooting Skills

### Shooting

Predominantly a one-handed shot with the other hand resting on the side of the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Ball is held above the head</li> <li>✓ Arms are extended with the shooting arm reasonably straight and close to the ear</li> <li>✓ Ball rests on the base of the spread fingers and the thumb</li> <li>✓ The opposite hand is placed on the side of the ball to steady it</li> <li>✓ Stand upright with the feet about shoulder-width apart</li> <li>✓ Feet, hips and elbows pointing towards the goalpost</li> <li>✓ Bend elbows and knees</li> <li>✓ Straighten elbows and knees</li> <li>✓ Release the ball just before elbows and knees are straight</li> <li>✓ Flick the ball with the wrist</li> <li>✓ Follow through, arms towards post</li> <li>✓ Straighten fingers pointing them towards the post</li> <li>✓ The ball should travel in an arc towards the post</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball is behind or in front of head</li> <li>✗ Arm is extended out from ear</li> <li>✗ Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips</li> <li>✗ Opposite hand is placed under the ball</li> <li>✗ Feet too close or too far apart and body is hunched</li> <li>✗ Feet, hips and elbows not aligned with each other and the post</li> <li>✗ Keeping elbows and knees extended and ball dropping behind the head</li> <li>✗ Keeping elbows and knees flexed on the release phase of the shot</li> <li>✗ Releasing ball after elbows and knees are straight</li> <li>✗ Not using any wrist action</li> <li>✗ Arms not following the ball in the direction of release</li> <li>✗ Fingers not pointing in the direction of the ball release</li> <li>✗ The ball travels flat in the air</li> </ul>

## Attacking Skills

### Timing of Lead

An important aspect of all attacking moves.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Reading cues from the thrower</li> <li>✓ Reading available space</li> </ul>	<ul style="list-style-type: none"> <li>✗ Moving too early before thrower is ready to release</li> <li>✗ Driving into space already taken</li> </ul>

### Straight Lead

Timing is key for successful execution.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle to the free side</li> <li>✓ When the lead is to the right, take off with the right leg and vice versa</li> <li>✓ Emphasis should be on strong first 3–4 steps with shoulders in direction of lead</li> <li>✓ When leading to the right, land on the right foot and pivot to the right</li> <li>✓ When leading to the left, land on the left foot and pivot to the left</li> <li>✓ Strong arms to accelerate</li> <li>✓ Maintain speed onto ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Leading too soon</li> <li>✗ Step back before drive forward or taking off with the incorrect leg</li> <li>✗ Run with body 'flat' to ball</li> <li>✗ Arms swing across body or not at all</li> <li>✗ Lead is to the side but not towards the ball</li> <li>✗ Slow down before the pass is taken</li> <li>✗ Landing on the inside leg</li> </ul>

### Single Dodge

Movements should be quick and decisive.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Eyes on thrower</li> <li>✓ Body upright, feet shoulder-width apart, slightly bent knees and hips</li> <li>✓ Move a few steps away from the intended catching position (should be a definite move)</li> <li>✓ Place outside foot strongly on ground and push off in the opposite direction, turning hips to face towards direction of travel</li> <li>✓ Use arms to accelerate and extend to receive ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Feet too far apart</li> <li>✗ No weight transfer onto outside foot</li> <li>✗ Push off on the inside foot</li> <li>✗ Dodge not a definite movement, just a sway</li> <li>✗ Movement too slow, allowing defender to hold attacker's position</li> <li>✗ Moving head and losing sight of thrower</li> <li>✗ Eyes and head looking down</li> <li>✗ Arms beside body and not using to increase power</li> </ul>

### Change of Direction (Two Straight Leads)

First movement is longer than that used in a single dodge.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle. Shoulders should be in direction of movement</li> <li>✓ Emphasis should be on strong first 3–4 steps</li> <li>✓ Push off strongly on outside foot and use inside foot as take-off foot to move into a new space</li> <li>✓ Emphasis again on strong first steps when moving to the new space</li> </ul>	<ul style="list-style-type: none"> <li>✗ Leading too soon</li> <li>✗ Shoulders not turned in direction of lead</li> <li>✗ Push off on the inside foot</li> <li>✗ Movement onto second move not definite</li> <li>✗ Not changing direction into a free space</li> <li>✗ Arms beside body and not using to increase power</li> <li>✗ Eyes and head looking down</li> </ul>

## Defence Skills

### One on One Shadowing

Basic defending position.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand in front of opponent with back to attacker and body halfway across opponent's body</li> <li>✓ Arms close to sides of body</li> <li>✓ Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright</li> <li>✓ Vision to see attacker and the ball</li> <li>✓ Shadow moves using fast small steps</li> <li>✓ Aim to move feet, keep head up and maintain vision of the attacker and not swing head</li> </ul>	<ul style="list-style-type: none"> <li>✗ Standing directly in front of attacker or directly beside attacker</li> <li>✗ Watching either the ball or the attacker exclusively</li> <li>✗ Bottom is not tucked in and legs straight</li> <li>✗ Feet too close together or too far apart</li> <li>✗ Arms positioned out from the body causing obstruction</li> <li>✗ Moving head and not feet to maintain vision on attacker</li> </ul>

### Interception

Reading the pattern of play allows the defender to predict the most likely passing option.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Read cues provided by thrower to anticipate direction of pass</li> <li>✓ Drive for an intercept at an angle</li> <li>✓ Focus on ball</li> <li>✓ Emphasis should be on strong first 3–4 steps</li> <li>✓ Run through to take the ball</li> <li>✓ Land on the outside foot and balance</li> </ul>	<ul style="list-style-type: none"> <li>✗ Misreading the cues</li> <li>✗ Leading too soon</li> <li>✗ Angle too flat</li> <li>✗ Eyes and head looking forward</li> <li>✗ Push off on the inside foot</li> <li>✗ Lunging at the ball</li> <li>✗ Landing on incorrect foot and overbalancing</li> </ul>

### Recovery to 0.9m (3 feet) for Netball and 1.2m (4 feet) for NetSetGO

Quick recovery enables the defender to position to defend the next pass.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Push off strongly 0.9m distance (1.2m for NetSetGO)</li> <li>✓ Strong stride/jump back – can be one large stride or a few quick steps</li> <li>✓ Use arms for power to jump back</li> <li>✓ Head up with eyes on ball and opponent</li> </ul>	<ul style="list-style-type: none"> <li>✗ Push off not quick enough to get back to distance</li> <li>✗ Feet too wide or too close together – difficult to change direction</li> <li>✗ Eyes on ground – attempting to judge distance</li> </ul>

### Hands Over Ball (NetSetGO Distance is 1.2m)

Balance should be maintained ready to defend the attacker after they release the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand 0.9m in front of the person throwing (1.2m for NetSetGO)</li> <li>✓ Feet shoulder-width apart, knees, hips and ankles slightly bent</li> <li>✓ Weight balanced over two feet with knees over toes and entire foot on ground</li> <li>✓ Arms up and in position over the ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Incorrect distance</li> <li>✗ Hands coming up before correct distance is taken</li> <li>✗ Feet narrow/legs straight/on toes – lose balance and shorten distance</li> <li>✗ Bend forward too much at waist</li> <li>✗ Arms waving and not defending ball</li> </ul>