



NETS NETBALL - INTENSE DEFENCE SPECIALIST SESSION

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

- 1 Footwork
Defenders must develop specific footwork in order to perfect the craft of Defence and just like shooters they need to practice their craft
- 2 Combination Footwork
Now we have the basics, let's put this together on court

NOTE: Left, Right, Forward, Backward, Up, Down, Run, Block, Return Run, Shadow, Slide and Shuffle, Roll-Off defensive footwork is not for the faint hearted - it is hard slog, but with a great return

- 3 Hands Over
Applying pressure on the pass is a skill and we will show you various ways to do this
- 4 Blocking - Lightning Footwork
This is all about footwork, body position and working as a unit to affect turnover
- 5 Defence of Shot
How to defend the shot from the ground up, and have variety over the shot for all situations
- 6 Rebounding
How to get a rebound
- 7 Transition into Defence
Here are some fun games to give it a go!

There is good reason to place more value on defence. Quite simply, it is more consistent than attack, especially at the younger ages. Not everyone can be a great shooter, but since defence is largely about desire, concepts and positioning, everyone can contribute.

Don't forget the mental impact a good defence can have on your opponent. Good aggressive defence will lead to more forced passes and shots, often leading to more turnovers and missed shots, as the game progresses. Defenders must remain disciplined, otherwise you invite the umpire into the game and your players end up spending more time 'out of play' rather than 'in play'.

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

FOOTWORK

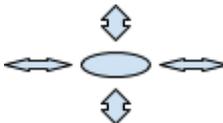
Balance

1. Stand on your left leg and close your eyes for 30 seconds, repeat on your right
2. Stand on your left leg with your eyes open, maintain your balance whilst moving your arms away from your body in all different directions for 30 seconds, repeat on your right
3. Stand on your left leg with your eyes open, maintain your balance whilst moving your arms and right leg away from your body in all different directions for 30 seconds, repeat on your right
4. Standing on both feet jump to land on both feet and hold/balance your landing for 3 seconds, repeat 5 times and try to increase your distance each time
5. Standing on both feet jump to land on your left foot and hold your landing/balance for 3 seconds, repeat on your right, repeat 5 times on each leg and try to increase distance and height of the jumps each time
6. Standing on your left foot jump (or hop) onto your same foot and hold the landing/balance for 3 seconds, repeat on your right foot, repeat 5 times on each leg and try to increase distance and height of the jumps each time

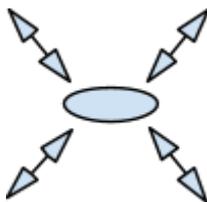
Foot Control (keeping your feet under your body, using different movement patterns)

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

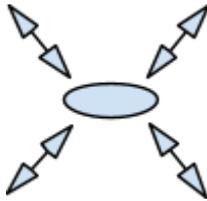
3.

<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Step the 12,3,6 and 9 points of a clock face with fast feet, coming back to the middle each time • Repeat in the opposite direction • Repeat 5 times 	
--	---

4.

<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Run to the 4 corners of a 50cm box with fast feet, coming back to the middle each time • Repeat in the opposite direction • Repeat 5 times 	
--	---

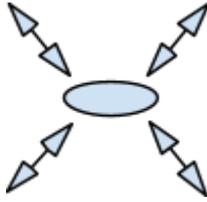
5.

<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Run to the 4 corners of a 1 metre box with fast feet, coming back to the middle each time • Repeat in the opposite direction • Repeat 5 times 	
---	---

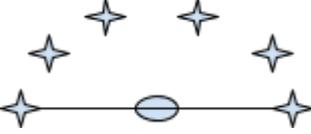
Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

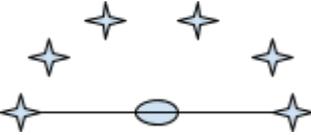
6.

<ul style="list-style-type: none"> Start with 2 feet positioned shoulder width apart, facing forward and eyes up Run to the 4 corners of a 2 metre box with fast feet, coming back to the middle each time Repeat in the opposite direction Repeat 5 times 	
---	---

7.

<ul style="list-style-type: none"> Start with 2 feet positioned shoulder width apart, facing forward and eyes up Step to the 6 points of a 50cm semi circle with fast feet, coming back to the middle each time Repeat in the opposite direction Repeat 5 times 	
--	---

8.

<ul style="list-style-type: none"> Start with 2 feet positioned shoulder width apart, facing forward and eyes up Step to the 6 points of a 2m semi circle with fast feet, coming back to the middle each time Repeat in the opposite direction Repeat 5 times 	
--	---

Home Practice - alternate between Balance and Foot Control Activities

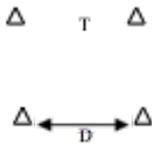
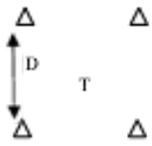
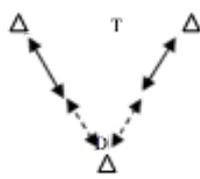
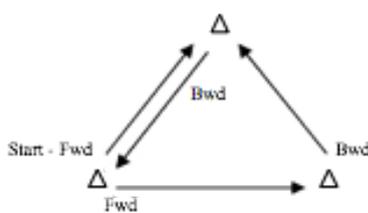
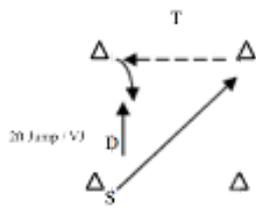
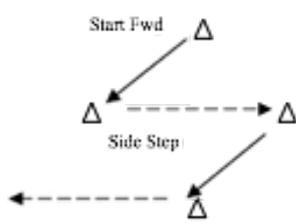
	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

COMBINATION FOOTWORK - THE HARD SLOG BEGINS

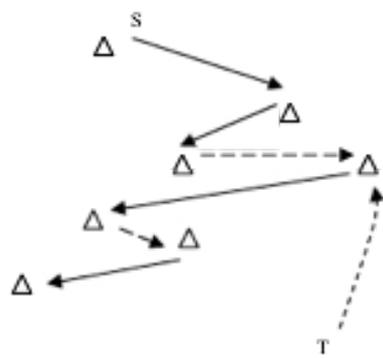
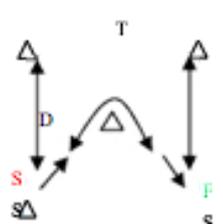
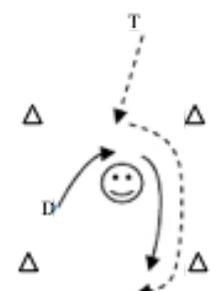
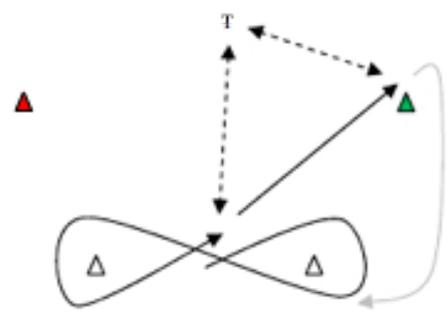
2m x 2m x 5 efforts – extend to 3m x 3m x 5 efforts etc / work both sides / Add T & A to moves

<p>Defensive Slide / Shadow – left and right</p> <ol style="list-style-type: none"> 1. Going left – push right foot, step left foot 2. Going right – push left foot, step right foot 	
<p>Combination</p> <ol style="list-style-type: none"> 1. Sprint forward / backwards – back peddle 2. Shadow footwork – back facing outside 3. Blocking footwork – back facing inside <p>Put the three footwork styles in combination</p>	
<p>Slide to Sprint off COD</p> <ol style="list-style-type: none"> 1. Try to start with shadow/slide defence 2. Then move into sprint if needed – if you sprint instantly, attacker loses you on COD Change of Direction. 3. Butt to hip and chin to shoulder 	
<p>Forward and backward movement needs practice</p> <ol style="list-style-type: none"> 1. Transition from one to the other needs to be smooth so the defender doesn't look like they are stuck in the change. 	
<p>Footwork Combinations</p> <ol style="list-style-type: none"> 1. Sprint on the 45° 2. Block to left – back facing inside 3. Open (drop step with right foot) return run, 2ft square up elevate for high ball. 	
<p>Change of direction</p> <ol style="list-style-type: none"> 1. 45° forward movement – remembering to power off with the outside leg eg if contesting an intercept to the right, the power leg is the left leg and the right foot is the take off foot – the same principal for when you are an attacker 2. Remember the power leg going into slide, as above 	

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

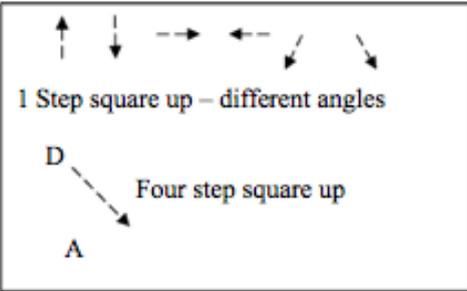
Ages 10-12yrs

Duration 2-3hrs

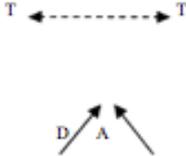
<p>Change of direction</p> <ol style="list-style-type: none"> Mix up the length and width of the footwork patterns, short sharp 1, 2 step sprint, slide to 4, 5 step spring slide combos. Place the ball in for high elevation intercepts, or low ground reaction balls. <p>Always working on pushing off the outside foot on the change of direction, to create power</p>	
<p>Repeatability - Combinations</p> <ol style="list-style-type: none"> Sprint forward / backward x 2 (turn look over shoulder on the inside) Sprint on the 45 - shadow footwork x 3 - left, right, left, right, left, right Return sprint to bottom right marker Forward / backward x 2 (turn look over shoulder on the inside) The above is one whole effort - build up to 5 efforts. 	
<p>Anticipate front back positioning</p> <ol style="list-style-type: none"> Defender start 1 step behind and to side Come around the front - intercept Then cover back move Contest 1st ball around body - front and 2nd ball on the high ball - back <p>Nb. Don't reposition until the ball is released.</p>	
<p>Footwork and reaction to intercept</p> <ol style="list-style-type: none"> Defender working various footwork Sprint through between the markers Quick combo of slide and drop step to get around the markers Sprint through and take ball again and give to thrower - <u>take it like an intercept, not attack</u> Thrower call - red or green and defender must sprint and take intercept again at that marker. 	

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

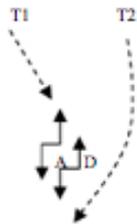
<p>Positioning and Repositioning with footwork</p> <p>Work 1 step square up - initially without the ball</p> <ol style="list-style-type: none"> 1. One step forward – square up elevate 2. One step side – left or right – square up elevate 3. One step 45°back – left or right – square up elevate 4. One step back – square up elevate <p>Add</p> <ol style="list-style-type: none"> 1. Add a ball to all the movements above 2. Add Attacker who is stationary to all the above 3. Add ball & Attacker on the move to the above 4. Add 4 steps to everything above using explosive side step – no attacker 5. Add 4 steps to the above with the ball and a moving attacker 	<p>Reason for training your defender to be able to go up and down in the 1 spot</p> <ol style="list-style-type: none"> 1. Avoid floating out over the goal line or offside 2. Avoid contacting the attacker on landing <p>Avoid taking the landing space of the attacker – thus incurring a penalty contact call.</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  </div>
--	---

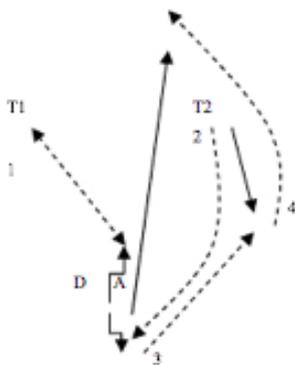
<p>Repositioning – side to square front</p> <ol style="list-style-type: none"> 1. Defender stand side on to Attacker (facing), <u>as ball released by the thrower</u> 2. Defender must step forward with lead leg (leg closest to Thrower) 3. Then step across with inside leg (leg closest to Attacker) 4. Take up front position on the Attacker, Defender come off a two foot take off to intercept the delivery 5. Work both left and right sides. 	
--	--

<p>Reposition ballside – using a shadow stance</p> <ol style="list-style-type: none"> 1. Defender position on 45 shadow position in front of Attacker, as ball swings between Throwers reposition ball side (back to attacker) 2. Lead leg closest to Attacker 3. Throwers don't throw too quickly. <p>Add</p> <ol style="list-style-type: none"> 1. Throwers can deliver a ball to Attacker in front, Defender react and get in front for intercept 2. Throwers work the ball down court for 2 or 3 passes and then deliver to Attacker – Defender adjusting ball side with quick footwork. 	
--	--

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

<p>Repositioning variations</p> <ol style="list-style-type: none"> 1. Start the throwers further away and as defender improves, bring throwers closer for quicker reaction training for defenders footwork 2. Combine the various movements - back to front - front to back – side to front, side to back intercept 3. Defender do not leave until the ball is thrown 4. Thrower read the defender, if she anticipates too early and moves; pass to the opposite space – this teaches the defender very quickly to read the release of ball 5. Thrower 1, pass high in front of Attacker 6. Thrower 2, then passes high behind Attacker 7. Defender must move quickly to intercept passes front and then back. 	
--	--

<p>Transition after Intercept</p> <p>Set up as per above</p> <ol style="list-style-type: none"> 1. Defender return ball to Thrower 1 after intercepting in front 2. Defender repositions to take a high ball behind Attacker from Thrower 2 3. WHERE NEXT - After intercepting the pass from Thrower 2; Thrower 2 leads to the side and receives a pass from Defender 4. Defender drives down court (receives pass from Thrower 2) – looking for quick transition from intercepting and then switching to attack – explore a quick short/square pass (give and go for thrower to take the longer drive) and the longer outlet pass where defender takes the long drive and ball 5. Thrower 2 becomes Attacker and the Attacker becomes the next Defender. 	
---	---

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

HANDS OVER DEFENCE

Applying pressure on the pass is a skill and we will show various ways to do this

There are 3 essential keys to defending on the open court.

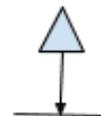
1. Distance .9mtr before you put your hands up
2. Knees unlocked (slightly flexed or bent) in stance position and feet shoulder width apart
3. Use of hands over the ball or projected release point

Remember, *Get ahead of the game!* - get the technique before you add the speed!

REMEMBER HANDS OVER PRESSURE ON THE PASSER CAN AND WILL RESULT IN MANY INTERCEPTS NOT ONLY FOR YOURSELF BUT YOUR TEAM MATES!

Activity 1

- Measure out a distance of 0.9m to use as a guide
- Pushing off strongly remember to rotate between your right and left foot
- Strong stride step back using a large stride or a few quick steps if you can't quite reach
- Use your arms bent at 90 degrees for power
- Head up with eyes on the ball and opponent
- Weight balanced over two feet
- Hnd slightly at hips, knees and ankles
- Weight forward with knees over toes
- Back straight and upright
- Bring in arms up and over the ball



Activity 2 (1 cone and 1 ball)

- Place a cone on the floor as an opponent, measure out 0.9m as a guide
 - Stand behind cone leading with your right foot and right arm practice deflecting the imagery ball
 - Then recover to 0.9m and hands up
 - Repeat using your left foot and left hand
- Extension
- Use another player to play ball to self and pivot to present the ball to the defender, the defender then contests using outside arm and recovers distance with arms over



Activity 3 (1 ball)

- Ball between 2 players
 - Throw ball up between themselves, person who does not get ball takes role of defender, recovers to 3' with hands up when attacker catches ball
- Extension
- Designate who will catch ball prior to throwing it in air
- Extension
- Combine two pairs one pair work 1v1 between two T's. Ball passed to attacker from T1 then passes to T2. Defender attempts to intercept then recovers to hands over/up

T1 1v1 T2



NETS NETBALL - INTENSE DEFENCE SPECIALIST SESSION

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

HANDS OVER DEFENCE (con't)

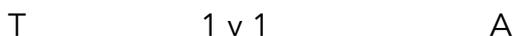
Activity 4 (1 ball 2 or 3 players or a wall)

- In pairs with a ball. Player with the ball throws ball to self and passes to a wall (could use a third player), other player takes the role of the defender and recovers to hands over/up. Player to practise varying types of hands over defence eg
 - One hand high and one to side (cover high ball and the side attacker is leading to, and encourage ball to be passed to other side)
 - Both hands wide (encourage high ball, hands close as ball is passed)
 - Tracking (hands to cover ball's path)



Activity 5 (1 ball, 4 players)

- T passes to 1 v 1 contest attacker to pivot and pass to a leading player. Defender attempts to intercept first ball, if unsuccessful, recovers to hands over and practices strategies listed in four to influence they type of pass given by the attacker.



Practice Schedule (Tick the week box after completion or enter the number of times per week completed in that week's box) Daily practice is the key to rapid improvement!

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

Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

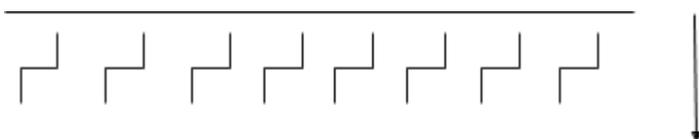
BLOCKING - LIGHTNING FOOTWORK

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

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

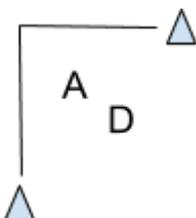
Activity 1 - no equipment

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



Activity 2 - corner of the court and cones

- Using a corner of the court, defender to work to protect space and dictate where the attacker can lead, work both sides

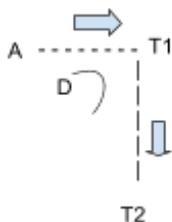


Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

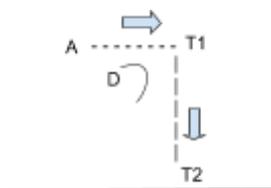
Activity 3 - corner of the court, cones and ball

- Ball is passed so player can practise opening out and keeping sight of the ball. Work both sides



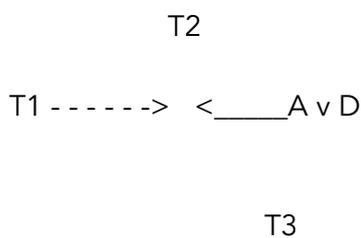
Activity 4 - cones, ball driving to a line

- After A has passed the ball to T1, they must work to retake the ball over the line from T2 (no lobs). Defender must deny drive, open out when the player moves level with their hip and intercept the ball. Must ensure A does not get a front cut. Work both sides



Activity 5 - Ball

- Work either side. T1 to pass to A v D, A to pass to either T2 or T3 and drive to retake D to dictate and deny drive.



Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability
 Ages 10-12yrs Duration 2-3hrs

V = VICTORY DEFENCE

HANDS OVER – THEN WHAT?
 Game Skills
 PROCESS and AWARENESS

Hands Over Pressure

Coaching Points

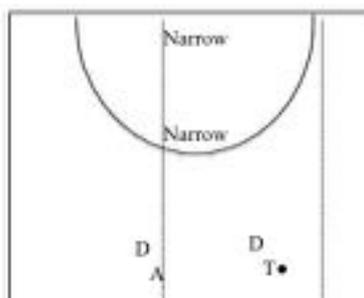
1. Feet shoulder width apart, knees slightly bent, weight forward on ball of foot but with whole foot on ground
2. Stretch arms upright. Arms follow the movement of the ball. (Process) THEN (Awareness of the next movement – or game flow).

Variations

1. Depending on where attacker is positioned on court, Defender can use arm closest to sideline to follow ball, whilst using her other arm to cover space towards the middle of the court.
2. Occasionally Defender may jump and attempt to deflect or intercept the pass.
3. Defender may apply hands over pressure for a period of 2 seconds and on the 3rd second drop back to cover attackers move.

V-Defence

1. V-Defence is a variation of defence used when attackers are set up in a 'narrow space'. It requires 2 defenders to identify an opportunity to apply it and simultaneously work together to achieve it.
2. Whilst usually a defender would angle to push the attacker to the sideline or away from the ball, in this instance D1 identifies the space the attackers currently have is narrow, and therefore sets up the angle that forces her opponent towards the ball/mess.
3. D2 who is applying hands over pressure on the Thrower also identifies this situation, and times her movement, to angle her body towards the incoming attacker, and in doing so form a V shape with her other defender, closing down completely the attackers space to drive further down court.
4. This may require only 1 or 2 steps to do so, or alternatively a quick running action to form a V.
5. The attacker is then forced back up court often having to receive a parallel ball from the Thrower.



Everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability

Ages 10-12yrs Duration 2-3hrs

V = VICTORY DEFENCE (con't)

HANDS OVER – THEN WHAT?
Game Skills

Hands Over Pressure

Drill 1

1. Set up 4 cones to mark out a narrow working space
2. 2 on 2 set up
3. Attackers position parallel with ball
4. Attacker must work to opposite end of cones
5. Two Defenders work together to identify opportunities to create V.

Considerations

1. Angle of D1's body and timing of D2's movement to create V opportunity.
2. When V is successful and A is forced back up court, what is the role of D1 & D2 in this instance?
3. Communication becomes critical between both defenders to determine which Attacking player each is going to cover.
4. D2 (green line) may contest parallel ball (being ballside) and therefore D1 (orange line) must cross to cover alternate Attacker's movement down court.
5. Or D1 positions to either contest or push high her Attacker, whilst D2 now angles body accordingly to delay her attacker's movement down court, waiting for a further opportunity to set up a V situation.

Variations

1. Set up so that Attackers are no longer starting parallel
2. Attacker is now down court and leading for ball inside the coned area
3. D1 either contests or pushes attacker high and then sets up hands over pressure.
4. Defenders must now identify if attackers are positioned 'narrow' enough to try to force V opportunity, or alternatively angle to force their attacker away from the ball.
5. Widen cones – further decision making is now required.
6. Remove cones and connect from play coming down court and/or specific situations (eg: Centre Pass).

