

Ball Handling Skills

Players need to develop the basic skills of each of the throwing techniques.

TEACHING POINTS	COMMON ERRORS
<p>Two Hand Catch</p> <ul style="list-style-type: none"> • Eyes on the ball • Move towards the ball • Extend hands forward with fingers spread and thumbs behind the ball (W formation) • Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs <p>One Hand Catch</p> <ul style="list-style-type: none"> • As for two hand catch • Extend arm to meet and snatch ball, bring the ball towards the other hand and body to control it with both hands 	<ul style="list-style-type: none"> • Eyes not on ball • Catching with the palms of the hand • Thumbs not behind ball • Arms bent and close to body • Not taking the ball while on the move <ul style="list-style-type: none"> • Not bringing the ball in to the other hand in order to control it

CHANGE IT

- In pairs pass ball between each other concentrating on catch

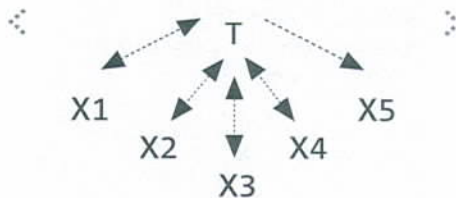
Variation:

- Surprises – Thrower stands one metre away from worker and throws ball in any direction within a three metre radius using a variety of passes; worker uses quick footwork to move to retrieve ball; work 10 passes

✕

Catch Corner Spry

- Semi-circle of five players with thrower (T) standing 2-3 metres in front
- T begins with ball and passes to each player in turn in semi-circle
- When last person (X5) receives pass they move to take T's place and T moves towards X1 and others shuffle to new position



Variation:

- Teams can compete against each other
- World record time – time how long it takes to complete drill and then try to beat this time
- Use drills from landing or pivoting section to catch on move

CHANGE IT

Pepper Pot

- Add second ball
- T and X1 both start with a ball
- T passes ball to X2 and receives ball from X1
- T passes this ball to X3 and receives ball back from X2
- This pattern continues up and back line for set number of passes or time frame (e.g. 30 secs)

Variation:

- Type of pass
- Random Pepper Pot – T passes to any player, who does not have ball, no set order

SHOULDER PASS

One hand pass used for speed and accuracy over long distances. Pass should be directed in front of receiver.

TEACHING POINTS

- Opposite foot to the throwing arm forward
- Feet shoulder-width apart, with weight on back foot at start of throw
- Ball held with two hands initially then in one hand with arm back behind the shoulder
- Arms extended with elbow slightly bent, shoulders turned
- Fingers spread wide behind the ball
- Transfer weight forward as throwing arm comes through
- Follow through with throwing arm till almost extended, fingers and wrist extend in the direction of the pass
- Rotate hips and shoulders towards target
- Direct pass to space ahead of receiver

COMMON ERRORS

- Same foot as arm forward
- Throwing hand resting on shoulder
- Weight on front foot initially – little weight transfer resulting in loss of power
- No transfer of weight from back foot to front foot
- Ball held in palm
- Elbow not bent when taken back
- No shoulder rotation as ball taken back – stab pass
- No hip/shoulder rotation as ball comes through
- Arm taken back too high and the ball travels down on release
- Hand under ball causing spin on release
- Pass not directed to space in front of receiver

CHANGE IT

- In pairs, 3 metres apart
- Shoulder pass ball between each other
- After 10 successful passes both players take small step backwards
- If pass is dropped or bounces before it is caught players take a small step forward

Variation:

- Throw for distance using bean bags
- Throw for accuracy, hit a target on wall

Shoulder Pass Pivot Pass

- Make straight lead towards T1's left shoulder
- Land on outside foot, pivot and shoulder pass to T2
- Repeat towards T2
- Reverse direction so landing is on other foot

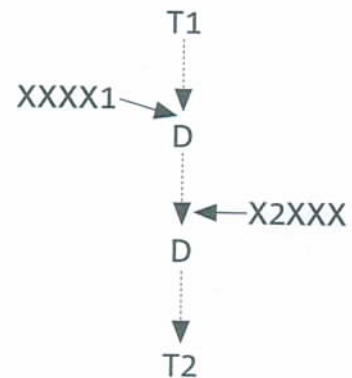


CHANGE IT

×

Overhands Drill

- Place T at either end of drill, distance depends on how far players can pass a shoulder pass
- Form two lines, one towards right of each thrower



- T1 passes ball to X1 on lead, X1 passes to X2 on lead, X2 passes to T2
- Players then join other line
- Repeat opposite direction. All passes are shoulder passes

Variation:

- Type of pass
- Add defenders (D) to put hands over pass from X1 and X2

CHEST PASS

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

TEACHING POINTS

- Stand front-on with the ball in two hands at chest height and elbows down
- Spread fingers around the ball with thumbs behind
- Step forward with weight transferred onto front foot as you push the ball with wrist and fingers
- Ball comes out evenly from both hands
- Head up - eyes looking forward

COMMON ERRORS

- Elbows at shoulder height
- Hands at the side of the ball with thumbs upward
- No weight transfer, use upper body only
- Ball pushed from palm – lack of touch on pass
- One hand dominates pass
- Head down looking at ball

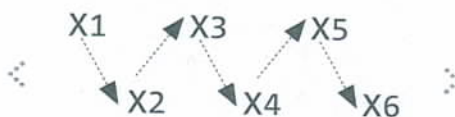
CHANGE IT

- In pairs
- Chest pass to each other

Chest Pass

Cross Ball

- Set up cross ball formation with each player at a marker
- Pass ball diagonally down line in zigzag pattern to each player
- End player passes ball back in reverse direction



Variation:

- Teams can compete against each other
- Continuous Cross Ball – After passing ball, player runs to end of cross ball formation ready to receive next pass. Continue for set distance such as length of netball court

CHANGE IT

Cross Ball Challenge

- Two teams, one running team and one throwing team
- Running team lines up in single file behind first runner who starts behind transverse line
- Throwing team sets up Cross Ball, they count number of passes
- Time frame is determined by running team. In turn each player in running team runs to next transverse line and back (one third). On completing lap the runner tags next player who begins running. After completing final lap last runner calls "Stop" and team stops passing
- Two teams change roles. Team which makes greater number of passes wins game

BOUNCE PASS

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

TEACHING POINTS

- Step forward and bend/lunge on opposite leg
- Push ball forward and downwards
- 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

COMMON ERRORS

- Step is across body
- Pass not directed downwards
- Ball released at shoulder height
- No weight transfer
- Bouncing the ball too close to the thrower
- Bouncing the ball too high

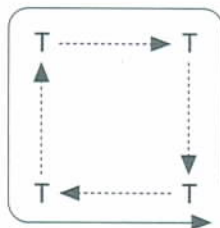
CHANGE IT

- In fours, 2-3 metres apart
- One pair bounce pass ball diagonally across square and one pair chest pass
- After 10 passes pairs swap over type of passes



Bounce Pass Throw and Run

- Bounce pass ball clockwise around square
- After passing, run anti-clockwise around square and back to start to get next pass



CHANGE IT

- Players form pairs with one ball and spread out
- On signal, pairs to bounce pass to each other for 30 seconds
- At end of 30 seconds player without ball moves to find a new partner
- Passing starts again

Variation:

- As many passes as possible
- Try to beat partner's best score

