NETS Netball Holiday Academy Suggested Activities

2 Day Program - 9yrs

Knee Program - Warm Up, Key Principles, Strength

Footwork & Movement

- Change of Direction - Session 1 - Touch & Go, Crocodiles
- Change of Pace - Session 1 - Reaction Run
- Footwork - Session 8 - Cone Wave
- Jumping & Leaping - Session 10 - Step Overs
- Running - Session 8 - Ball Pick Up, Pick Up and Drop Off

Ballwork & Passing

- Hand Eye Co-ordination - Session 3 - 2 hand
- Body Control & Ball Handling Skills - Session 5 - Around the Body
- Footwork - Session 5 - Step Overs
- Teach correct passing technique for each pass type - see coaching points
- Passing In Pairs - Session 4 - Partner Throws

Attacking & Timing

- Straight & Angled Leads - Session 3 - Colour Run
- Outside & Inside Pivot - Session 4 - Outside, Inside Pivots
- Lead, Pivot & Passing - Session 6 - Down the Line
- Single Dodge - Skills Foundation

Shooting

- Shooting Technique - Demo/Practice
- Shooting a Goal - Session 8 - Goaling
- Shooting & Movement - Session 2/ Activity 22 - Numbers Netball
- Golden Child - Activity 5
- Ten Goal Shoot Out - Activity 19

Mid Court

- Landing on the Circle Edge - Session 4 - Landing on the Circle Edge
- Space - Session 2 - Move into the Space
- Contesting the Ball - Session 4 - Race for the Ball

Defence

- Hands Over Defence - Session 4 - Arms Over
- 1 v 1 Defence - Session 2 - One on One Defence - Front
- Side Defence / Repositioning - Session 1 - Defend the Cone
- Defence of Shot (Lean) - Session 8 - Defence of Shot Lean
- Intercepting - Session 7 - Taking an Intercept

Centre Pass, Long Court - see strategies Section

NETS Netball
Get ahead of the game!

NETS Netball Holiday Academy Suggested Activities

2 Day Program - 9yrs

Knee Program - Warm Up, Key Principles, Strength

Footwork & Movement

- Change of Pace - Session 2 - Circles
- Angled Running - Session 3 - Diagonal Cone Run
- Take-Off - Session 7 - Ball Pick Up
- Footwork - Session 7 - Cone Moves
- Running - Session 10 - Colour Cone Run

Ballwork & Passing

- Catching & Throwing - Session 8 - Continuous Cone Run
- Balance & 1 hand control - Session 8 - High Ball Balance
- See Day One Sessions

Attacking & Timing

- Angled Drive/Pivoting/Passing - Session 6 - 2 Ball Work
- Accuracy Passing - Session 5 - Target Cone Throw

Shooting

- Technique
- Lead & Drop - Foundation Skills

Midcourt

- See Ball Drills (eg 2 ball crossover, tramlines, bowtie, square)
- See Day One activities

Defence

- 1st Ball Contest - Session 3 - Recovert to 1.2m
- Repositioning - Session 6 - Repositioning
- Defence of Shot (Lean) - Session 8 - Defence of Shot
- Rebounding