

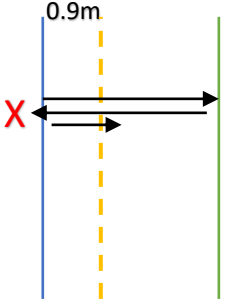
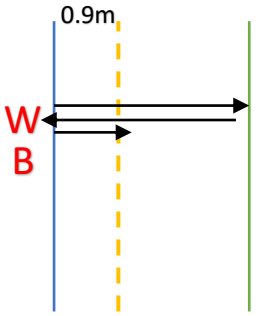
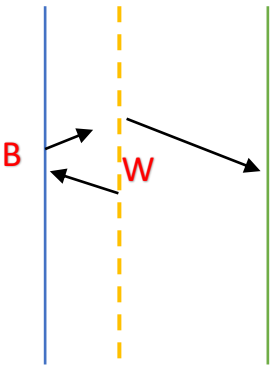
Waratah Session 4 – Target age 13 & 14 years

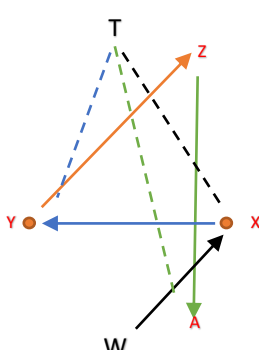
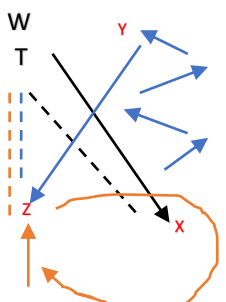
More 1v1 Defence Ball skills and Movement

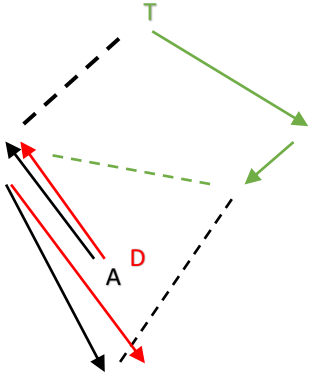
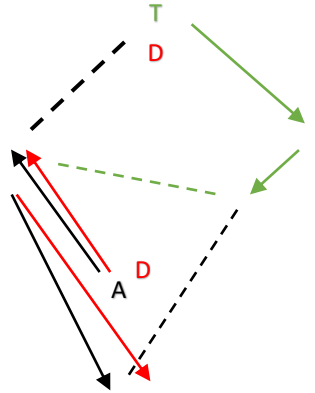


Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
Warm Up (Heat) (2 mins)	Dynamic Movement	<ul style="list-style-type: none"> • 2 x jogging laps • Small S-Runs • Large S-Runs 		
Warm Up (Mobilise) (2 mins)	Dynamic Mobility	<ul style="list-style-type: none"> • Squat + Reach • Open/close the gate (hips) 		<ul style="list-style-type: none"> • Slow your movements down → exaggerate • Big reach
	Proprioception Challenge	<ul style="list-style-type: none"> • Single Leg Balance for Time (Eyes Open/Closed) on Floor/Blue Mat + passing netball between wide arms 	<ul style="list-style-type: none"> • Falling over 	<ul style="list-style-type: none"> • Push into the ground with your big toe, little toe, heel
Warm Up (Re-Heat) (2 mins)	Calf & Ankle	<ul style="list-style-type: none"> • Toe walks Lateral • Line is Lava (Single leg lateral) 	<ul style="list-style-type: none"> • Can't keep heels away from the ground through whole movement • Touching the line on line is lava 	<ul style="list-style-type: none"> • Pretend like you are wearing high heels (toe walks) • Keep your heels away from the ground (toe walks) • Speed of movement (line is lava)
	Animal Movements	<ul style="list-style-type: none"> • Inchworm • Crab Walk (Forward) 	<ul style="list-style-type: none"> • Moving too quickly 	<ul style="list-style-type: none"> • Inchworm – start tall, reach for the ground, walk your hands out as far as you can, walk your feet into your hands, repeat

	Linear Movement	<ul style="list-style-type: none"> • Skipping for height & distance • Backwards running • Accelerations (3 x increasing intensity each rep) 	<ul style="list-style-type: none"> • Too long on ground for skip 	<ul style="list-style-type: none"> • Pretend the ground is hot
	Lateral Movement	<ul style="list-style-type: none"> • Side Stepping + Angel Arm Swing • Carioca 	<ul style="list-style-type: none"> • Feet touching on side skip • Standing too tall on side skip 	<ul style="list-style-type: none"> • Get low, feet don't touch
	Curvilinear Movement	<ul style="list-style-type: none"> • Corner to Corner Sprint + Full Decel (Forward, around top of circle) 	<ul style="list-style-type: none"> • Lack of decel ability 	<ul style="list-style-type: none"> • Small steps, get low (decel)
Warm Up (Jump & Land) (3 mins)	Double Leg	<ul style="list-style-type: none"> • Tall-to-Short / Short-to-Tall (Double Leg to Single Leg) 	<ul style="list-style-type: none"> • Lack of speed 	<ul style="list-style-type: none"> • Get from top position to bottom position as fast as possible (vice versa)
	Multidirectional / Rotational	<ul style="list-style-type: none"> • Crosses (Double Leg to Double Leg) • Rotate 90 (Double Leg to Double Leg) 	<ul style="list-style-type: none"> • Not landing on the balls of feet • Staying on toes on landing • Using too much knee bend, without any bending of the hips on landing 	<ul style="list-style-type: none"> • Anticipate hitting the ground • Stop quickly
	Single Leg	<ul style="list-style-type: none"> • Skater Hops (Left to Right, Right to Left --> Down Court) • Lateral Hops (Double Leg to Outside Leg, Facing Sideline) 		
Warm Up (Prime) (2 mins)	Partner Reactive Race	<ul style="list-style-type: none"> • Start facing each other, reactive race through transverse (One person leader, one person follower) 	<ul style="list-style-type: none"> • Standing too tall • Not watching for correct bodily cues on opponent 	<ul style="list-style-type: none"> • Stay low • Watch your partners hips

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
<p>Agility and Movement</p> 	<p>Players sprint up and back to the line and step back to cone in one fast step 0.9m back. Have a cone marking the 0.9m</p> <p>Hands over an imaginary player then work hands around</p>	<p>Feet shoulder width apart Ankles knees and hips bent Weight forward Balanced with the ability to jump or pounce at any stage Stay balanced for 4 sec as hands move around to follow ball</p>	<p>Head down Hands before distance Not one clean step back Arms too slow to react to ball Knees locked, body at full stretch not balanced</p>	<p>Drive hard Push off line Clean jump back Feet before hands Stay balanced and bent</p>
	<p>As Above, after running to line one player takes the ball at line and moves it around, player without ball is the defender to which she follows ball at the 0.9m mark. Do this x3 and switch over. Repeat</p>	<p>AS ABOVE</p>	<p>AS ABOVE</p>	<p>AS ABOVE</p>
	<p>AS Above Now player with ball drops ball after 3 sec call and then tries to make their way to 1/3 line. Defending player, Face to Face blocks player from getting back to line x3 each then change over</p>	<p>How long does the defending player stay face to face until they need to open up to go with attacker?</p> <p>Body stance of defender stay tall and use body to block player Observe how defenders turn body? into attacker or the other way? What is the most affective?</p> <p>Footwork critical with fast small steps Use of body to deny and dictate attacker</p>	<p>Turns too quickly Contacts the attacker by blocking with feet and arms, drops shoulder when attacker is about to run past them Feet get wide and player's loose pace</p>	<p>Stay face to face as long as you can Move your feet Body and arms controlled and not contacting</p>

<p>Multiple Efforts</p> 	<p>In threes and fours. T throws to X driving to X receives pass then drives to Y receives ball balances, Drive to Z to then receive a lob at A. Then Passes to W and Drill repeats. Change thrower after each player has gone through once. Repeat and reverse sides</p>	<p>Speed of Drive onto ball Gain balance and quality of shoulder pass back to T Ball placement in front of receiver Inside outside pivots Strong drive on angle and quick COD to move into back space for Lob Ball placement and eye connection from thrower to receiver</p>	<p>Over reaching and off balance on take of ball Poor body control Taking an extra step on take Ball placement not in line with pace of W or in front Pass to slow and not accurate</p>	<p>Head up see the ball Strong drive Quick COD Ball in front Shoulder pass and lob throwing technique From the shoulder</p>
	<p>T has ball W comes from behind T and takes an angled pass at X A pivot and throws back to T then Defensive Shuffle back Y, pushes off on 45degrees and receives pass hard and flat at Z. Clears and then drives forward to receive pass at Z Moves to back of line next player goes. Change thrower after each player has gone through once. Repeat and reverse sides.</p>	<p>Strong fast movement Landing of player Ball placement in front of the moving player Receiver to gain balance as quickly as possible to the give a technically correct pass Hips around Vision to the ball</p>	<p>Poor movement throughout circuit Eyes not at thrower Ball Inability to change direction fast enough Lunges to the ball instead of running through it Does not get body balanced to deliver a good pass back to T instead twists and does not have hips around.</p>	<p>See the Thrower Drive Hard Bend into COD push off hard Drive hard Run through the ball Balance and deliver a good pass Work at pace Let the ball go</p>
	<p>Player works the Square Start at W and crab as fast as they can to X to receives pass. Then runs to Y and then drives back for a high ball take at X. Then drives to Z receives a shoulder pass, then drives to A for a pass then drives forward to T for 2 quick surprises. Worker becomes the thrower.</p>	<p>Player unable to repeat efforts at pace AS ABOVE</p>	<p>AS ABOVE</p>	<p>AS ABOVE</p>

<p>Dictate and Deny</p> 	<p>Groups of 3. T throws ball up in air. A attacks for ball on 45 degrees, D contests and recovers to 0.9m hands over the ball.</p> <p>A Passes to T down court and then re-offers into space to receive a pass from T.</p> <p>D must dictate and deny A doing this, then open up to contest that ball.</p> <p>Keep rotating positions</p>	<p>Look at the angle of the hands over Did the defender step back 0.9 m and not obstruct?</p> <p>Look at her body positioning AS ABOVE.</p> <p>Arms over ball.</p> <p>What cues are there for the defender Ask the player?</p> <p>What is D intent?</p> <p>Where is she herding A?</p> <p>Body position Ability to COD quickly</p> <p>Timing of opening up to the ball.</p> <p>Vision: must see player and ball.</p>	<p>D's body position can only see A and not T.</p> <p>No awareness of the 3 sec rule, be able to sight ball as at 3 secs ball must be released.</p> <p>Footwork Steps too big and too slow.</p> <p>Must be able to move quickly as A is moving at pace.</p> <p>No intent and D just chase.</p> <p>Turns the wrong way.</p> <p>Allow enough practice for players to find the best way to turn to get around quickly.</p>	<p>What is your intent as D?</p> <p>Footwork small fast steps</p> <p>Move at pace</p> <p>0.9 metre Distance before hands</p> <p>Herd Dictate and deny</p> <p>Get around</p> <p>See the Ball</p> <p>Attack the ball.</p>
	<p>Get into groups of 4. Now T must pass the ball over hands and work for ball.</p> <p>Affectively a 2v2 down court</p> <p>Rotate positions</p>	<p>Stay with your player.</p> <p>Look at the initial starting position of D on T.</p> <p>Head up seeing player and ball.</p> <p>Early prep in both attack and defence.</p> <p>Body position.</p> <p>Footwork small fast steps Turn quickly and angle of body to see player and ball.</p>	<p>Players are too far away from attacker and just chase</p> <p>Too fixated on player and cannot see ball</p> <p>Turn the wrong way when opening up to the ball</p> <p>Do not deny for long enough Do not make the attack work harder enough or deny them space</p> <p>Not aware that the angle of their hands over is making it harder for themselves by not denying angles or provides to many options to the attacker</p>	<p>Intent where do you want her to go.</p> <p>Body position What can you see?</p> <p>What space are you denying?</p> <p>Footwork keeps adjusting to the attackers' changes?</p> <p>Keep working to find your player. As Above.</p>
<p>Scenarios Sideline throw-ins</p> <p>Half Court netball continuous from back line</p>	<p>Really watching for multiple efforts. Starting position Contest first ball. Recover Hands Over Dictate Deny Repeat</p> <p>Keep working on attacking moves with good strong COD.</p> <p>Take the defender one way Get her head moving.</p>	<p>Players often do not do multiple efforts in dynamic situation. They stop first ball contest and just put hands over and then turn without denying.</p> <p>Coaches need to keep coaching in dynamic situation.</p> <p>Watch for long slow leads.</p> <p>Keep working on the attackers' moves being dynamic and strong and varied.</p>	<p>As Above</p> <p>Starting position</p> <p>See player and ball</p> <p>Go again multiple efforts</p> <p>Attackers Early Prep</p> <p>Strong definite moves</p>	