

	Foundation NetSetGO	Development 11-13 Years	Intermediate 14-15 Years	Advanced 16-17 Years	Elite 17 Years & over
Movement Skills	NET (5-6 Years) <ul style="list-style-type: none"> • Balance • Jump/leap/hop and landing (1 foot / 2 feet) • Pivot – outside turn • Sprint • Side step • Take off and sprint 	<ul style="list-style-type: none"> • Working a number of combinations (directional footwork) • Pivot - inside turn • Sprint and change direction • Change of pace 	<ul style="list-style-type: none"> • Speed of footwork • Recovery footwork 	<ul style="list-style-type: none"> • Shuffle / slip step • Turn in the air 	<ul style="list-style-type: none"> • Turning from a sprint movement • Deceleration and safe landing after sprint • Application of all movement skills in court setting
	SET (7-8 Years) <ul style="list-style-type: none"> • Sprint, decelerate and stop • Jump off right and left foot and both feet simultaneously • Land and balance on right or left foot and both feet 				
Ball Skills	NET (5-6 Years) <ul style="list-style-type: none"> • Catch • Chest pass • Shoulder pass 	<ul style="list-style-type: none"> • Application of Lob • Overhead pass • Introduce the fake pass 	<ul style="list-style-type: none"> • Introduce one hand control • Application of the fake pass 	<ul style="list-style-type: none"> • Introduce use of ball on either side of body • Timing on release of pass • Variety of options under pressure • Step around pass • Hook ball into catch 	<ul style="list-style-type: none"> • Catch high and low balls one handed • Release from any point of catch • Advanced use of ball on either side of body
	SET (7-8 Years) <ul style="list-style-type: none"> • Bounce Pass • Lob 				
Attacking Skills	NET (5-6 Years) <ul style="list-style-type: none"> • Straight lead • Single dodge • Change of direction 	<ul style="list-style-type: none"> • Double Dodge • Split/Re-offer • Combine into simple movements on court • Lead and drop • Clear and drive • Introduce Hold • Double Play – give and go 	<ul style="list-style-type: none"> • Half roll, full roll • Front cut • Lunge to catch • Application of the Hold • Spatial Awareness <ul style="list-style-type: none"> ○ Creating space ○ Recognising space ○ Moving into space ○ Repositioning <ul style="list-style-type: none"> – in a crowded situation – after delivery • Reading the Play <ul style="list-style-type: none"> ○ Vision ○ Body cues • Timing of leads • Attacking against 1 on 1 or double defence • Using triangles/swing 	<ul style="list-style-type: none"> • Drive, stop and lunge back • Feeders hitting the circle edge • Basic Screens 	<ul style="list-style-type: none"> • Position & Feeding <ul style="list-style-type: none"> ○ Feeding shooters in the circle ○ On and off the circle ○ Relationships within Attack unit ○ Read game to apply screens • Resetting • Outlet pass strategy <ul style="list-style-type: none"> ○ From Stoppages ○ From Turnovers • Attack against area defence strategy and off-line
	SET (7-8 Years) <ul style="list-style-type: none"> • Lead, pivot & pass 				
	GO (9-10 Years) <ul style="list-style-type: none"> • Two leads 				

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Defending Skills & strategies	NET (5-6 Years) <ul style="list-style-type: none"> Shadow movement Shadow defence 	<ul style="list-style-type: none"> Defensive footwork One on one - defending from the front to dictate One on one - defending from the side Repositioning – front and side 3 Phases of Defence 1.First ball pressure to a contest <ul style="list-style-type: none"> Application of interception 2.Hands over ball (recovery to dictate pass type or direction) 3.Dictating or denying the space Defence of the shot (two hands, jump) and deny space to contest a rebound Rebounding 	<ul style="list-style-type: none"> One on one – defending from behind Extend one on one defence of the player to explore: <ul style="list-style-type: none"> Positioning Reading the play Timing Interception/transition Recovery Extend dictating or denying the space Double defence Positional choice for defence of shot Strategies for rebounding 	<ul style="list-style-type: none"> 1v1 defence <ul style="list-style-type: none"> Switching Sagging Two on one Back and up to intercept Split circle Work together – in/out of circle Defence of the shot – inside hang, double jump by one defender 	<ul style="list-style-type: none"> Defence on and off the circle (WD/C) Relationship of defensive unit - relevant roles Area Defence – including box, diamond and triangle Off-line (off the line of the ball) Defence of the shot: <ul style="list-style-type: none"> using the lift against the shuffle shot
	SET (7-8 Years) <ul style="list-style-type: none"> Hands over the ball 				
	GO (9-10 Years) <ul style="list-style-type: none"> Recovery to 0.9 metre (three feet) Defence of shot (lean) 				
Shooting Skills & Strategies	NET (5-6 Years) <ul style="list-style-type: none"> Basic shooting action 	<ul style="list-style-type: none"> Basic shooting action increasing distance from post Rebounding Introduce working together in and out of circle Shooter rotation 	<ul style="list-style-type: none"> Shooting Technique – correct and accurate Step forward/back/side Shooter hold Shooter to shooter passes <ul style="list-style-type: none"> Working together - Rotation extension from the shooting position In and out of the circle One holding and one moving including working with a tall shooter 	<ul style="list-style-type: none"> Shooting Technique -variation on timing and release Shooter to shooter passes <ul style="list-style-type: none"> Working together Splitting the circle Closed circle Basic screens including toe to toe 	<ul style="list-style-type: none"> Types of movement to shot – jump, shuffle, fake, falling out of court and layup shot Circle entry and exit Shooters working together (space awareness, vision and balance in the circle) Awareness of space between WA and C Understanding of attack unit Set ups for stoppages in and out of circle Inside and outside links between GS, GA
	GO (9-10 Years) <ul style="list-style-type: none"> Rebounding 				
Strategies	SET (7-8 Years) <ul style="list-style-type: none"> Basic centre pass options Basic goal line throw -ins 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> Narrow (one behind other) Wide Back e.g. GD, WD Centre pass defence options: <ul style="list-style-type: none"> 1 on 1 Throw in options: <ul style="list-style-type: none"> Narrow Wide Back (except goal line) 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> 1 off the line 2 off the line Centre pass defence options: <ul style="list-style-type: none"> 2 on 1 Through/long court transition 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> Screens overload Centre pass defence options: <ul style="list-style-type: none"> wall forcing attack wide Shooter throw-ins – attack and defence strategies Outlet pass from intercept or rebound 	<ul style="list-style-type: none"> Reading play to apply appropriate strategies <ul style="list-style-type: none"> Penalty pass/shot and free pass - pass options defence strategies