

SAFE LANDING

When landing on one leg it is important to teach the players which leg they should be landing on. This will depend on which way they are leading.

TEACHING POINTS	COMMON ERRORS
<p>Two Feet</p> <ul style="list-style-type: none"> Land with feet shoulder-width apart to give a firm support base Keep body upright, bend at hips, knees and ankles on impact to cushion landing Continue to bend knees after impact to assist with a balanced soft landing Body weight over both feet with shoulders even and weight on both feet Knees should stay in line with the feet over the toes 	<ul style="list-style-type: none"> Landing with feet too close together Not continuing to bend knees, ankles and hips on and after impact Knees knock in on landing
<p>Right/Left Foot</p> <ul style="list-style-type: none"> If player leads to the left, they should land on the left (outside) foot; if player leads to the right, land on the right foot Body weight over the outside foot with shoulders even and weight on the outside foot Place other foot on the ground quickly to help absorb impact and provide balance Keep body upright, bend at hips, knees and ankles on impact to cushion landing Continue to bend knees after impact to assist with a balanced soft landing Knee should stay in line with foot over the toes 	<ul style="list-style-type: none"> Landing on incorrect foot Not bending knees, ankles and hips on and after impact to cushion landing Knees knock in on landing Second foot not landing quickly and overbalancing on the first One shoulder is dipped – usually same side as landed foot

CHANGE IT

- As middle drill but remove the pass
- Two foot land only

Variation:

- Jump and land in hoop, over a line or rope.

Two Foot Land

- Run 2m towards thrower (T)
- Catch and land on two feet
- T passes ball to enable worker (W) to land on both feet (a bounce pass would not be suitable)



CHANGE IT

Continuous Captain Ball

- Player (T) stands in front of the line
- Worker (X1) leads forward and receives pass from T
- Worker lands on two feet, balances and passes ball back to T
- X1 runs to stand behind T
- Repeat until one player (X4) remains. This person does not move but receives a pass from T
- X4 becomes T, drill repeated until all players have taken role of T



Variation:

- Types of passes
- Angle lead left or right

SPRINTING

A good sprinting technique assists in the correct application of attacking movements.

TEACHING POINTS	COMMON ERRORS
<p>Forward Sprinting</p> <ul style="list-style-type: none">• Arms/legs move in opposition• Slight forward lean of the body• High knee lift• Land softly on balls of feet• Arms drive forward in relaxed style, elbows bent• Keep head erect and eyes up	<ul style="list-style-type: none">• Arms at side of body not driving• Eyes looking down• Low knee lift• Running on heels or toes
<p>Backward Running</p> <p>Backward running is only used for a very short distance in netball. Generally only two to three steps are taken before another movement is employed.</p> <ul style="list-style-type: none">• Arms/legs move in opposition• Body in upright position• High knee lift• Land softly on balls of feet• Arms drive in relaxed style, elbows bent• Keep head erect and eyes up	<ul style="list-style-type: none">• Arms at side of body not driving• Eyes looking down• Low knee lift• Heels on ground

CHANGE IT

- As the middle drill but remove pass
- One foot land only

Variation:

- May use hoop or circle drawn on ground to indicate where to land



One Foot Land

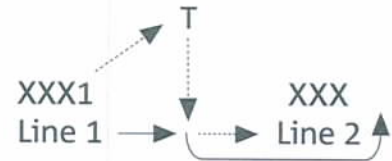
- Run 2 metres towards thrower (T)
- Catch and land on one foot, bring other foot down to balance
- Repeat:
 - Land on opposite foot
 - Leading at 45 degree angle to right and left



CHANGE IT

Timing the Run

- Two lines facing each other with thrower (T) in front
- Worker (X1) passes ball to T, leads forward from line 1 and receives pass from T
- X1 lands on one foot, balances and passes to line 2 and moves to end of line 2
- Player from line 2 passes to T, leads to receive pass from T



Variation:

- Passing on run
- Type of passes

TAKE-OFF

Stride length should be short on take-off; therefore the feet are on the ground more frequently which allows more force to be applied and more speed to be produced.

TEACHING POINTS

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right take off with the right foot and vice versa.

COMMON ERRORS

- Initial step back before driving forward
- Same arm and same leg
- Arms at side of body not driving or swinging across the body
- Stride length too big
- Eyes looking down

CHANGE IT

- On command, sprint forward
- Use small step for take-off
- Avoid a 'step back'

Variation:

- Take off with prescribed leg

Take-Off

- Stand behind line with stance described at beginning of footwork and movement segment
- Sprint at 45-degree angle to right (first step should be with right leg)
- Repeat to left, take off with left leg
- Avoid 'step back' movement.

CHANGE IT

- Prior to players taking off, forward or to right or left:
 - Face another direction, e.g. face back down court
 - Complete another movement, e.g. jump, fast feet, side step etc

JUMPING AND LEAPING

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed. If running straight at the thrower then a two foot take off is preferable. But if running on an angle to the thrower, a one foot take off should probably be used.

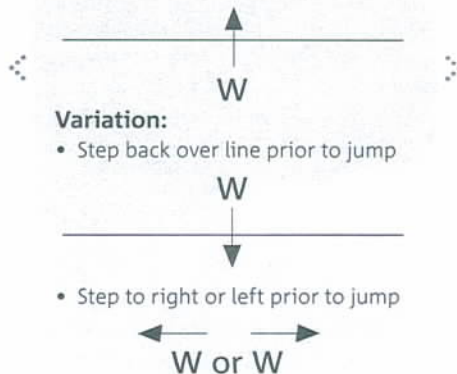
TEACHING POINTS	COMMON ERRORS
<p>Two Foot Jump</p> <ul style="list-style-type: none"> Bend slightly at the knees, hips and ankles, weight forward over toes Step into take off with a quick left-right or right-left step pattern Use both arms to drive up to extend towards the ball Land on both feet, cushioning the landing by bending at the knees, hips and ankles 	<ul style="list-style-type: none"> Weight back on heels of feet before take off Extra step not taken so only a one foot take off used Knee straight before take off Arms not used to extend to full height Landing on one foot Timing of jump is incorrect
<p>One Foot Leap – Right/Left Foot</p> <ul style="list-style-type: none"> Bend slightly at the knees, hips and ankles, weight forward over toes Push strongly off take-off foot Use both arms to drive up and extend towards the ball Land on the foot away from the thrower, cushioning the landing by bending at the knees, hips and ankles 	<ul style="list-style-type: none"> Weight back on heels of feet before take off Knee straight before take off Arms not used to extend to full height Landing on incorrect foot (inside foot) Timing of jump is incorrect

CHANGE IT

Two Foot Jump

- Stand behind line with stance described at beginning of footwork and movement segment
- Step over line with quick left, right or right, left - step pattern so both feet over line
- Jump into air to receive pass.

- As middle drill but remove pass
- Jump only



- Add three to four steps prior to take-off steps either forward, backwards or sideways

Variation:

- Step back over line prior to jump
- Step to right or left prior to jump

Leap

- Stand with stance described at beginning of footwork and movement segment
- Push strongly off take-off foot at 45 degree angle
- Catch ball thrown by thrower (T), and land on foot away from T

- As middle drill but remove pass
- Leap only

Variation:

- Leap over series of cones



- Ball thrown between two stationary throwers (T)
- Third person (W) times leap to catch a high ball
- Work all angles

