

For each of the following netball skills the teaching points and common errors will be provided along with the first five steps of skill progression. Remember to add the dynamic drill and court application steps.

FOOTWORK/MOVEMENT SKILLS

There are a large variety of movements which can be used on court as an attacking or defending player. The skills of sprinting, landing, dodging and jumping are movements most effectively performed incorporating timing, balance and control.

CHANGE OF PACE

- The ability to utilise variation in speed is an important skill to be developed. For example; players should practise the different speeds required when driving strongly to receive a pass and when clearing a space for a team mate
- The ability of players to vary their speed also involves understanding the correct timing of a lead and an awareness of the positioning of team mates and their likely next lead. For example; a clearing lead from a GA followed by a strong drive into the goal circle to receive a pass after noting the position of the GS.

MOVEMENT PATTERNS

- Movement patterns and the ability to combine and link a series of movements forward and backwards with side stepping and elevation are key fundamental skills that should be developed
- The ability to switch quickly between patterns of movement and change direction will assist to open attacking spaces on court by taking the opponent away from the intended attacking position

RECEIVING A PASS ON THE RUN (1 FOOT LANDING)

As players develop they will start to deliver the ball more quickly, even on the run. Balance and control on landing during this movement is essential to ensure the next pass is accurate.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• Players should try to continue their natural running action landing on the leading foot, stepping onto the other foot and passing before re-grounding the landing foot	<ul style="list-style-type: none">• Watch for players dragging the back foot while trying to regain balance• Catching the ball while the back foot is still grounded and not recognising this as the landed foot• Not maintaining a strong upright body position and throwing off balance• Landing on a straight leg

PIVOT (INSIDE TURN)

The inside pivot is usually used when a player receives the ball in a controlled manner and wants to turn into the play to release the ball quickly, often used to set up a double play. Whilst the player may aim to pivot away from the defending side, the ability of the player to use an inside or outside pivot is dictated by the type of pass received and the ability of the player to slow down and control the landing. When receiving a pass at full stretch in front of the body the player should continue the natural body movement using an outside pivot.

Do not insist players perform an inside pivot as part of a drill if the accuracy of the thrower's passes is inconsistent.

TEACHING POINTS	COMMON ERRORS
<p>Pivoting must always be on grounded foot</p> <ul style="list-style-type: none"> • Bring weight over grounded foot • Bend knees slightly • Turn on ball of pivot foot, push off with other foot to provide direction and balance • Players must be able to turn quickly after receiving a pass • Keep ball close to body and positioned ready to throw <p>Inside pivot</p> <ul style="list-style-type: none"> • An inside pivot may be used if the pass is closer to the players body (for example; a chest pass or a high ball) and the player is able to balance and control the landing • The movement is reversed with the player stepping back so as to see play in the middle of the court 	<ul style="list-style-type: none"> • Pivoting before the ball is securely caught • Pivoting into opponent • Dragging the pivoting foot in the pivot action • Pivoting with the leg straight • Weight not over grounded foot • Grounded foot is lifted and re-grounded during pivot • Gaining ground during the pivot by transferring weight on the grounded foot (from heel to ball) ball not brought into body after catch

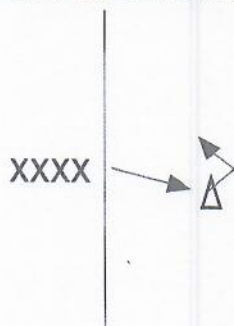
1. Explanation and Demonstration

2. Basic Movement / No Equipment

Partner Tag Variation - Players are paired off. On command, one player uses a variety of attacking moves to try to evade their partner. When caught the player must complete a reverse pivot before chasing their partner. Players therefore change roles. Play for a period of time.

3. Basic movement with equipment

Line groups of 4 players up behind a line. Drive out towards a cone (keep distance short) at a speed where the player can slow down and control the landing. Reverse pivot to face group, return to back of line.



4. Add a ball

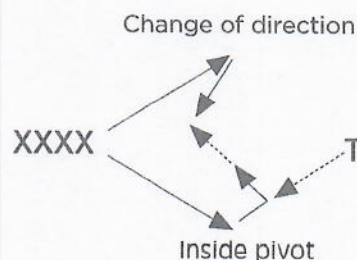
- Add a ball to number 3
- Split and Reoffer Drill

First person to receive ball must be able to slow and control landing (ball passed to player not in front). Inside pivot and pass to second player who has reoffered down court.

Do not do an inside turn if the ball is caught on extension.

5. Add an opponent

Add a defender, pass first pass to undefended player so ball not caught on extension.



SPEED – CHANGE OF PACE

A change of pace can be used to change the timing of a lead and/or to clear space.

TEACHING POINTS	COMMON ERRORS
<p>FOR SPEED:</p> <ul style="list-style-type: none"> • Slight forward lean of the body • Arms/legs move in opposition • Lead leg goes straight forward without a backwards movement • Accelerate rapidly - quick short steps • Land softly on balls of feet • High knee lift • Arms drive forward in relaxed style, elbows bent at 90 degrees 	<ul style="list-style-type: none"> • Arms at side of body not driving • Eyes looking down • Low knee lift • Stepping back before driving forward

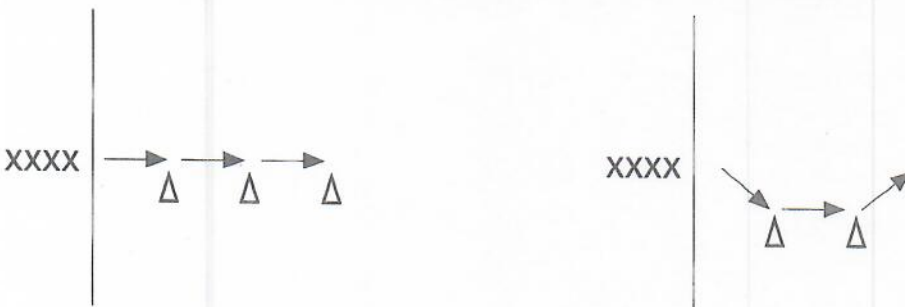
1. Explanation and Demonstration

2. Basic Movement / No Equipment

Line up behind the base line next to a partner, one person in each pair nominated as the leader. Players to move forwards, only altering speed to aim to lose their partner. Partner must try to stay beside. Swap roles and repeat.

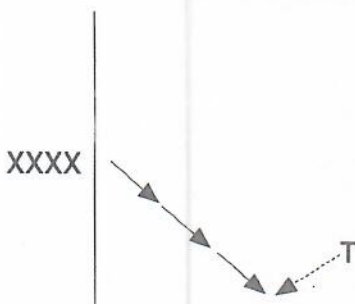
3. Basic movement with equipment

Line groups of 4 players up behind a line. Stagger cones at varying distances in front of the group. Practise a variety of changes of pace - slow, fast; fast, slow, fast; etc. Alter angles of drive.



4. Add a ball

Add a ball to number 3, vary the number of moves, but remember the ball needs to be thrown within three seconds. Pass ball during a fast move not on a slow move, e.g. ball is passed when player loses opponent on take-off.



5. Add an opponent

Add a defender, use a variety of changes of pace to lose the defender and therefore receive the pass. Turn and pass back to the front of the line.

SLOWER MOVEMENT SIDE STEP

The side step can be used to clear space in a clearing move or when shadow defending an attacking player.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> • Facing side on to the direction of travel with feet shoulder-width apart • Knees slightly bent, weight on balls of feet, body upright and arms by side • Step wide with the leading foot • Bring second foot across towards the first foot back to shoulder-width apart 	<ul style="list-style-type: none"> • Feet too wide or too narrow • Feet come together when second foot is brought across or too large a step • Movement action is too high in air - creating a bouncing effect • Body bent forwards • Arms too high

1. Explanation and Demonstration

2. Basic Movement / No Equipment

Players lined up on side of court side step into the centre leading with one leg and return to the sideline leading with the other leg. Repeat several times/

3. Basic movement with equipment

Players form 2 lines behind the baseline either side of the goal post. Two players lead, at the same time, to the top of the goal circle, turn to face the circle and side step around the goal circle (one going left and one going right) to the base line. They then jog along the back of the court to join the line on the other side and repeat side stepping on the other half of the goal circle.

4. Add a ball

Thrower (T) and attacker start close to each other. Attacker side steps left or right around markers to clear then drives back towards T to receive a pass.

5. Add an opponent

As for progression 4 but take the markers away and use an opponent on the attacker

NB. Ensure the side stepping clear is wide into another channel of the court.

