Nets Netball Specialist Session

Holiday Academy

NSG - 7/8/9yrs

Reaction Game - 5 mins

Coach <insert your name> Says

1 cone & 1 ball between 2 players

- Players stand with feet shoulder width apart and knees slightly bent, eyes up
- Coach calls instruction, head, shoulder knees stomach, mix it up
- Players follow instruction placing both of their hands on the correct body part
- Coach then says go first player to get 2 hands on the ball wins

Team Building - 5 mins relay

Group of 5 players, with 3 balls

- Players line up single file with a ball between each player
- PbPbPb
- The group then walks down the court and back without dropping the ball

Midcourt

Side Step around the circle edge

- Eyes Open (repeat twice)
- Eyes Shut - coach stops the player when the player moves away from the line, rep twice

Run to Circle Edge

- Players line up on the transverse line facing the goal circle on coaches command players run and stop on the circle edge - repeat twice
- Repeat but this time players run with their eyes shut, if players go off side the coach stops player to see where they are - repeat 3 times

Defending Skills

Hands Over Ball

- Line players up on side line, transverse line, base line
- Get player to step forward 1.2m (NSG)
- Instruct players to stand with feet hip distance apart, knees slightly bent, hands down beside hips
- On coaches command get players to push (step) off hard (more than 1 step required for 8/9yrs) to the line with feet hip distance apart, knees bent and arms should be brought to the ready position (bent at 90) - repeat until majority have correct technique
- Now introduce arms over, but make sure they get their distance before hands

Shooting

Technique - ONLY use netta height hoop

- Practice flick, laying down, standing up
- Golden Child
- Triangle - in and out

Ball Drills

Bowtie (Z Drill)

Pings

Tramlines

Centre Pass options