

SERIES 3



Sue Gaudion & Lyn Pemberton

TIME	SESSION	CONTENT
8:30am – 9:30am	Get your Defenders feet moving! <i>Game Skills</i>	Defenders must develop specific footwork in order to perfect the craft of Defence. Join Lyn as she shows you how to 'move your feet'!
9:30am – 10:30am	What's left to do when the Shooter has the ball? <i>Game Skills</i>	Learn the four key skills a defender must develop once a goaler has the ball and is ready to shoot. 'Last line of Defence' with Lyn.
10:45am – 11:45am	Hands Over – then what? <i>Game Skills</i>	Applying pressure on the pass is a skill and Sue will show you the various ways to do this. But then what next? Learn what is 'V Defence' and how to coach it effectively.
11:45am – 12:45pm	From 'Mine' to 'Ours' <i>Game Units / Knowledge</i>	Defensive partnerships in the circle become more effective when defenders develop an awareness from 'mine' to 'ours', or otherwise known as 'Split Circle Defence'.
1:30pm – 2:30pm	Know the Pattern – Create the Intercept <i>Game Units / Knowledge</i>	Sue will take the 'Mine' to 'Ours' session one step further and show you the familiar patterns that happen inside the circle; and how defenders 'can' create intercepts.
2:30pm – 3:30pm	Transition into Defence <i>Game Sense</i>	It is essential to develop from an early age the importance of every player's role to defend and attack equally. Sue will show you some fun games to achieve this.
3:30pm – 4:30pm	Quick Fire	This is your opportunity to put Sue and Lyn under the pump! You ask the questions, we give/show you the answers. On court or off court, it's up to you ... load your guns!

Sunday 28th June 2015
www.thegoodthebadtheugly.org



GET YOUR DEFENDERS FEET MOVING PROCESS and AWARENESS

UNDERSTANDING DEFENSIVE FOOTWORK AGILITIES

Left, Right, Forward, Backward, Up, Down, Run, Block, Return Run, Shadow, Slide and Shuffle, Roll-off

Defensive footwork is not for the faint hearted – it is hard slog, but with a great return and is not just for the circle defenders – everyone is a defender once you lose possession of the ball. Defence footwork is all about combination and repeatability.

7 REASONS THAT DEFENCE WINS GAMES AND SHOULD BECOME YOUR PRIORITY

1. **You Can Control**

Defence is something that you can more easily control on the NETBALL court. You can't always control how many goals a shooter actually slots through the ring, BUT you can control the intensity, effort and execution of your defence.

2. **Great Teams Play Tremendous Defence**

When you think about it, almost every championship netball team has great defence and the least number of goals scored against them % wise. (Very tall shooters in a team can change this %).

3. **Quickly Become Competitive**

Besides recruiting players, developing a great defensive team is the quickest way for you to develop a competitive team. This is why coaches need to place more emphasis on defence at the beginning of the season and try to develop it as quickly as possible. You can develop great defence a lot quicker than attacking skills. Anyone can play defence, if they have the heart and are eager to put in the hard slog.

4. **Defence Gives You Consistency**

Defence will keep you in games on those bad attacking or shooting days.

5. **Great Defence Leads to Easier Attacking Opportunities**

One of the best ways to score easy goals is to fast break/ transition into attack. What leads to fast breaks? By having exceptional defensive footwork, defensive rebounding skills and having the ability to create turnovers. So it doesn't matter if you're a team that plays one on one, zone or offline, if you can play great defence it will lead to more attacking opportunities.

6. **Exceptional Footwork Improves Defensive Positioning and Anticipation**

If your players are constantly getting beaten and are out of position defensively, they can't be effective and it leaves holes in the unit defence. This leads to open corridors for attacking players to run and cut freely to space. If defenders can contain the attackers and work their defensive position/angles, this will lead to more defensive turnovers, which means fewer goals for your opponent and more scoring opportunity for your team.

7. **Everyone Can Play Defence**

Attacking requires finesse, timing, space awareness; defence needs heart, excellent reflexes, persistence, footwork, the ability to work as a unit, read the play and communication; everyone on the team can learn to play defence.

REMEMBER

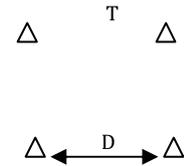
It is important to have balance between attack and defence, however there is good reason to place more value on defence. Quite simply, it is more consistent than attack, especially at the younger ages. Not everyone can be a great shooter, but since defence is largely about desire, concepts and positioning, everyone can contribute.

Don't forget the mental impact a good defence can have on your opponent. Good, aggressive defence will lead to more forced passes and shots, often leading to more turnovers and missed shots, as the game progresses. Defenders must remain disciplined, otherwise you invite the umpire into the game and your players end up spending more time 'out of play', rather than 'in play'.

2m x 2m x 5 efforts - extend to 3m x 3m x 5 efforts etc / work both sides / Add T & A to moves

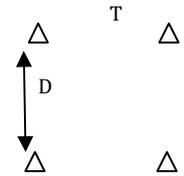
Defensive Slide / Shadow - left and right

1. Going left - push right foot, step left foot
2. Going right - push left foot, step right foot



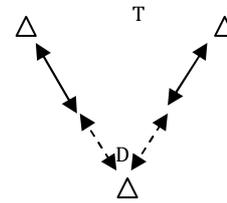
Combination

1. Sprint forward / backwards - back peddle
 2. Shadow footwork - back facing outside
 3. Blocking footwork - back facing inside
- Put the three footwork styles in combination



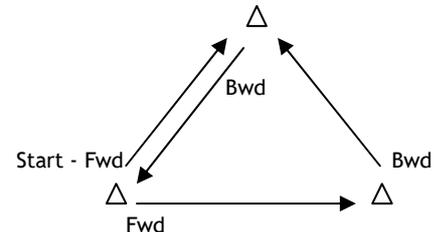
Slide to Sprint off COD

1. Try to start with shadow/slide defence
2. Then move into sprint if needed - if you sprint instantly, attacker loses you on COD Change of Direction.
3. Butt to hip and chin to shoulder



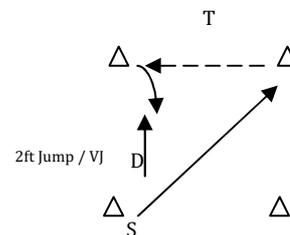
Forward and backward movement needs practice

1. Transition from one to the other needs to be smooth so the defender doesn't look like they are stuck in the change.



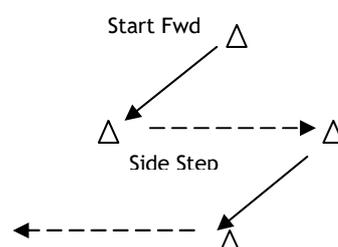
Footwork Combinations

1. Sprint on the 45°
2. Block to left - back facing inside
3. Open (drop step with right foot) return run, 2ft square up elevate for high ball.



Change of direction

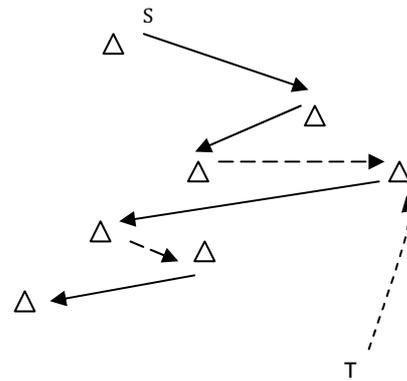
1. 45° forward movement - remembering to power off with the outside leg eg if contesting an intercept to the right, the power leg is the left leg and the right foot is the take off foot - the same principal for when you are an attacker
2. Remember the power leg going into slide, as above



Change of direction

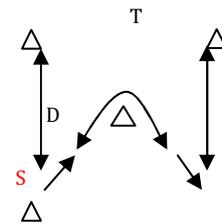
1. Mix up the length and width of the footwork patterns, short sharp 1, 2 step sprint, slide to 4, 5 step spring slide combos.
2. Place the ball in for high elevation intercepts, or low ground reaction balls.

Always working on pushing off the outside foot on the change of direction, to create power



Repeatability - Combinations

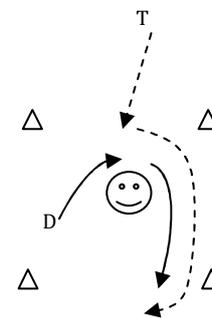
1. Sprint forward / backward x 2 (turn look over shoulder on the inside)
2. Sprint on the 45 - shadow footwork x 3 - left, right, left, right, left, right
3. Return sprint to bottom right marker
4. Forward / backward x 2 (turn look over shoulder on the inside)
5. The above is one whole effort - build up to 5 efforts.



Anticipate front back positioning

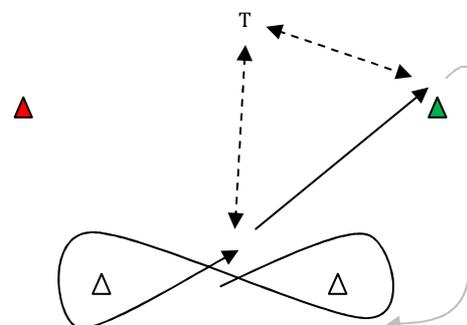
1. Defender start 1 step behind and to side
2. Come around the front - intercept
3. Then cover back move
4. Contest 1st ball around body - front and 2nd ball on the high ball - back

Nb. Don't reposition until the ball is released.



Footwork and reaction to intercept

1. Defender working various footwork
2. Sprint through between the markers
3. Quick combo of slide and drop step to get around the markers
4. Sprint through and take ball again and give to thrower - take it like an intercept, not attack
5. Thrower call - red or green and defender must sprint and take intercept again at that marker.



Positioning and Repositioning with footwork

Work 1 step square up - initially without the ball

1. One step forward – square up elevate
2. One step side – left or right – square up elevate
3. One step 45°back – left or right – square up elevate
4. One step back – square up elevate

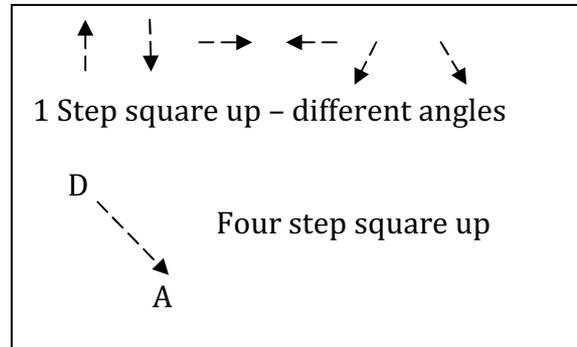
Add

1. Add a ball to all the movements above
2. Add Attacker who is stationary to all the above
3. Add ball & Attacker on the move to the above
4. Add 4 steps to everything above using explosive side step – no attacker
5. Add 4 steps to the above with the ball and a moving attacker

Reason for training your defender to be able to go up and down in the 1 spot

1. Avoid floating out over the goal line or offside
2. Avoid contacting the attacker on landing

Avoid taking the landing space of the attacker – thus incurring a penalty contact call.



Repositioning – side to square front

1. Defender stand side on to Attacker (facing), as ball released by the thrower
2. Defender must step forward with lead leg (leg closest to Thrower)
3. Then step across with inside leg (leg closest to Attacker)
4. Take up front position on the Attacker, Defender come off a two foot take off to intercept the delivery
5. Work both left and right sides.

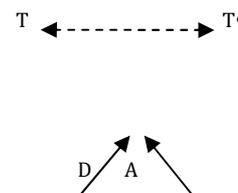


Reposition ballside – using a shadow stance

1. Defender position on 45 shadow position in front of Attacker, as ball swings between Throwers reposition ball side (back to attacker)
2. Lead leg closest to Attacker
3. Throwers don't throw too quickly.

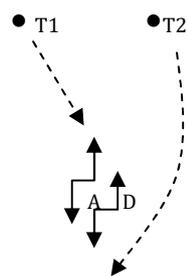
Add

1. Throwers can deliver a ball to Attacker in front, Defender react and get in front for intercept
2. Throwers work the ball down court for 2 or 3 passes and then deliver to Attacker – Defender adjusting ball side with quick footwork.



Repositioning variations

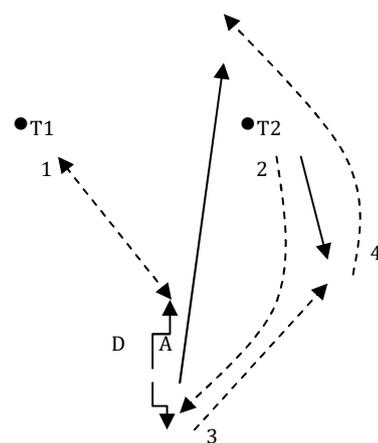
1. Start the throwers further away and as defender improves, bring throwers closer for quicker reaction training for defenders footwork
2. Combine the various movements - back to front - front to back - side to front, side to back intercept
3. Defender do not leave until the ball is thrown
4. Thrower read the defender, if she anticipates too early and moves; pass to the opposite space - this teaches the defender very quickly to read the release of ball
5. Thrower 1, pass high in front of Attacker
6. Thrower 2, then passes high behind Attacker
7. Defender must move quickly to intercept passes front and then back.



Transition after Intercept

Set up as per above

1. Defender return ball to Thrower 1 after intercepting in front
2. Defender repositions to take a high ball behind Attacker from Thrower 2
3. WHERE NEXT - After intercepting the pass from Thrower 2; Thrower 2 leads to the side and receives a pass from Defender
4. Defender drives down court (receives pass from Thrower 2) - looking for quick transition from intercepting and then switching to attack - explore a quick short/square pass (give and go for thrower to take the longer drive) and the longer outlet pass where defender takes the long drive and ball
5. Thrower 2 becomes Attacker and the Attacker becomes the next Defender.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PROCESS and AWARENESS

DEFENDING THE SHOT is your last line of defence / REBOUNDING is your first line of attack

Once you have knowledge of all the components of defending and rebounding the shot; this will then assist with your ability to identify the errors for feedback and improvement.

Each area needs training and perfecting. Once your defenders have knowledge of the variety of defensive actions, they can then link all the phases together. Place great importance on the blocking and rebounding skills of your defenders, every rebound means one less shot to the opposition goalers.

Phase 1 – Recovery – 1 second decision making – 2 seconds to defend

Phase 2 – Defend the shot

Phase 3 – Block the shot and rebound

Phase 4 – Outlet – transition into attack

Aim of defending the shot

1. Force the shooter to change their shooting technique (timing, release, height)
2. Making the shooter more concerned about the defence rather than their own attempt at goal (take away her focus)
3. Variety on defence unsettles shooter, keeps them wondering “what next” by having the ability to combine defensive techniques and in combination – VARIETY.

Distance

1. Quick recovery to 0.9m - try to judge the distance from the chest of the shooter, not look down at the feet – the defender needs to keep their eye on the ball and shooting hand at all times to gauge timing of release and peripheral vision for a quick pass off to other shooter or centre court.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL?

PHASE 1 – RECOVERY

PROCESS and AWARENESS

The skill of defending the shot actually starts before the defender takes up a defensive lean or jumps on the shot. Too many defenders go straight into a lean over the ball with no thought. Defence is all about angles – one step up the line and one step off the line of attacker and passing lane.

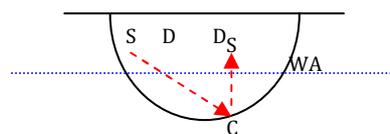
Thought Process:

Distance – “Where am I, what am I about to do” 1 second recognition of what to do?

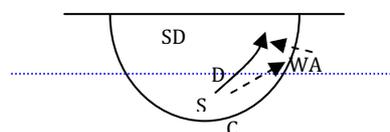
1. Prior to the defender taking up the stance on the shot; the defender needs to be in a defensive mindset to stop any linking pass to the free shooter and have an awareness of opposition C and WA's position on the circle edge. Don't immediately commit to full defensive extension on the lean.
2. Does the defender defend the shot from front, side or behind?
3. Which is the landed / grounded foot of the shooter? Where is the defender taking the 0.9m distance from?
4. Understand the position of the shooter will tell you what next.
5. The position of the shooter in the circle can often indicate her next decision:
 - a. Short – will shoot
 - b. Medium – shoot, shooter to shooter, maybe a triangle
 - c. Long – shuffle, triangle, swing, shooter to shooter, shoot if confident
 - d. On the goal line – Possibly any of the above – will most often pass
6. Consider position of the other defender. Is she blocking the shooter out of the play?

Examples

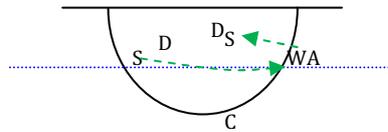
- a. Awareness for the potential for swing to “create triangle” a feed between the shooters and centre court players – opening up the other shooter, who is holding strongly:



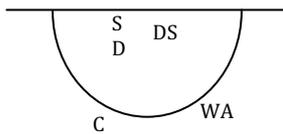
- b. On a long shot from the top half of circle, be aware of the shooters potential to “Give and Go” on the swing with a centre court player on the 45°. Defenders awareness of where the other shooter and defender are will tell you which way shooter with the ball is going to swing. Also be aware that shooters will often use a split land – shooter in the top half will most often swing for self, so anticipate. Defender do you recover to 4ft when the shooter is on the edge?



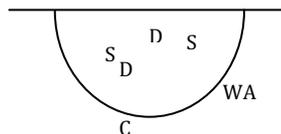
- c. On a mid shot from the side of circle, be aware of the shooters potential to “Swing” the ball to open up the other shooter – back defender feel the hold by shooter so anticipate the swing:



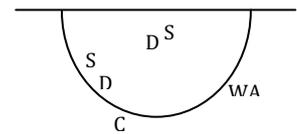
7. Penalty shot: One defender is out of play. How does the other defender position to defend the shot and or cover the other shooter? (Stand out of play on the inside to close own passing options)
- Short shot – defend on the shot – side, behind, if room front
 - Medium shot – defensively take equal distance, hedging back and forth – one hand on the shot and the other hedging to discourage a quick flick off pass
 - Long shot – defensively hang back closer to the free shooter, then hedge back and forth, trying to baulk the shooter on the shot



Short shot

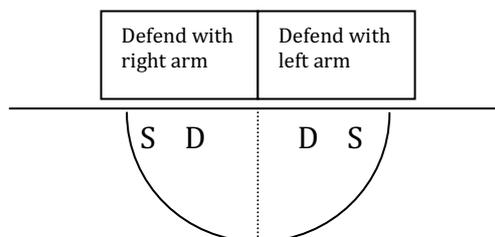


Medium shot



Long shot

8. Defending the shot along the goal line:
- Defending arm is the arm closest to the goal line
 - Other arm is down in a half guarding position to try and cut off any shooter to shooter link
 - Defend from the side if their shooting hand is on the inside of the goal circle when the shooter is close to the post – it will help with rebounding. If you take up a front position defending the shot and a rebound occurs, when you block you will be too far under the post for any rebound attempt.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL?

PHASE 2 – DEFENCE OF THE SHOT

PROCESS and AWARENESS

Nb. whilst 3 seconds is the rule; always train for 4 seconds.

Coaches when you look at these photos – I didn't worry about which arm the girls were using to defend with in relation to the side of the court they are on.

1. Lean – same hand / foot forward on ground:

- a. Balance on one foot or two with a split stance
- b. Start with knees slightly bent
- c. Sometimes stretch to the fullest (on 3 seconds)
- d. Sometimes maintain a more crouched position, in preparation to jump



2. Single Jump:

- a. Slight knee bend
- b. Keep eyes on the ball
- c. Time jump at earliest release point of the ball with intention to deflect ball at lowest point.



3. Double Jump – As above, however:

- a. Initial (smaller) jump is done
- b. Followed by the final jump and attempt at the ball
- c. Or alternatively, one defender completes first jump, and second defender times their jump to go second.

4. Forward Leg Hang / Forward Stance:

- a. One hand to two hands or 2 hands up to ball
- b. Balance on one foot and have the opposite knee drawn up towards the chest between shooter and defender whilst face on to the shooter (this is not obstruction as foot is off the ground).



5. Inside Leg Hang / Side On Stance – (probably the most difficult to do as the whole body on the inside of defenders centre of gravity – easy to fall in early:

- a. Standing slightly on angle
- b. Foot furthest from goaler is the grounded foot
- c. Therefore the leg closest to goaler hangs on the inside with a drawn up knee



6. Two Feet, Two Hands, Swing to one Foot:

- a. Start square to shooter with both hands up over the ball
- b. As defender reaches more, move from two feet onto one and have an inside forward leg hang

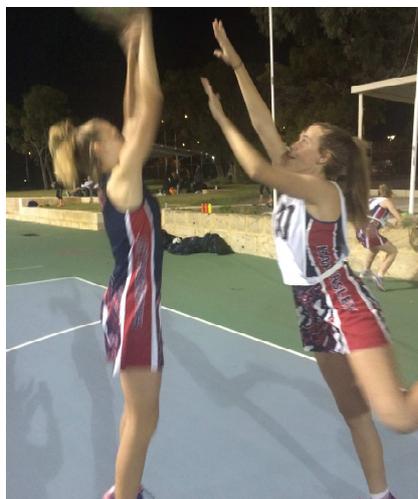


7. Late Hand / Windmill:

- a. Start with one hand and swing in the other hand late – do not swipe the face in this action, it is intimidation
- b. Split start with feet and on the change of arm defender can launch back knee forward.

8. Ladder/ Grow /Grow:

- a. Start with a steady balance and then keep stretching and lengthening
- b. Alternating hand movement (climbing a ladder)
- c. Combined with a **Forward Leg Hang** or **Single leg stance** as shown



9. Defend from Side or Behind:

- a. Used often on a close shot when the other defender has BLOCKED out the 2nd shooter.



10. Chair Lift:

- a. A technique more likely seen at the elite levels
- b. This technique requires athlete strength, core stability
- c. Exceptional timing and most importantly plenty of practice.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PROCESS and AWARENESS

POSITION OF THE NON-DEFENDER ON THE SHOT

1. **Defender needs to take a stance to cover the following – this will often require “repositioning” from the initial defensive stance:**

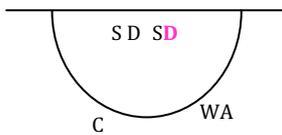
- Rebound
- Shooter to shooter link
- Swing
- Triangle

2. **Short shot:**

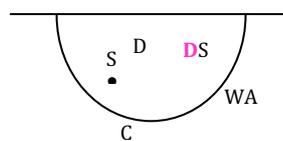
- Defender tries to hold shooter close to / under the post ready to rebound
- Or, time a flick of the ball to self or team mate
- At the last resort if defender cannot secure the rebound or flick, try to get a tip on the ball and put it out of play to force a throw in by the shooter – second life line.

3. **Medium to Long Shot:**

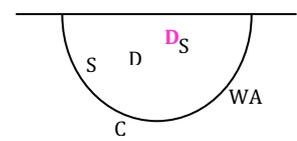
- Defender needs to be between the attacker and the post blocking out
- Don't allow the shooter to edge the defender under the post.



Short shot



Medium shot



Long shot



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PHASE 3 – BLOCKING OUT AFTER THE RELEASE – REBOUND

PROCESS and AWARENESS

At the completion of the defence on the shot, establish a rebounding position

The footwork needed to prepare for Phase 3 must happen:

- a. Defender must step across the shooters body (Defender right foot crosses on the turn and lands in front of the shooters right foot)
- b. Or jump forward and turn to block out. This requires excellent balance and no contact.

Process

1. Defender make themselves big, with strong upright body positioning
2. Protect the space between the post and front of the defenders body first, before launching for rebound
3. Use footwork to keep shooter off the rebound and keep them away from the post. Defender needs to remember to protect the space in front of their body at all times
4. Watch the shot onto the ring, read and anticipate – “What Next”
5. Don't jump to rebound until ball is coming off the ring, timing on the rebound is critical
6. Rebound strongly with 2 HANDS, keeping the body strong at all times
7. If you can't secure a rebound, attempt to tip ball either to self, teammate or at last resort out of court.

NB: If defender is athletic and has good body control they can turn quickly in the air prior to landing with vision down court.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PHASE 4 – OUTLET PASS TRANSITION TO ATTACK

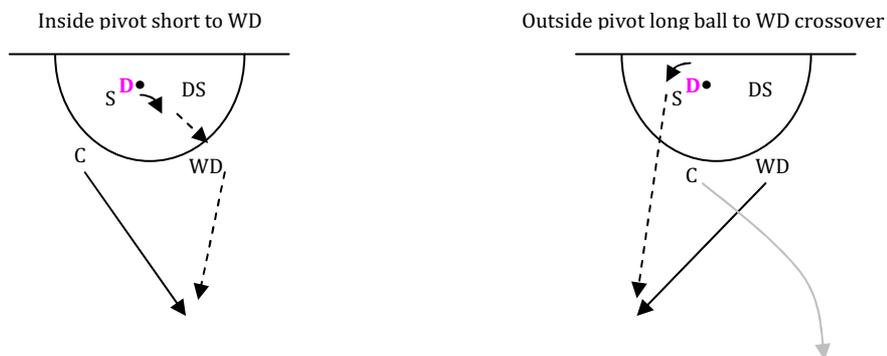
PROCESS and AWARENESS

Width and depth of vision must be developed

Process

1. Must consider which side to link outlet pass. What will promote the best balance and quality on delivery?
 - a. Which way has the defender pivoted after rebound – Left or Right?
 - b. Which side of the goal post was the rebound taken - Left or Right?
 - c. Where are the C and WD positioned on the circle edge?
2. Should you release a quick delivery?
3. Should you release a slower delivery?
4. Widen vision to see both long, medium and short option outlet.

Finally discipline by the defender regarding contact and obstruction whilst defending the shot and rebounding is critical. Do not give the shooter a second shot and advancement closer to the post.



HANDS OVER – THEN WHAT?

Game Skills

PROCESS and AWARENESS

Hands Over Pressure

Coaching Points

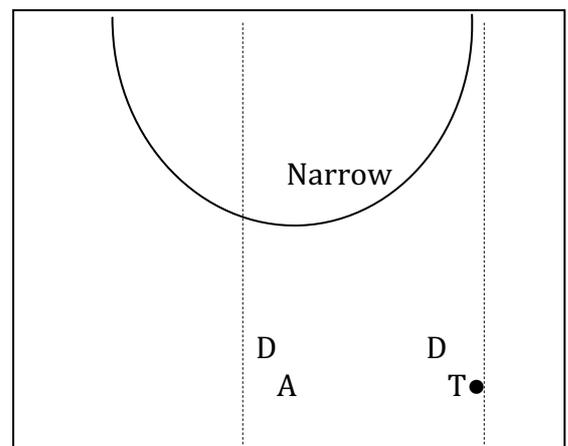
1. Feet shoulder width apart, knees slightly bent, weight forward on ball of foot but with whole foot on ground
2. Stretch arms upright. Arms follow the movement of the ball. (Process) THEN (Awareness of the next movement – or game flow).

Variations

1. Depending on where attacker is positioned on court, Defender can use arm closest to sideline to follow ball, whilst using her other arm to cover space towards the middle of the court.
2. Occasionally Defender may jump and attempt to deflect or intercept the pass.
3. Defender may apply hands over pressure for a period of 2 seconds and on the 3rd second drop back to cover attackers move.

V-Defence

1. V-Defence is a variation of defence used when attackers are set up in a 'narrow space'. It requires 2 defenders to identify an opportunity to apply it and simultaneously work together to achieve it.
2. Whilst usually a defender would angle to push the attacker to the sideline or away from the ball, in this instance D1 identifies the space the attackers currently have is narrow, and therefore sets up the angle that forces her opponent towards the ball/mess.
3. D2 who is applying hands over pressure on the Thrower also identifies this situation, and times her movement, to angle her body towards the incoming attacker, and in doing so form a V shape with her other defender, closing down completely the attackers space to drive further down court.
4. This may require only 1 or 2 steps to do so, or alternatively a quick running action to form a V.
5. The attacker is then forced back up court often having to receive a parallel ball from the Thrower.



HANDS OVER – THEN WHAT?

Game Skills

Hands Over Pressure

Drill 1

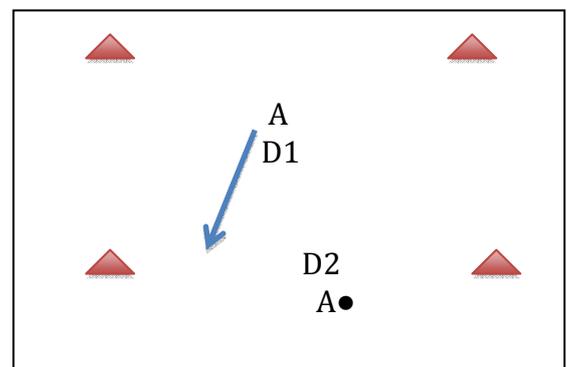
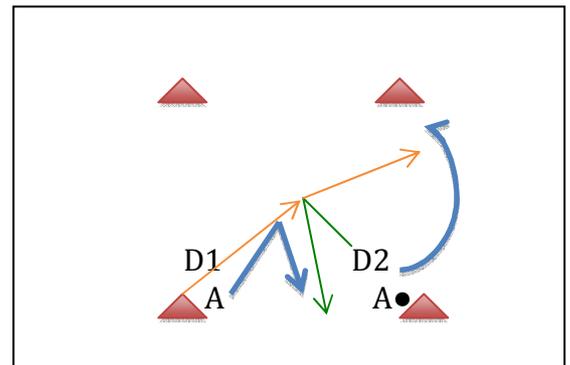
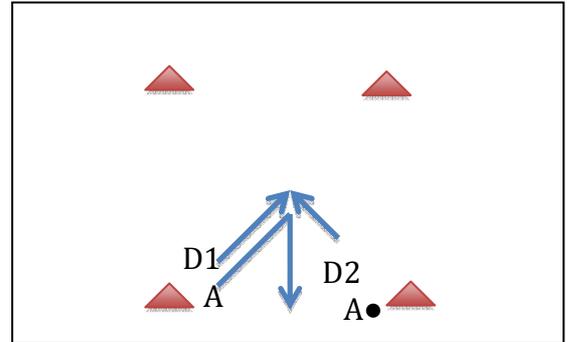
1. Set up 4 cones to mark out a narrow working space
2. 2 on 2 set up
3. Attackers position parallel with ball
4. Attacker must work to opposite end of cones
5. Two Defenders work together to identify opportunities to create V.

Considerations

1. Angle of D1's body and timing of D2's movement to create V opportunity.
2. When V is successful and A is forced back up court, what is the role of D1 & D2 in this instance?
3. Communication becomes critical between both defenders to determine which Attacking player each is going to cover.
4. D2 (green line) may contest parallel ball (being ballside) and therefore D1 (orange line) must cross to cover alternate Attacker's movement down court.
5. Or D1 positions to either contest or push high her Attacker, whilst D2 now angles body accordingly to delay her attacker's movement down court, waiting for a further opportunity to set up a V situation.

Variations

1. Set up so that Attackers are no longer starting parallel
2. Attacker is now down court and leading for ball inside the coned area
3. D1 either contests or pushes attacker high and then sets up hands over pressure.
4. Defenders must now identify if attackers are positioned 'narrow' enough to try to force V opportunity, or alternatively angle to force their attacker away from the ball.
5. Widen cones – further decision making is now required.
6. Remove cones and connect from play coming down court and/or specific situations (eg: Centre Pass).



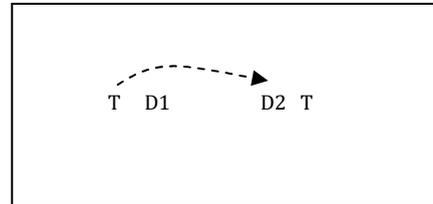
FROM MINE TO OURS - SPLIT CIRCLE DEFENCE

Once players have an understanding of the space and footwork – start pushing defenders to get out for the intercept.

PROCESS and AWARENESS

Communication

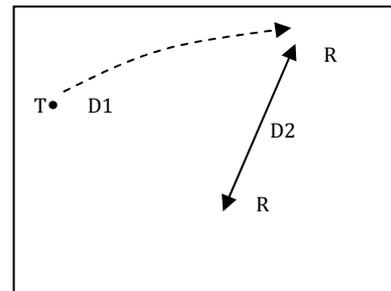
1. Top D1 working on the ball and back Defender 2 looking for long ball
2. Defender 2 talking up
3. HAVE A GO.



Split Defender - Triangle

1. Defender 1 to the ball hands over defence on thrower
2. Defender 2 adjusting and covering the back two throwers by being off the body of both Receivers

Keep distance small to start for success for defenders and as they improve their anticipation on the intercept open up space.



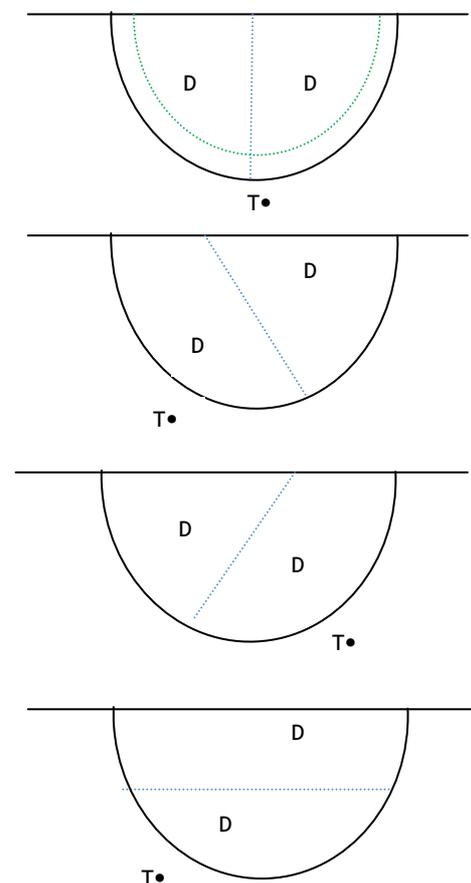
Split Circle Set Up and Back Up

**** Protect The Post / Goal Line ****

Pulley System – Ball side high, back protect the post.

1. A, B, C & D – ball thrown into space and defenders have to react
2. Defenders do not cross over into each other's half of the goal circle
3. Defender furthest from the ball protects the post
4. Both defenders need to work together in zoning their area – one defender can't start playing 1:1 defence and start chasing one shooter as this will expose space and the partner defender.

Nb. In Split Circle defence the defenders may have to sacrifice the outside metre of the circle to be able to cover the distance and protect the goal line and post.

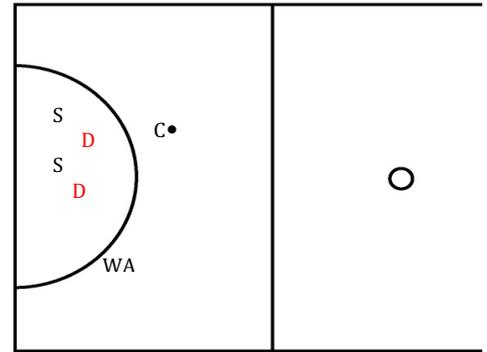


Start - 2 Shooters, 2 defenders, 2 centre court

1. 1st restriction - shooter stationary
2. 2nd option shooter can move goal line
3. 3rd option shooter can move anywhere

Add

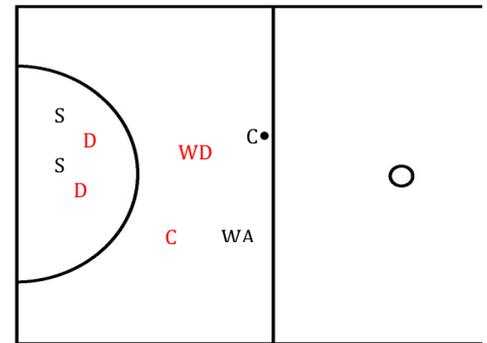
2nd shooter - Ball continues to be passed around between the two throwers and also popping the ball in (not necessarily trying to get it to the shooters) - but encouraging the defenders to react and communicate to each other - mine.



Start From Centre Pass

Defenders work on how to get into a split

1. Entry - GA and GD entering the circle - GD slide into the split circle
2. Off Centre Pass - GD needs to ensure that GA is forced to lead wide and high in the C1/3 - in the first instance.
3. Once defenders intercept they must play ball out over transverse



KNOW THE PATTERN – CREATE THE INTERCEPT

Game Units / Game Knowledge

PROCESS and AWARENESS

Know the Pattern

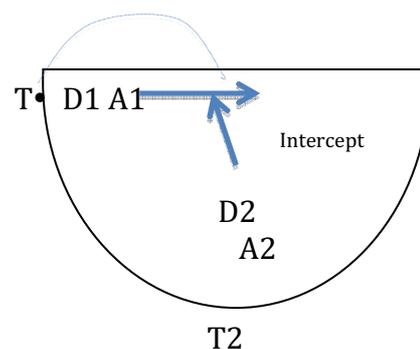
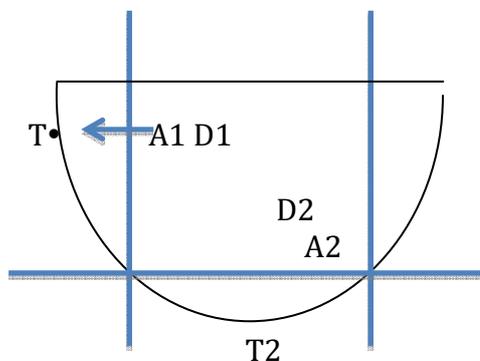
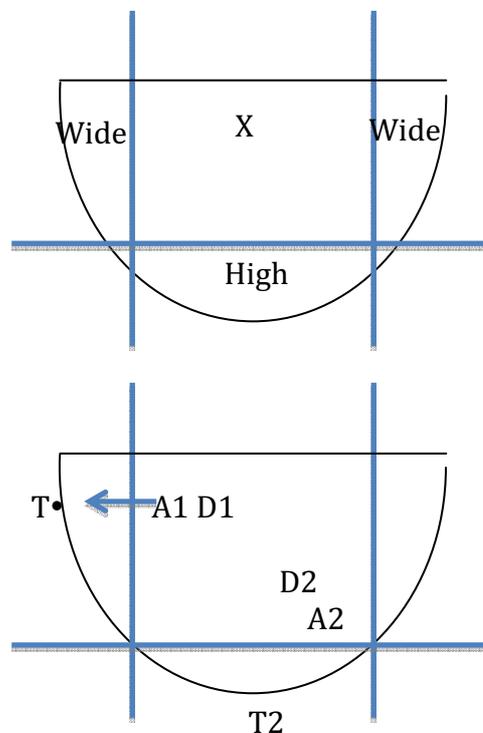
Explanation

1. Defenders must develop awareness of 'areas' within the goal circle – Wide / High / X
2. The area marked X is often where intercepts occur.
3. This is also the area where Defenders can opt for split circle defence.
4. The areas marked Wide & High are areas where Defenders can make decisions to either place their opponents under extreme pressure and/or position specifically to set up patterns of play, with the intent to intercept the ball.

Create the Intercept

Scenario 1

1. In order to set up a pattern of play, Defenders must first apply 1-on-1 defence and position where possible to protect the attacking player moving towards the post, irrespective of where the ball is.
2. This is the first step or **Stage 1** in a pattern of play.
3. Attackers are now forced towards the ball, and depending on the defensive efforts of their opponents, they may be forced into one of the Wide or High areas.
4. This is now the **Stage 2** in a pattern of play.
5. The Thrower is now left with the decision to either play a short ball to the attacker directly in front, or swing to T2 who is positioned to balance the circle.
6. D1 can now set up **Stage 3** in the pattern by positioning to get in front of the attacker and square to the Thrower (this requires practiced footwork) prior to the Thrower releasing the ball.
7. A1 is now likely to use the backspace towards the post to receive a high ball from the Thrower.
8. The final stage, **Stage 4**, would see D2 identify this pattern and with the right timing, drop into the back space and attempt to intercept the high ball coming in.
9. This scenario would be the same if the Thrower chose to swing the ball initially, then D2 would work to get in front of A2, and D1 would work to block A1 Wide, and time movement to drop into back space to intercept ball.



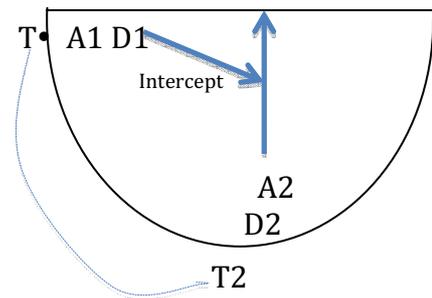
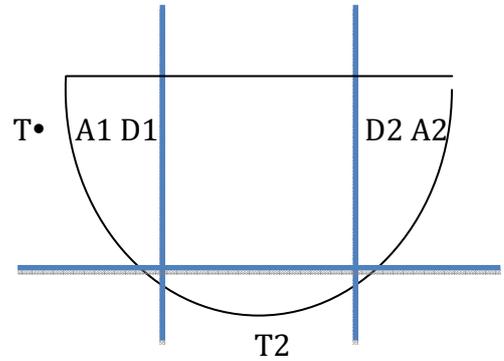
KNOW THE PATTERN – CREATE THE INTERCEPT

Game Units / Game Knowledge

Scenario 2

1. For **Stage 1**, Defenders will again apply 1-on-1 defence and position where possible to protect the attacking player moving towards the post, irrespective of where the ball is.
2. In this pattern, both attackers are forced Wide with Defenders positioned closest to the post.
3. The problem with this pattern currently is that D2 has her back to D1 and is therefore unlikely to identify any pattern or likely intercept.
4. **Stage 2** is for D1 to remain in her current position and allow the ball to either go to A1 (short) or for the Thrower to swing the Ball to T2 (Top of circle).
5. Irrespective of where the ball goes, D1 & D2 must continue to force their Attackers Wide and or High until they eventually identify the original **Stage 2** set up (one High, one Wide).
6. **Stage 3** and **Stage 4** are the same as previous with the Defender closest to the ball positioning in front of their attacker and square to the thrower; and the alternative Defender timing their move into the back space to intercept ball.

NB: If defender incorrectly times the drop and leaves too early, the Thrower is unlikely to release the ball, opting more likely for the (now) free attacker at the top of the circle. This is not necessarily a bad situation, as it is still forcing a Long shot. If the attacker does not wish to take this long shot, then she will swing the ball again and Defenders can re-position and try again to create the pattern of play.



GAME SENSE EXPLAINED

What is Game Sense?

1. A method of coaching where minor games are used to further develop skills and allow players to experience more game like scenarios.
2. It does NOT replace basic skill practice. You do not coach a new skill in game sense. However, new skills can often be seen and self learnt in a game sense environment.
3. Good news is it replaces basic drill monotony.
4. Game Sense is used more centrally in the training program, rather than at the end.

Why use the Game Sense Approach?

1. Because it develops Game Knowledge & Concepts whilst also developing skills.
2. Players become more tactically aware, develop better decision-making skills, they begin to think strategically about game concepts, their perception of time and space is improved, they self-educate risk (should I or shouldn't I); and the game environment is more realistic and more fun!
3. Many skillful young athletes are poor decision makers, are robotic in technique and have very little game knowledge. Often the coach makes the decisions and the athlete performs the skills without linking them to the real game. Game Sense challenges players to become 'thinkers', who make decisions, solve problems and develop strategies.

How it changes our coaching style

1. Game Sense is about how players learn rather than how Coaches coach.
2. Coaches need to '**step back**' and help athletes '**think**' about what they are doing so that '**they**' can change their own performance.
3. A Coach needs to ask two questions before critiquing an athlete's performance:
 - If I intervene, will I make a difference?
 - If I give the person some time & direction, will they find answers for themselves?
4. It uses a lot of questioning technique as opposed to providing answers.
5. It is still important to error detect and correct, but only when it enhances the performance of the athlete or increases the effectiveness of the game.
6. Game sense is an environment to further develop skills, remember, mistakes will happen.

How to develop games?

1. Games should provide opportunities for players to be competitive, to make decisions, to think tactically and strategically and to have fun.
2. Remember to incorporate constraints like timing, scores, space/boundaries and controlling numbers of players in teams.
3. You don't need lots of games; you can use the foundation of one game, and grow it to suit your session's aim.

TRANSITION INTO DEFENCE

Game Sense

PROCESS and AWARENESS

Game 1

Rugby

Game Objective

1. Two Teams compete to score a Try by crossing their respective 'End Line'.
2. The game begins with teams set up as per the diagram, and the first ball must be thrown backwards before any progression forwards.
3. Each Team, when in Attack, will have only 5 seconds to progress forward before automatic transition occurs (indicated by one whistle blow); by placing the ball on the ground for the opposing team to pick up and continue play.
4. If at any stage an Intercept is made, then transition is immediate, and the new attacking team will gain its opponents left over time plus the original 5 seconds, to a maximum of 10 seconds only.
5. Netball rules apply for all other instances including any ball that goes out of court - with the same ability to gain additional time in this instance.
6. Once a Try is scored, the opposing team is given the ball to restart play.

Game Time:

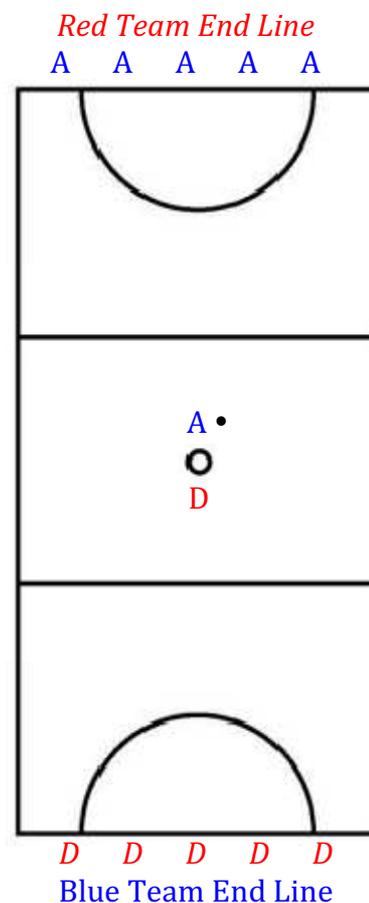
1. This can vary according to player age and standard.
2. Two minutes with 1 minute rest time - Repeated

FOCUS - Defence

1. Players must respond quickly in transition to ensure early pressure is applied to opposing team.
2. Players must show awareness in transition to identify 'what' opponent is best to defend.

VARIATIONS

1. Increase seconds in Attack
2. Decrease seconds in Attack - minimize court space
3. Load one Team with more or less players
4. Specify zones on the court to control specific styles of play in both attack and defence.
5. Define playing areas/zones for certain players.



TRANSITION INTO DEFENCE

Game Sense

PROCESS and AWARENESS

Game 2 Charge

Game Objective

1. Two Teams compete to delay ball in orange zone for maximum amount of time.
2. Set up as per diagram with Bibs on Blue A1 – A4
3. The Defending side to try to intercept, deflect or delay the ball inside the orange-coned area for as long as possible.
4. Green Throwing starts play by throwing ball to either A1 or A2 who are on a lead down court.
5. A1/A2 may not connect ball to A3/A4 until they cross the first set of orange cones.
6. A3/A4 lead for the ball and play ball down court until they pass the Green Cones – using A1 & A2 if necessary.
7. A3/A4 then connect ball to A5/A6
8. Transition occurs on court as follows: A1 – A4 automatically become Defenders, D1 – D2 automatically become attackers joining A5 & A6.
9. Using a stopwatch, time how long the Blue Team can delay the Red team inside the orange zone.
10. Clock stops when red team gets the ball past the first set of orange cones/Blue Team Intercept ball.
11. If a Deflection occurs and goes out of court inside the orange area, the clock continues and a throw-in is taken by the attacking team.
12. Netball Rules apply

Game Time:

1. This can vary according to player age and standard.
2. Defending side receive 4 opportunities before swapping to become the attacking team OR
3. A specific time is set for each side.

FOCUS - Defence

1. Players must respond quickly in transition to ensure early pressure is applied to opposing team.
2. Players must show awareness in transition to identify 'what' opponent is best to defend.

VARIATIONS

1. Adjust the area of play by moving the orange cones
2. Narrow the area of play to make it easier for Defenders

