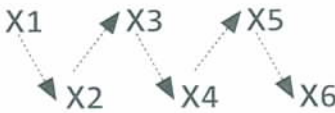


## CHAPTER 8B

# Netta Session Plans

Note: All coaching points are provided in the Skills and Drills Section.

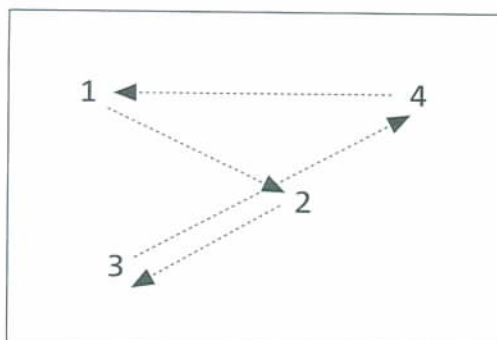
Session	<b>1</b>	<b>AGE: 8-10</b> <b>60 MINUTES</b>	<b>PASSING AND CATCHING</b> Players will continue to develop the skills of passing and catching.
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<b>Equipment</b> 12 balls 20 cones 1 set of bibs	<b>Skill Development (30 minutes)</b> <div> <b>Rule of the week: Replay</b>  Replay occurs only when a player has caught the ball, drops it and picks it up and then plays the ball again. Replayed ball should not be confused with tips, bats, or bounces. A player may tip the ball in an uncontrolled manner any number of times, bat the ball once, bounce the ball once and after any one of these options must catch the ball or direct the ball to another player. </div>
<b>Group Organisation</b> 12 players – modify equipment to suit size of group.	<b>DRILL 1: PAIRS</b> Revise chest pass, shoulder pass and catch.
<b>Physical Warm-up (5 minutes)</b> <b>HUNGRY BIRDS</b> Instructions in the Warm-up and Cool-down Section, Individual – Activity 6.  <b>STRETCH</b> See stretching section.	<b>DRILL 2: CROSSBALL</b> <ul style="list-style-type: none"> <li>Pass the ball in a zigzag pattern to each player in the team. Reverse direction from final person. Use a chest pass and then a shoulder pass.</li> </ul> 
<b>Skill Warm-up (5 minutes)</b> Individual ball activities: instructions in Warm-up and Cool-down Section, Individual – Activity 7-11.	<ul style="list-style-type: none"> <li><b>Continuous Crossball</b> After throwing the ball, run to the end of the line to receive another pass. Continue for a set distance.</li> </ul> <b>DRILL 3:</b> In pairs bounce pass to your partner, aiming to bounce the ball on a line that is two-thirds of the distance between the passer and the receiver. Receiver rolls the ball back to partner.

## Skill Development (continued)

### DRILL 4: ORDER BALL

- Two teams of three-four players in a third. Each player is numbered and the ball has to be passed in that order around the team. If intercepted it starts from that number.
- Add type of pass, e.g. pass from 1-2 must be a bounce pass etc.
- Change to players must pass a different type of pass to that they received.



## Modified Game/Minor Game (10 minutes)

### KEEP THE BALL

Instructions in Modified Game Section – Activity 11.

Could play in the end thirds and emphasise the space GS/GK can move in.

## Concluding Activity (5 minutes)

Summarise skills covered.

### STRETCH


See stretching section.

## Evaluation



**COACH TIP:** Players love to be challenged. Make sure the challenge is within their skill level. Otherwise a positive experience could become negative.

<b>Session</b>	<b>2</b>	<b>AGE: 8-10</b> <b>60 MINUTES</b>	<b>FOOTWORK</b> Players will develop the skills of take-off, landing, balance and pivoting.
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<b>Equipment</b> 4 balls 12 cones 1 set of bibs	<b>Skill Development (30 minutes)</b>  <div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <b>Rule of the week: Stepping</b>  When a player has possession of the ball, they may not re-ground the grounded foot. If they land on two feet one foot may be re-grounded any number of times and the other foot may be lifted but not re-grounded. </div>
<b>Group Organisation</b> 12 players – modify equipment to suit size of group	<b>DRILL 1: SPRINTING</b> <ul style="list-style-type: none"> <li>Stand behind the line. Coach calls left and right, player steps out with the foot called and moves for 5-6 steps. Progress from walk to jog to sprint.</li> <li>Stand beside a partner. On command lead out 5-6 steps, take off with foot closest to partner.</li> </ul>
<b>Physical Warm-up (5 minutes)</b>  <b>GOLDEN RIVER</b> See instructions in Warm-up and Cool-down Section, Games in Without a Ball – Activity 8.  <b>STRETCH</b> See stretching section.	<b>DRILL 2: LANDING WITHOUT BALL</b> <ul style="list-style-type: none"> <li>Without the ball.</li> <li>Run forward, leap over a line. Land on two feet, balance, pivot and return to the end of the line.</li> <li>Land on one foot followed quickly by the other (listen for feet making 1, 2 noise), balance, pivot and return to the end of the line.</li> </ul> <div style="text-align: center; margin: 20px 0;">  </div> <ul style="list-style-type: none"> <li>Run 45-degree angle to right, leap to land on outside foot (right), balance and pivot to face line.</li> <li>Repeat to left.</li> </ul>
<b>Skill Warm-up (5 minutes)</b>  <b>RATS AND RABBITS</b> See instructions in the Warm-up and Cool-down Section, Games Without a Ball – Activity 10.	

## Skill Development (continued)

### DRILL 3: LANDING WITH BALL

Thrower in front of line (this is also a straight lead)

- Repeat each step of Drill 2, ball starts with player who passes to thrower, completes the activity and then passes to next person in the line.

### DRILL 4: ADD PRESSURE

- Form two lines, one beside the other. Designate one line as attackers, the other as defenders.
- Defenders to run with attackers but not to use arms to defend. Attackers to land on outside foot and pivot away from defender.
- Repeat both sides.



## Modified Game/Minor Game (10 minutes)

### END BALL

Instructions in Modified Game Section – Activity 10.

Play with the marked area being in the goal circle; the team scores one point for catching the ball in the marked area and another point if they score a goal with one shot.

Players to play in the area a Centre can move in.

## Concluding Activity (5 minutes)

Summarise skills covered.

### STRETCH

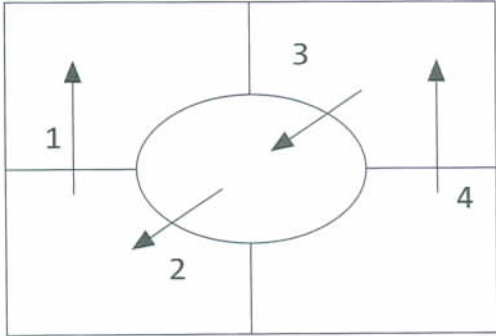
See stretching section.

## Evaluation



**COACH TIP:** Effective skill learning activities are those that are not competitive in nature.

Session	<b>3</b>	<b>AGE: 8-10</b> <b>60 MINUTES</b>	<b>FINDING SPACE</b> Players to use their footwork and ball skills while developing space awareness.
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<b>Equipment</b> 4 balls 12 cones 1 set of bibs	<b>Skill Development (30 minutes)</b> <div> <b>Rule of the week: Stepping</b>  A player in possession of the ball may lift the pivoting foot, but must throw or shoot before it is re-grounded.   A player in possession of the ball may not drag or slide the landing foot along the ground or hop on either foot. </div>
<b>Group Organisation</b> 12 players – modify equipment to suit size of group.	<b>DRILL 1: FIND A SPACE</b> <ul style="list-style-type: none"> <li>Divide a third into five areas. Place one player in four areas and leave one space free. Players adjacent to free space can move into that area. There should be no more than one player in each space.</li> </ul>
<b>Physical Warm-up (5 minutes)</b> <b>HERE, THERE AND EVERYWHERE</b> Instructions in the Warm-up and Cool-down Section, Individual – Activity 5. Emphasise space awareness.  <b>STRETCH</b> See stretching section.	 <p>The diagram shows a rectangular court divided into five equal sections. A central circle is connected to the four sides of the rectangle by lines, creating four rectangular sections (1, 2, 3, 4) and one central circular section. Arrows point to each of the five sections.</p> <p>The beginning of one possible solution is provided above, with players moving in order of numbers.</p> <ul style="list-style-type: none"> <li>Add a ball only passed to player on a lead.</li> </ul>
<b>Skill Warm-up (5 minutes)</b> Run around the area in pairs; on command of one or two, players to stop using either a one- or two-foot landing and balance.	



<p><b>Skill Development (continued)</b></p> <p><b>DRILL 2: PROGRESSIVE KEEPINGS OFF</b></p> <p>See instructions in Modified Games Section - Activity 20. Emphasise space awareness.</p>	<p><b>Modified Game/Minor Game (10 minutes)</b></p> <p><b>NUMBERS NETBALL</b></p> <p>See instructions in Modified Games Section - Activity 22.</p>
	<p><b>Concluding Activity (5 minutes)</b></p> <p>Summarise skills covered.</p> <p><b>STRETCH</b></p> <p>See stretching section.</p>
<p><b>Evaluation</b></p>	



**COACH TIP:** Promote respect for opponents and fair play.

Session	<b>4</b>	<b>AGE: 8-10</b> <b>60 MINUTES</b>	<b>ATTACKING MOVES AND SHADOWING</b> Players will practise straight leads and change of direction with one-on-one defence.
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### Equipment

6 balls  
15 cones  
2 sets of bibs

### Group Organisation

12 players – modify equipment to suit size of group.

### Physical Warm-up (5 minutes)

#### SCARECROW TAG

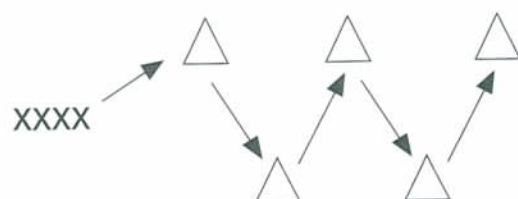
See instructions in Warm-up and Cool-down Section, Games Without a Ball – Activity 5.

#### STRETCH

See stretching section.

### Skill Warm-up (5 minutes)

Change of direction through cones:



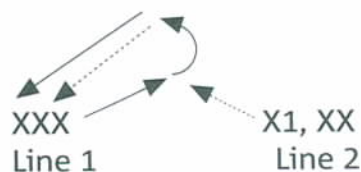
### Skill Development (30 minutes)

#### Rule of the week: Contact

A player who trips, knocks, bumps, pushes, holds an opponent is contacting – whether the move is deliberate or accidental. Contact also occurs if a player moves into another player's path when it is too late for that player to stop moving.

#### DRILL 1: STRAIGHT LEADS USING SHUTTLE BALL

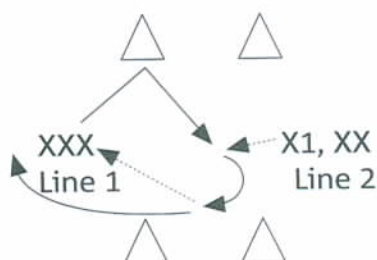
Players to perform straight lead forward or 45 degrees to the left or right (correct footwork must apply), catch the ball thrown from the other line, pivot and pass to own line. Repeat from opposite line.



#### DRILL 2:

#### SHUTTLE BALL WITH CHANGE OF DIRECTION

Add change of direction prior to receiving pass.



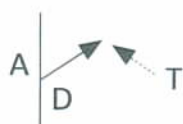
## Skill Development (continued)

### DRILL 3: SHADOW DEFENCE IN 3s

- Defender to shadow attacker between cones. T holds ball high or low and defender calls ball position while shadowing.



- Add ball thrown to attacker. Defender to try to intercept.
- Remove cones; attacker stands behind a line, defender in shadow position in front of line. The attacker makes one straight lead to get the ball. Defender attempts to intercept.



- Add attacker who can make one change of direction.

If time, play keepings off 3 vs. 3 in one third to practise shadowing, straight leads and change of direction.

## Modified Game/Minor Game (10 minutes)

### HALF-COURT NETTA NETBALL

Netta Netball Rules; one team has the centre pass five times; then the other team has the centre pass five times. Therefore the GS swaps with the GK, GA swaps with GD, WA swaps with WD and Cs swap.

Depending on numbers, could play with GA/GD and WA/WD behind as back up.

## Concluding Activity (5 minutes)

Summarise skills covered.

### STRETCH

See stretching section.

## Evaluation



**COACH TIP:** Identify 'no go zones' for players.

'No go zones' are areas that require caution like puddles or slippery surfaces.



Session	5	AGE: 8-10 60 MINUTES	<b>HANDS OVER THE BALL AND SHOOTING</b> Players will develop the skill of hands over the pass and shooting skills.
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<b>Equipment</b> 6 balls 2 sets of bibs	<b>Skill Development (30 minutes)</b> <div> <b>Rule of the week: Obstruction</b>          When defending an opponent who is not holding the ball a player may defend close to this player.           When defending a player with the ball a player must be 1.2 metres away from the player's grounded foot.       </div>
<b>Group Organisation</b> 12 players – modify equipment to suit size of group.	<b>DRILL 1: HANDS OVER</b> <ul style="list-style-type: none"> <li>Players to stand side by side behind a line. On command move back 1.2 metres.</li> </ul> <div> X X X X X X X </div>
<b>Physical Warm-up (5 minutes)</b> <b>PARTNER TAG</b> Instructions in the Warm-up and Cool-down Section, Pairs Without a Ball – Activity 2.  <b>STRETCH</b> See stretching section.	<ul style="list-style-type: none"> <li>In pairs, both facing same direction, one behind the other. On command front player turns and back player moves to 1.2 metres.</li> <li>Front player to hold a ball facing defender 1.2 metres away. Defender to position hands to cover the ball, which is moved around by the attacker.</li> <li>Add ball passed to third player (who may make a lead to left or right).</li> </ul> <div> A D      A2 </div>
<b>Skill Warm-up (5 minutes)</b> <b>TRAIN TAG</b> Instructions in the Warm-up and Cool-down Section, Games Without a Ball – Activity 1.	<ul style="list-style-type: none"> <li>Add player with the ball who stands beside the defender, throws ball to self and turns to pass to A2 down court. D moves back 1.2 metres to defend pass.</li> </ul>

<p><b>Skill Development (continued)</b></p> <p><b>DRILL 2: SHOOTING</b></p> <ul style="list-style-type: none"> <li>One ball between two players. One player has five shots while the other rebounds; swap roles.</li> </ul> <p><b>DRILL 3: GOLDEN CHILD</b></p> <p>See instructions in Modified Games Section - Activity 5.</p>	<p><b>Modified Game/Minor Game (10 minutes)</b></p> <p><b>NETTA NETBALL</b></p> <p>Full court but the game starts from a GK throw-in. Five times for one team, five times for the other team and then rotate positions.</p>
	<p><b>Concluding Activity (5 minutes)</b></p> <p>Summarise skills covered.</p> <p><b>STRETCH</b></p> <p>See stretching section.</p>
<p><b>Evaluation</b></p>	



**COACH TIP:** Take weather conditions into account in your planning.

<b>Session</b>	<b>6</b>	<b>AGE: 8-10</b> <b>60 MINUTES</b>	<b>REVISION</b> Players start to develop an understanding of match play.
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<b>Equipment</b> 4 balls 8 cones 2 sets of bibs	<b>Skill Development (20 minutes)</b> <div> <b>Rule of the week: Throw-in</b>  Have one or both feet close to the side of the line, foot must not touch the line. Stay outside the court until the ball has been thrown. </div>
<b>Group Organisation</b> 12 players – modify equipment to suit size of group.	<b>DRILL 1: Ls</b> Instructions in the Skills and Drills section under Other Drills.
<b>Physical Warm-up (5 minutes)</b> <b>JAIL TAG</b> See instructions in Warm-up and Cool-down Section, Games Without a Ball – Activity 16.  <b>STRETCH</b> See stretching section.	<b>DRILL 2: CONTESTING</b> Players line up in pairs behind a line with T in front. Maximum of four pairs in a line, one attacker and one defender. T calls the pair to 'go' and attempts to pass the ball to the attacker within six seconds. Attacker to make a straight lead or dodge to get ball while defender shadows. <div> </div>
<b>Skill Warm-up (5 minutes)</b> <b>ODDS AND EVENS</b> See instructions in the Warm-up and Cool-down Section, Games With a Ball – Activity 1.	<b>DRILL 3: CONTESTING IN THE CIRCLE</b> Two attackers and two defenders in the goal circle, and two throwers around the outside. Ball to be passed in and out of circle a minimum of three times, ball can then be worked for a shot. <div> </div>

**Modified Game/Minor Game (20 minutes)****NETTA NETBALL**

Full game rotating player positions.

**Modified Game/Minor Game (continued)****Concluding Activity (5 minutes)**

Summarise skills covered.

**STRETCH**

See stretching section.

**Evaluation**

**COACH TIP:** Ensure that players are suitably supervised when going to the toilet.  
Golden Rule – parents must accompany their child; if not possible, send a group of three together.