

#### Suggested Activities

##### Footwork & Movement

- Balance - Session 1 - Partner Balance
- Jumping - Session 1 - Jumping Square
- Landing - Session 1 - Landings off a Step
- Take Off - Session 1 - Bean Bag Take Off (swap bean bag for ball)
- Change of Direction - Session 1 - Change of Direction
- Outside Pivot - Session 8 - Lead & Pivot

##### Passing

- Teach correct technique for each pass type - see coaching points
- Passing in Pairs - Session 2 - Teach Passing in Pairs

##### Attacking & Timing

- Straight Lead - Session 8 - Straight Lead
- Lead, Pivot & Passing - Session 8 - Lines
- Leading on an Angle - Session 9 - Ball Handling & Footwork
- Single Dodge - Skill Section
- Single Dodge - Session 5 - Partner Tag / Netball Tag

##### Shooting

- Shooting Technique - Demo/Practice
- Shooting a Goal - Session 4 - Pass Shoot & Rebound
- Numbers Netball - Session 2/Activity 22 - Shooting & Defending
- Golden Child - Activity 5
- Ten Goal Shoot Out - Activity 19

##### Mid Court

- Landing on the Circle Edge - Session 4 - Landing on Circle Edge
- Scarecrow Tiggy - Session 4 - Running and Change of Direction
- Straight Line Partner Tag - Session 3 - Change of Pace

##### Defence

- Kings & Queens - Session 2 - Hands Over & Balance
- 1.2m (4 feet) Stance - Session 7 - Footwork & Recovery to 1.2m
- Shadow Movement & Defence - Skill Section

Centre Pass, Long Court - see strategies section

### Suggested Activities

#### Footwork & Movement

- Knee Program - see Day One Sessions
- Footwork Circuit - include - ladders, COD cone courts, side step, hurdles and ballwork at the end

#### Passing

- Teach correct technique for each pass type - see coaching points
- Passing in Pairs - Session 2 - Teach Passing in Pairs

See Day One Sessions

#### Attacking & Timing

- Pivoting
- Straight Lead - Session 8 - Straight Lead
- Lead, Pivot & Passing - Session 8 - Lines
- Leading on an Angle - Session 9 - Ball Handling & Footwork

#### Shooting

- Shooting Technique - Demo/Practice
- Shooting a Goal - Session 9 - Lead, Receive and Shoot 3

See Day One Sessions

#### Mid Court

- Modified Around the World

See Day One Sessions

#### Defence

- Intercepting - Session 7 - 4 v 4 Keeping Off
- Rebounding - Session 10 - Jump High (elevation / timing)
- Introduce Basic Lean over the shot

Centre Pass, Back Line Throw in - see strategies section