

COACH'S GUIDE FOR NETSETGO



Net Session Plans 1 - 10

5 - 6 YEARS

Woolworths NetSetGO is Netball Australia's entry level program. It teaches children the basic skills of netball.

It gives children aged 5 to 10 a positive introduction to netball, through skill-based activities, minor games, music, dance and modified matches.

The program promotes a healthy, active lifestyle and helps children develop important social skills, like team work.

With three tiers Net, Set and GO, the program is designed especially for children to transition into junior netball with confidence.

The program is easy to run and gives clubs and associations the chance to recruit new players and volunteers.



INTRODUCTION

NetSetGO

net

Tier 1 - Recommended age 5 - 6 years

Focus: Learning and Acquisition of Fundamental Motor Skills

Delivery: Participants are introduced to a number of fundamental motor and netball skills in a netball environment. The activities are simple, require limited equipment and allow for maximum participation and repetition. Participants will experience fun and success by participating in age and developmentally appropriate activities and minor games that foster cooperation, teamwork and the ability to listen to and follow directions.



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set

Tier 2 - Recommended age 7 - 8 years

Focus: Extension and Refinement of Movement

Delivery: The participant continues to progress and refine their fundamental movement and netball skills whilst being introduced to additional netball skills and basic netball strategies. This is achieved through a mix of activities, minor games and organised age-appropriate and modified sport. NetSetGO modified matches are introduced in this tier. The rules and equipment are adapted to help the participant build confidence and competency. Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions. Learning and refining fundamental movement and netball skills via training activities should continue to be the focus in this tier.

Session Plans

Activity Cards

As part of each session plan, a number of activity cards have been designed to ensure a consistent approach to delivery, development, use of language and coaching for coaches delivering at a NetSetGO Centre.

What's on a card?

Objectives: Clearly defined netball-specific learning outcomes relevant to the activity. Coaches should base their delivery, support, discussion and questioning around these.

Start out/Get into it/Finish up: The format of each session is broken up into a warm up (Start out: 10–15 minutes), skill development and minor game (Get into it: 30–35 minutes) and modified game/cool down (Finish up: 5–10 minutes).

Equipment/area: What equipment and area is required to play the activity.

Group management: What group numbers are required.

Description: Provides simple instructions on how to deliver the activity.

Coaching tips: Provides key technical and tactical coaching points to guide coaching as participants are engaged in the activity. More detailed coaching points can be found in the appendix of this resource.

Change it: Ideas on how to change the activity to reflect the developmental stage of the group and individual. Down = Easier; Up = Harder.

Questions: Examples of individual and group questions that can be asked to develop awareness around technical or tactical aspects of the game.

Minor Games

The minor game variations are included at each level of the program in the 'Get into it' sections. These invasion games allow players to practice and develop skills in a game-like environment without actually playing a match. Minor games may be modified by changing the rules, increasing or decreasing the activity space or setting time restrictions. The coach can decide whether they use the minor game identified in the session plan, or use their discretion to choose an appropriate variation based on the development of their players.

Net Session Plans

SESSION

1

START OUT (10-15 MIN)

Tunnel Ball

Objective

To develop hand–eye coordination and practice rolling the ball in a confined space.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

Description

Players line up in teams, one behind the other.

The ball is passed to the end of the line between the legs of all team members.

The last person then runs to the front of the line and starts passing the ball again.

The winning group is the first back to their original position.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

② Coaching Tip

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

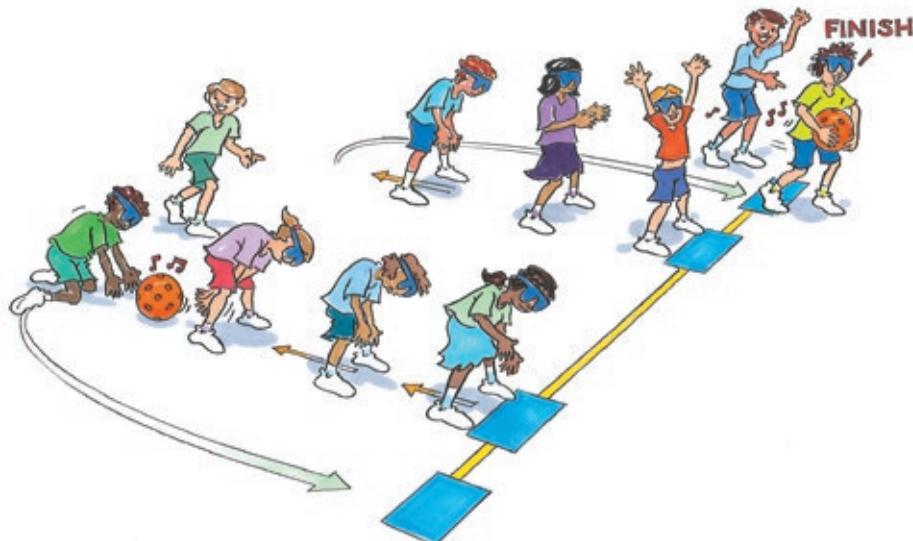
④ Change It

Down: No competition; Use a beanbag.

Up: Pass the ball over the heads of the players;
Pass the ball in an over and under pattern;
Pass the ball twisting to the left and right;
Combine the different variations in one race.

⑤ Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Individual Standing Balances

Objective

To develop players' balance by practicing different balances as dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Individual standing balances:

- Stand on one leg like a bird
- Stand on one leg, swing the other like a pendulum
- Stand on tiptoe
- Stand on both feet with eyes shut
- Stand on one foot with eyes shut
- Stand on both feet, then on one leg and balance a beanbag.

① Safety

Define the area appropriate for numbers.

② Coaching Tip

Eyes looking forward.

Bend at knees as required.

③ Change It

Down: Players can use another player or object to balance and let go for as long as possible.

Up: Add players moving around prior to the balance being called; For some balances a ball could be thrown while balancing.

④ Questions

When was it hard to keep your balance?

When was it easy to keep your balance?



GET INTO IT (30–35 MIN)

Fancy Frogs

Objective

To develop awareness of different styles of jumping and landing.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Individuals.

Description

Spread markers 0.5m apart in front of small groups of players.

Players complete the following activities by jumping over the markers:

- Jump two feet together
- One-foot jump (alternate landing on right foot and left foot).

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

③ Change It

Down: Remove the markers.

Up: Catch a ball after jumping over a marker.

④ Question

Which technique allowed you to jump higher, the two-foot jump or one-foot jump?



Ball Pick-Up Race

Objective

To develop running technique, focusing on take off.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 5–6.

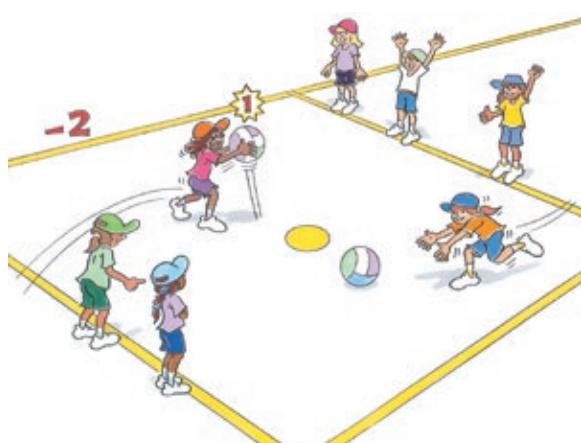
Description

Groups form two lines and stand facing each other across one third. Players in each group are numbered consecutively.

Two balls are placed in the middle, one for each group.

When the coach calls a number, the corresponding player from each group runs in to pick up their ball.

The first player to pick up their ball scores a point for their team.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

Knee lifts.

③ Change It

Down: Make a circle of five players, numbering players one to five. When a number is called only one person has the number.

Up: Once the player picks up the ball they must complete an activity with the ball (for example, three bounces, or once the player picks up the ball they must pass to three team-mates).

④ Questions

What things did you do to take off quickly?

What things slowed you down?

GET INTO IT (30–35 MIN)

Throw to Self Using a Bean Bag

Objective

To develop catching skills in a static environment.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Group Management

Individuals.

Description

Players complete some/each of the following:

- Throw bean bag from hand to hand – high/low
- Throw to self in the air and catch in the palms
- Throw to self in the air and catch on the back of the hands
- Throw to self in the air and catch with favourite hand
- Throw to self in the air and catch with the other hand
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and jump and catch it
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

② Coaching Tips

Eyes on the bean bag.

Hands towards the bean bag.

Pull bean bag towards the body.

③ Change It

Down: Select the easier activities.

Up: Combine a number of activities in sequence.

④ Questions

Which was the easiest to catch?

Which was the hardest to catch?



Throw at Target

Objective

To develop throwing technique, focusing on hitting a stationery target.

Equipment/Area

Netball court or suitable playing area.

Markers.

Soft balls.

Bean bags.

Group Management

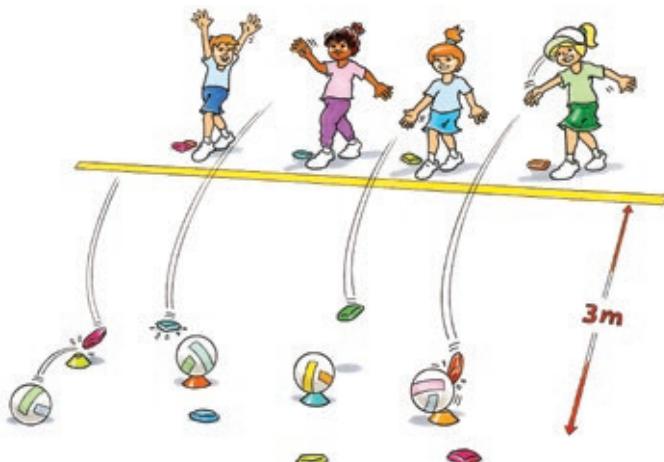
Individuals.

Description

Set up a line of markers with a soft ball balancing on top.

Line players up behind a line three metres away.

Players throw beanbags at the balls until they are all knocked off the markers.



① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

② Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

④ Change It

Down: Decrease distance from target.

Up: Competition between teams – each team must only knock off their opponents' balls, with the winning team the one with their markers still intact. Alternatively, knock off their own markers and the winning team is the first to have no balls left balancing on markers.

⑤ Questions

Where did you aim to hit the target?

What helped you hit the target?

GET INTO IT (30–35 MIN)

Rob the Nest

Objectives

To develop running technique at different speeds and in varying directions.

To work as a team to achieve the task.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Size 4 netballs (or equivalent).

Hoops.

Group Management

Four groups.

Description

Place netballs in the middle of the centre circle.

Divide players into four teams and line them up at each corner of the centre third.

Each team sends a runner to rob an egg (netball) from a nest. They return the egg to their nest and the next person in line then goes to rob an egg.

Players can collect eggs from the middle or from other nests. Teams cannot stop others stealing their eggs.

Set a time limit for each game.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

③ Change It

Down: Use beanbags; Decrease distance of running; Increase the number of netballs/bean bags.

Up: Increase distance of running. The winner is the first team with three eggs.

④ Questions

To get a quick start what do you need to do?

How did you encourage the members of your team during the game?

Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

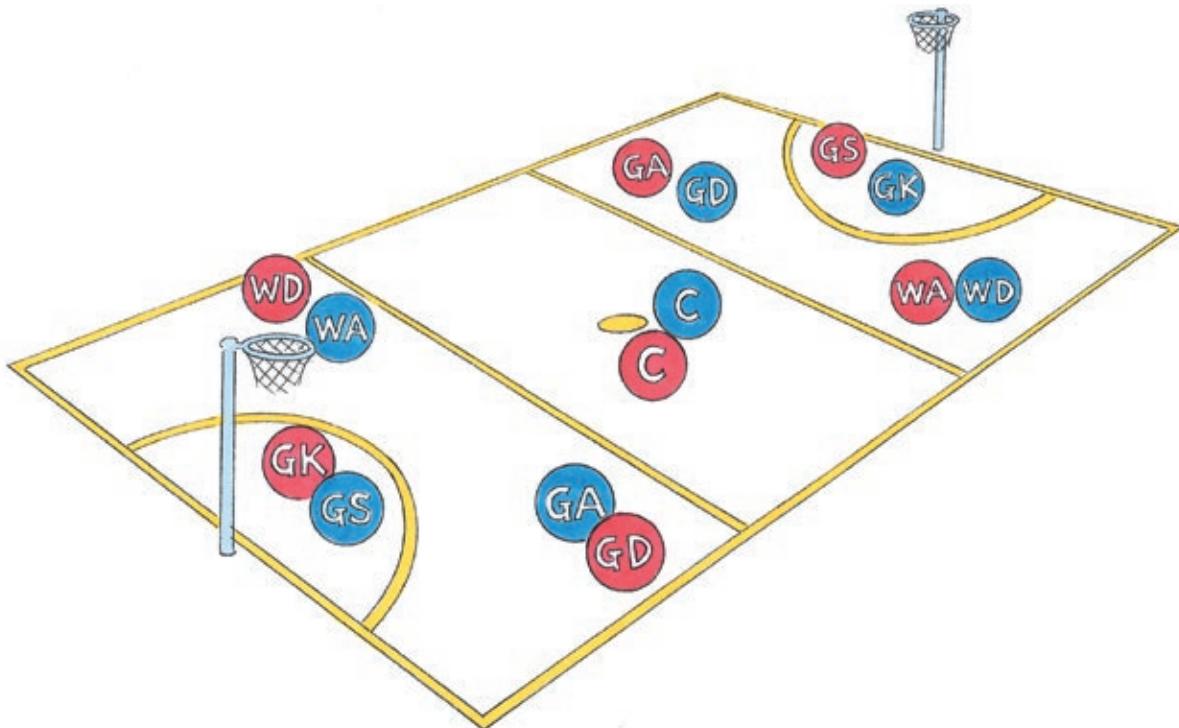
Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

2

START OUT (10-15 MIN)

Here, There and Everywhere

Objective

To practice running and changing direction using verbal cues.

Equipment/Area

Netball court or suitable playing area.

Group Management

Individuals.

Description

The coach calls one of the three words – here, there and everywhere:

- Here: run towards the coach
- There: run towards where the coach is pointing
- Everywhere: run in any direction.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

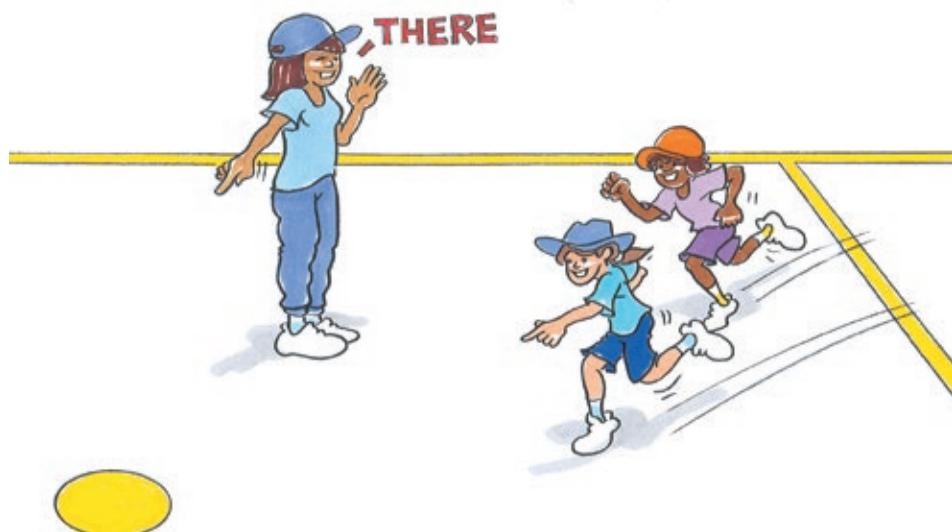
③ Change It

Down: Reduced number of commands.

Up: Change the type of movements (for example, skipping, hopping, jumping, leaping).

④ Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Walk Along a Line

Objective

To develop players' balance using dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Line for players to perform balances.

Group Management

Individuals.

Description

Players to move along a line using a variety of movements:

- Heel/toe walk
- Walk on toes
- Walk backward
- Hop forward/backward
- Jump.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Bend at knees as required.

④ Change It

Down: Players perform the activity without staying on a line.

Up: Add cones to move over as they progress along the line.

⑤ Question

How did you keep your balance during the activities?



GET INTO IT (30–35 MIN)

Landing on the Circle Edge

Objectives

To develop landing skills in a confined space.
To develop balance skills after a dynamic action.

Equipment/Area

Netball court or suitable playing area.
Goal circle.
Markers.
Size 4 netballs (for advanced players).

Group Management

Groups of three.

Description

Players line up three metres from the circle edge in groups of three.
The first person in the line runs forward and jumps to land on the circle edge and hold their balance for 2–3 seconds.
They join a different line for their next turn.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Land softly on two feet shoulder-width apart.
Keep body upright.
Bend at ankles, knees and hips.
Knees should stay in line with the feet over the toes.

④ Change It

Down: Add a marker as a guide of where to take off.
Up: Add a ball to be thrown to the player as they land.

⑤ Question

How did you make sure you didn't go offside when landing on the circle edge?



Slap Tag

Objective

To practice running and changing direction skills to evade partner.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

One player stands on the transverse line with their back to their partner and their hand outstretched behind.

Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point.

Swap roles and repeat.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🕒 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

🔄 Change It

Down: Start behind player so they do not have to sneak across.

Up: Both stand in the middle of the third and perform a rock, paper, scissors competition, then the loser is chased over the transverse line.

❓ Question

What did you do to avoid being tagged?



GET INTO IT (30–35 MIN)

Throw to Self Using a Ball

Objective

To develop throwing and catching skills in a variety of activities.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Complete some/each of the following:

- Bounce ball with two hands and catch
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

② Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

④ Change It

Down: Use a softer ball.

Up: Combine a number of activities.

⑤ Questions

Which was the easiest to catch?

Which was the hardest to catch?



Partner Pass

Objectives

To practice throwing skills to stationary partner.
To practice running and change of direction using an audible cue.

Equipment/Area

Netball court or suitable playing area.
Size 4 netballs (or equivalent).
Wall.

Group Management

Pairs.

Description

Players pass the ball to their partner.
When the whistle is sounded the person without the ball runs to find a new partner.
Repeat.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

② Coaching Tips

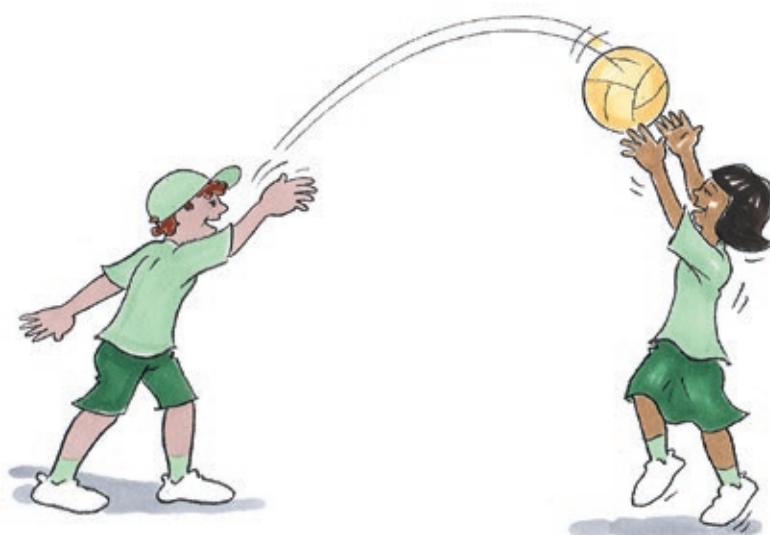
Eyes on the ball.
Hands towards the ball.
Fingers forward and spread and thumbs behind the ball ('W' formation).
Pull ball towards the body.

④ Change It

Down: Release the ball higher/bounce it harder, etc., to give the player more time.
Up: Release the ball more quickly.

⑤ Questions

Did you always get to your new partner to receive the next pass?
If not, why?



GET INTO IT (30–35 MIN)

Clean Up Your Rubbish

Objective

To develop shoulder pass technique and pass over a distance.

Equipment/Area

Netball court or suitable playing area.

Pieces of paper (rubbish).

Group Management

Two groups.

Description

Divide the third in half with a line down the middle and approximately eight players on each side of the line.

Spread a large number of screwed up pieces of newspaper over the two areas.

On the command the players must pick up the rubbish in their area and shoulder pass it to the opposite team's area.

After a set time, the coach signals time. The winning team is the one with the least bits of rubbish in their 'yard'.

Rubbish outside the area belongs to the team who threw the rubbish, not the team whose area it sits outside.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Opposite foot to throwing arm steps forward.

Ball held in one hand with arm back behind shoulder.

Arms extended with elbow slightly bent, shoulders turned, fingers spread wide behind ball.

Weight transfer forward as ball is passed.

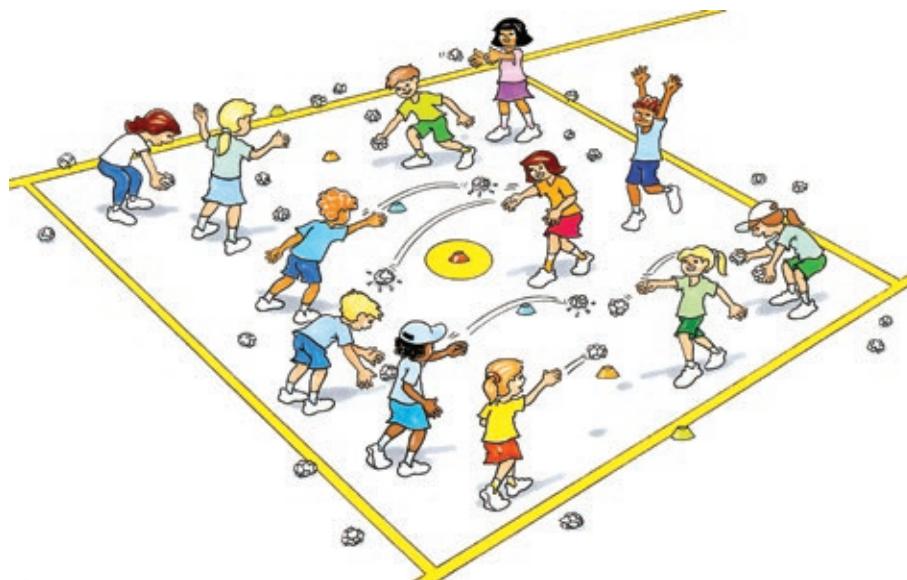
④ Change It

Down: All players start with 1–2 pieces and only throw their pieces of rubbish.

Up: Introduce an area between the teams' areas which is a no-go zone, so the players need to throw further to land their 'rubbish' in the opposition's court area.

⑤ Question

How did you get your 'ball' to go a long way?



Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

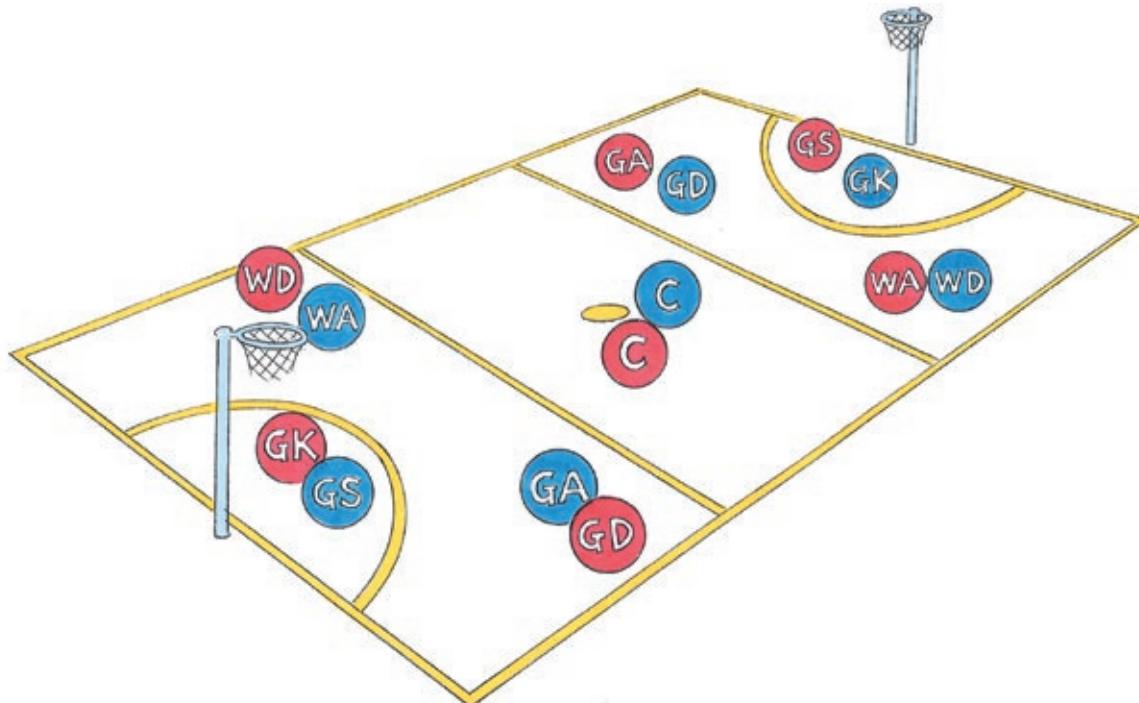
Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

3

START OUT (10-15 MIN)

What's the Time Mr Wolf

Objective

To practice running and changing direction skills to evade tagger.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

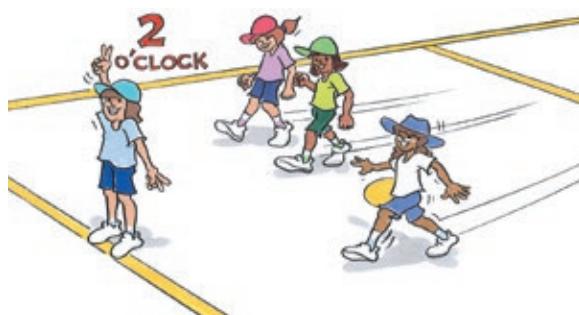
Description

Players line up behind the transverse line with one player, the wolf, standing at the next transverse line.

Players say 'What's the time Mr Wolf', and the wolf answers with a time (for example, 4 o'clock).

The players then take that number of steps closer to the wolf.

When the wolf answers 'dinner time' instead of a number, the wolf turns and chases the players back to their transverse line.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

③ Change It

Down: Players play in pairs.

Up: The wolf must turn and catch a player moving before they can chase them back to the transverse line.

④ Question

What helped you get away from the 'wolf'?

⑤ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Simon Says

Objective

To develop balance using a variety of dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Coach to call instructions.

Group Management

As a group.

Description

Use the following balance and hopping activities or make up your own:

- Stand on one leg
- Stand on one leg and swing the other to the side
- Stand on tip toe
- Stand on both feet with eyes open/shut
- Stand on one foot with eyes open/shut
- Hop forward/backward on right/left foot
- Pivot right or left (squash the spider).

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use of arms to counterbalance.

④ Change It

Down: Perform balances/activities without playing 'Simon says'.

Up: Introduce a competition using time, not exclusion.

⑤ Questions

What was the easiest activity to stay balanced?

What was the hardest?



GET INTO IT (30–35 MIN)

Elevation Jump

Objective

To develop jumping skills, focusing on gaining vertical height.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

As a group.

Description

The coach holds a ball high in the air.

Players line up in small groups five metres away, then run towards the coach and jump/leap and touch the ball.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes looking forward.

Bend slightly at the knees, hips and ankles.

Weight forward on the toes.

Use of arms to drive up to extend towards ball.

Soft landing by bending knees, hips and ankles.

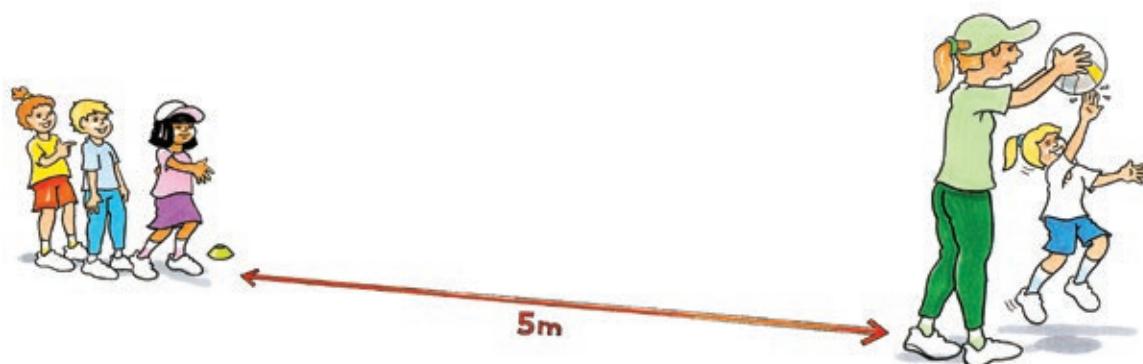
③ Change It

Down: Jump/leap with reduced run up.

Up: Grab the ball, land, pivot and pass to the next player who passes it back to the coach.

④ Question

What did you do to jump higher?



Number Exchange

Objective

To develop running and changing direction skills in a confined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

Stand ten players in a circle and number them 1 to 10. Another player stands in the middle of the circle. The player in the middle calls two numbers and these two players must exchange places. The middle player tries to run to one of the vacated places before the other players. The player left out stands in the middle and calls two numbers.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

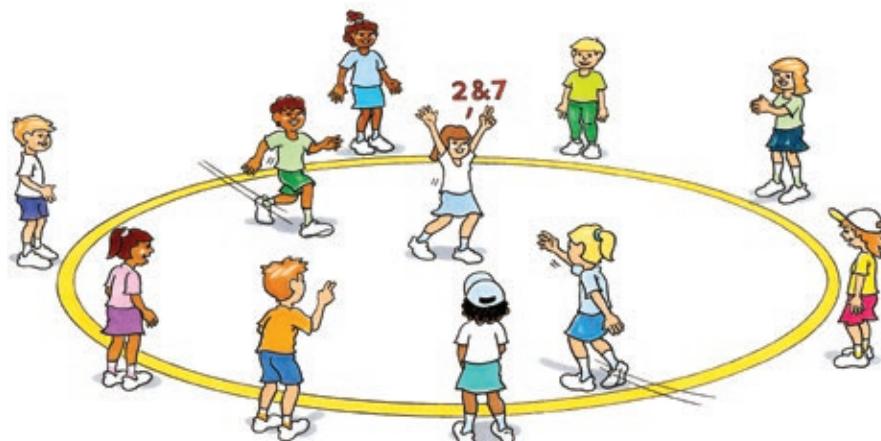
④ Change It

Down: The coach calls the numbers out.

Up: Change the activity so that more than two players can go at once (for example, players who have on a blue skirt, players who barrack for a certain netball team).

⑤ Question

When you were in the middle, what strategies did you use to take someone's place?



GET INTO IT (30–35 MIN)

Wicked Witch

Objective

To develop catching skills in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Wand (stick, bib, whistle).

Group Management

Individuals.

Description

All players have a ball and the wicked witch holds a stick as a wand.

The wicked witch calls out commands to the players (for example, bounce the ball, throw the ball in the air).

When the wicked witch drops their wand (after 2–3 orders) they chase the players to their 'safe' zone (all players must carry their ball).

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

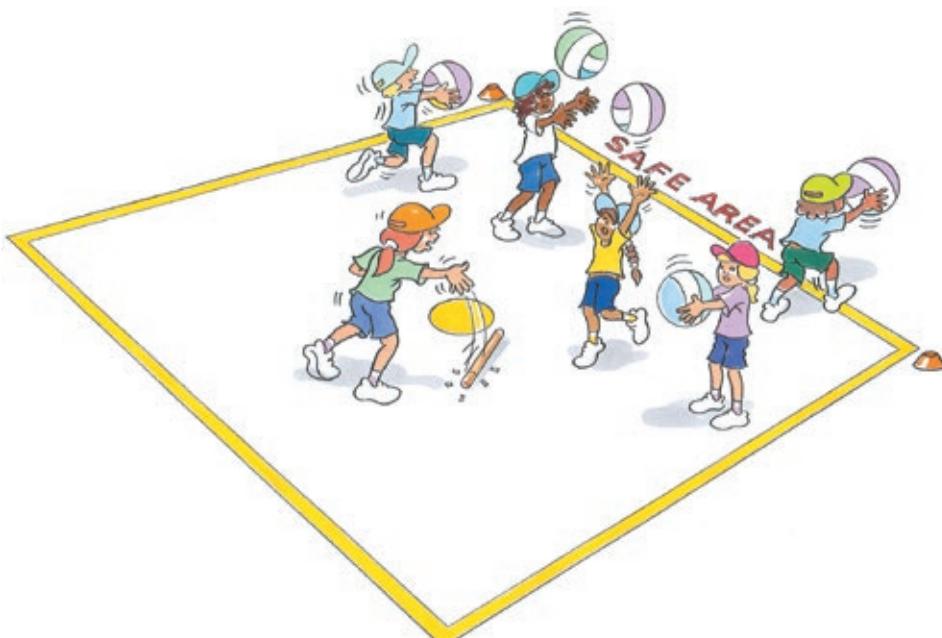
⊗ Change It

Down: Coach acts as the witch so that simple ball skills are called.

Up: Skills called are more complex.

② Question

Which was the most difficult catching activity?



Catch Me If You Can

Objective

To develop accuracy of passing and catching in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Groups of 8–10.

Description

Groups stand in a circle with two balls starting opposite each other.

Players pass the balls to the person next to them, trying to catch one ball with the other.

The activity ends when one ball is 'caught' by the other ball.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

④ Change It

Down: Use soft balls.

Up: Use three netballs; Change direction of balls.

⑤ Question

What have you done well if one ball catches the other ball?



GET INTO IT (30–35 MIN)

Force Them Back

Objective

To develop accuracy of pass over distance.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

Two groups.

Description

Divide one third of the netball court in half.

A team of four stands in the middle of each half.

The ball starts with one player and is thrown into the other half.

If the ball is caught that team moves forward two steps.
If it is dropped the team moves back two steps.

The other team then throws the ball back.

Each team attempts to force the other team to the end of their court.

① Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

⌚ Change It

Down: Use a soft ball.

Up: Increase the size of the area.

❓ Question

What did you do to make your pass go further?



Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

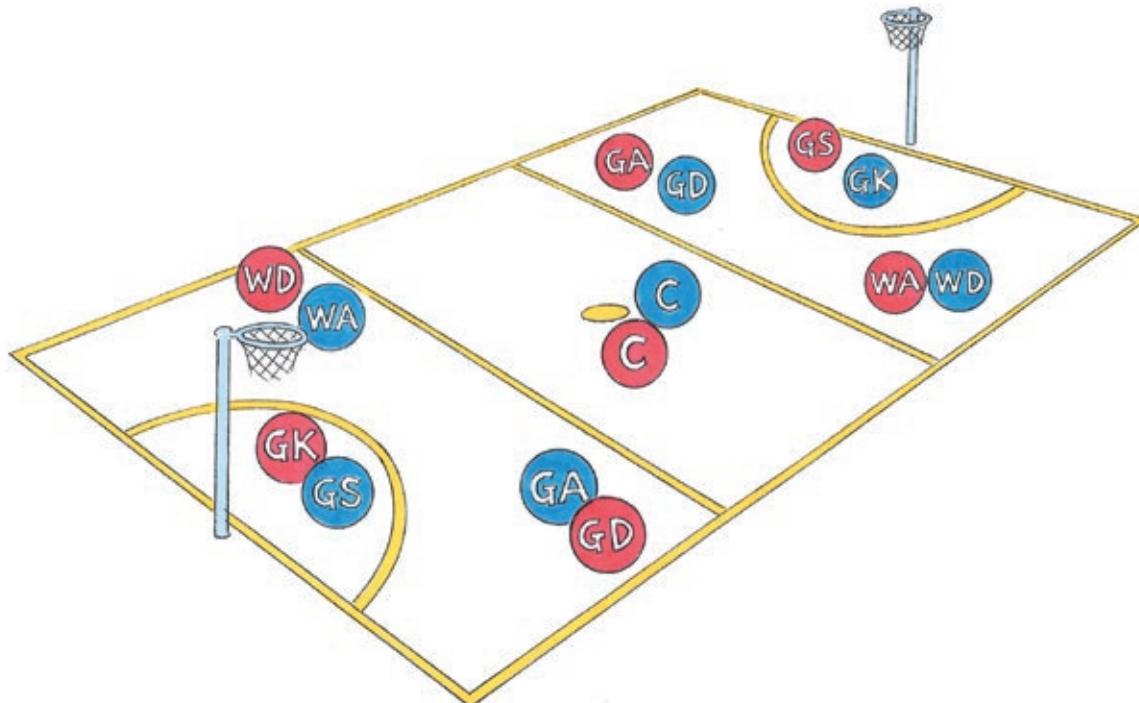
Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

4

START OUT (10-15 MIN)

Pairs Chasey

Objective

To practice running in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand in pairs with arms linked.

One pair is separated, with one player chasing their partner.

The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased.

If the player being chased is tagged, the roles are reversed.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Running:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

③ Change It

Down: Reduce the number of pairs;
Decrease the size of the area.

Up: Increase the size of the area.

④ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Thumb War Leg Balance

Objective

To practice balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand on one leg and monkey grip the hand of their partner, with thumbs in the air.

Players tap thumbs onto hand on alternating sides three times then try to pin the other player's thumb down.

Variation: right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes looking forward.

Bend at knees as required.

③ Change It

Down: Players can touch other foot down as required to balance.

Up: Play both hands at once.

④ Question

Which position was easiest to balance?



GET INTO IT (30–35 MIN)

Jump Up the River

Objectives

To practice leaping/jumping over distance.
To develop balance and control on landing.

Equipment/Area

Netball court or suitable playing area.
Long ropes.
Chalk.

Group Management

Individuals.

Description

Loop a long rope around so it is narrow at one end and wider at the other.
Jump over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

② Coaching Tips

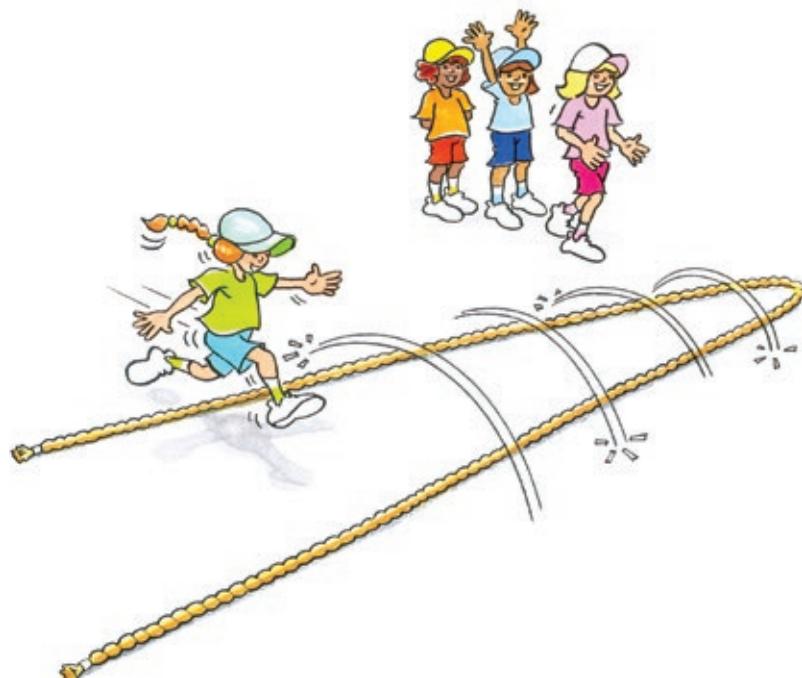
Opportunities to explain how movement patterns (two-foot take off and landing, same-foot take off and landing, one-foot take off, land on opposite leg) are important in netball.

④ Change It

Down: Jump/leap over one piece of rope.
Up: Introduce a competition.

⑤ Questions

Ask players to reflect on their jumping and landing technique – how does it feel when you jump/land?
Which jumping technique helped you jump the furthest?



Rats and Rabbits

Objectives

To develop running and quick take off.

To reinforce the concept of 'ready position' in preparation for sprinting.

Equipment/Area

Netball court or suitable playing area.

Group Management

Teams.

Description

Players set up in two single file lines next to a partner who is standing approximately one metre away.

One line of players is designated the 'rats' while the other line of players is the 'rabbits'.

On the call of 'rats' or 'rabbits' the nominated group attempts to run to the safe area before their partner catches them.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Reinforce the concept of 'ready position' in preparation for sprinting.

Feet shoulder-width apart, body upright, knees slightly flexed and out over toes.

Push off on inside foot, stepping out in direction of lead.

Arms drive forward, elbows bent.

③ Change It

Players can keep a tally of scores, receiving one point if they catch their partner or one point if they reach the line before they are tagged by their partner.

Change the movement patterns (for example, side stepping, skipping, jumping).

'Crusts and crumbs', 'Brats and brownies' – similar sounding words can be substituted for rats and rabbits.

Down: Increase the starting distance between the teams.

Up: Coach extends the 'r' sound so players are unsure of the call; After the first call (for example, 'Rabbits') and prior to them reaching the sideline, the coach calls 'Rats', who then have to turn and reach their sideline before being tagged.

④ Questions

What starting position can you use to be ready to either catch your partner or avoid being caught by your partner?

Why is it important to have an explosive start?

GET INTO IT (30–35 MIN)

Catch It

Objective

To develop the ability to catch on the move.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Group/s of ten.

Description

Groups of approximately ten players are numbered consecutively and each given three 'lives'.

A player with the ball starts the game by throwing the ball in the air and calling a number.

The player whose number is called runs in to catch the ball before it hits the ground.

If the ball hits the ground the player loses a 'life'.

The person then throws the ball in the air and calls another number.

Game ends after a period of time or when a person loses all of their 'lives'.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes on the ball.

Strong take off towards the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

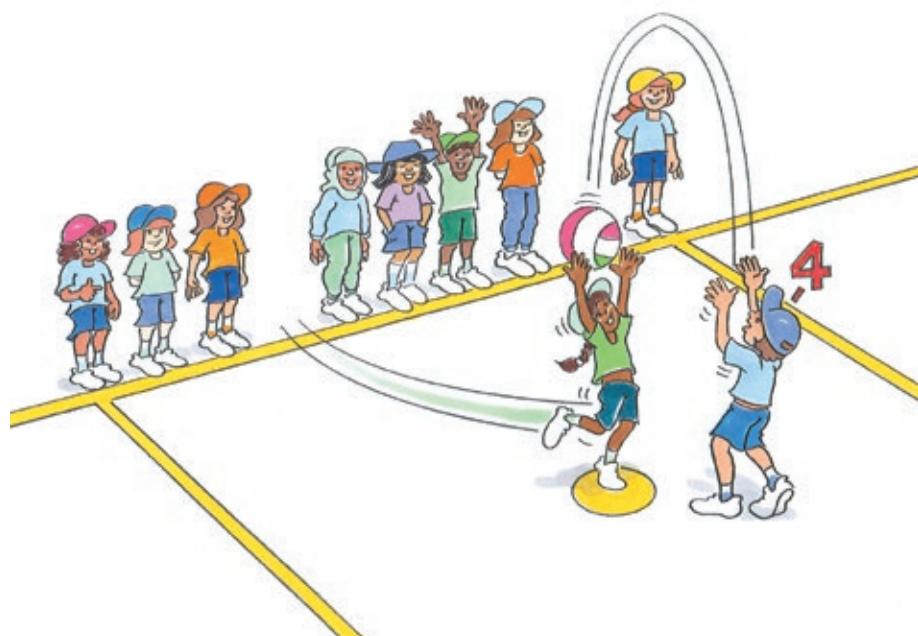
④ Change It

Down: Ball can bounce before it is caught.

Up: Play 'Frozen ball'.

⑤ Question

What did you do to get to the ball before it bounced?



Beat the Ball

Objective

To develop accuracy of pass and catch in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Groups of 6–8.

Description

Players form a straight line, three metres apart.

Players jump and catch the ball and land on two feet, pivot, and pass to the next person.

Players move ball up and down the line.

A runner tries to beat the ball as it is passed along the line and back to the start.

Variation: change type of pass.

① Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Allow players to use a pass that suits their ability level while also encouraging tracking the ball into hands.

Opposite foot to throwing arm steps forward to pass.

Encourage the next receiver to be ready to catch with their hands extended forward and fingers spread.

㉚ Change It

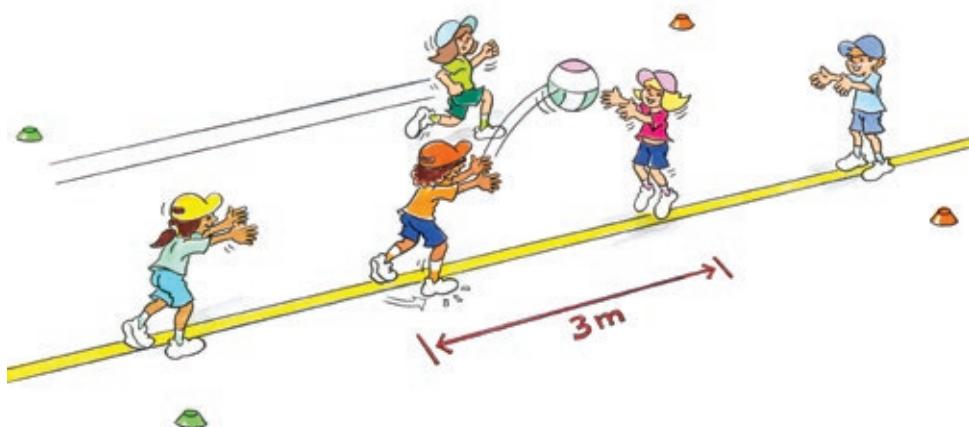
Down: Vary the type of pass used and the distance between players or size of the circle; Pass without the runner.

Up: Add three balls or beanbags to increase the difficulty or use a variety of different sized balls; Change the distance of the pass; Add a time limit.

㉔ Questions

How can you beat the runner when passing?

What have you done well if the ball beats the runner back?



GET INTO IT (30–35 MIN)

Pepper Pot Challenge

Objective

To develop accuracy of passing and catching under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Two groups.

Description

Two even teams stand in a semicircle, both teams combined form a full circle.

One ball for each team is placed in the middle of the circle.

Each player receives a number with a person on the opposite team receiving a corresponding number.

A number is called by the coach and these players move to the middle of the circle and pick up a ball. The players face their own group and pass in sequence as quickly as possible to each player in their team (designate the passing sequence – left to right or vice versa).

Once all players have received and passed the ball, the player in the middle holds the ball up high over their head to signal that their group has finished.

The fastest team to finish the passing sequence scores a point. Players return to their starting position and another number is called.

! Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Head up, eyes on the ball.

Transfer weight forward.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Ball comes out evenly from both hands.

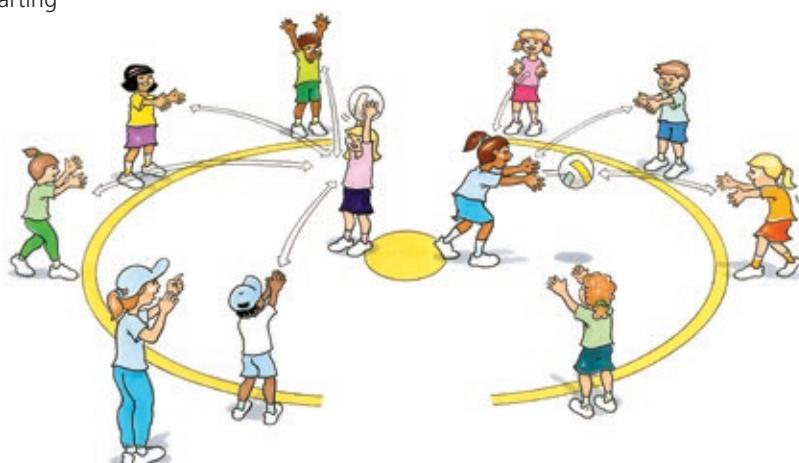
② Change It

Down: Use a soft ball/beanbags.

Up: Add a second ball for each team.

③ Question

What have you done well if your team scores lots of points?



Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

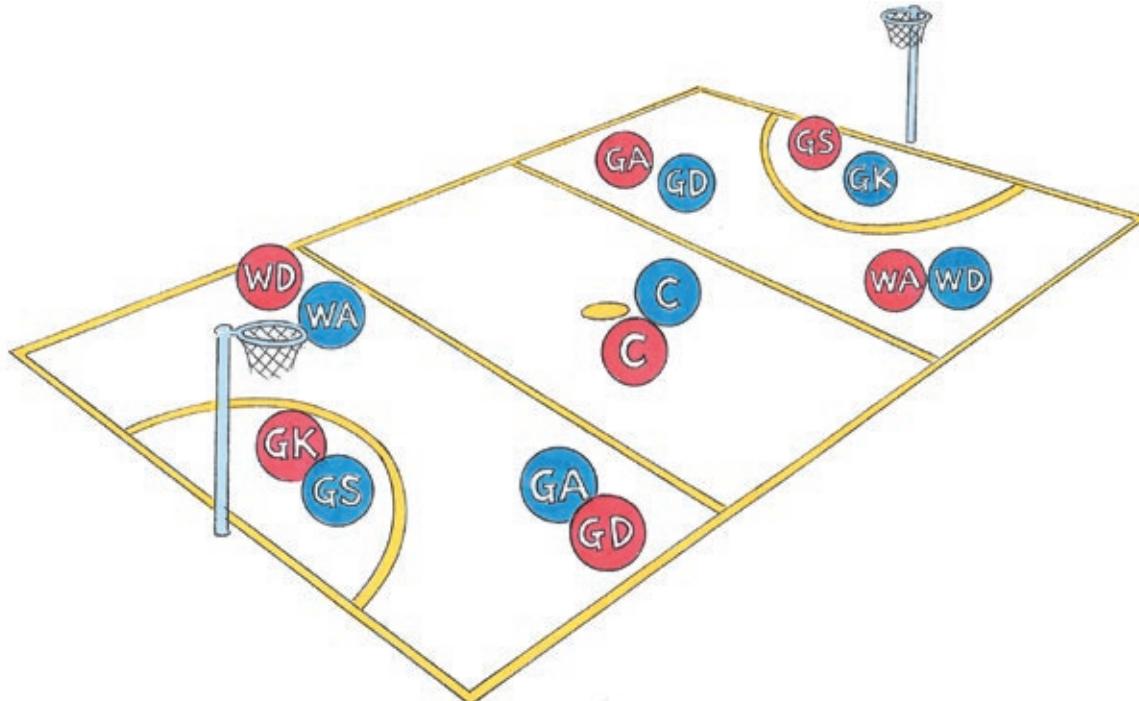
Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

5

START OUT (10-15 MIN)

Hand Slaps

Objective

To practice running and changing direction.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

One player stands with one hand raised. Their partner runs around them as many times as possible in 15 seconds, slapping hands each time.

Compare the number of hand slaps.

① Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Running:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

⌚ Change It

Down: No competition.

Up: First player to a specific number.



Knee Tag

Objective

To develop the ability to change direction and dodge.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, partners face each other.

Partners try to tag each other's knees while avoiding being tagged.

Players cannot turn and run away from their partner.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

③ Change It

Down: No competition.

Up: First player to a specific number.

④ Stretch!

Select an appropriate activity from the Stretch Coaching resource.



START OUT (10-15 MIN)

Partner Connection

Objective

To improve participants' balance and movement skills.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups.

Description

Players move around using a variety of movements (for example, running, skipping, hopping, jumping, leaping).

The coach calls out two body parts which each player must connect to another player (for example, elbow to knee, hand to foot, head to head).

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use arms to balance.

Look for correct technique in movement skills.

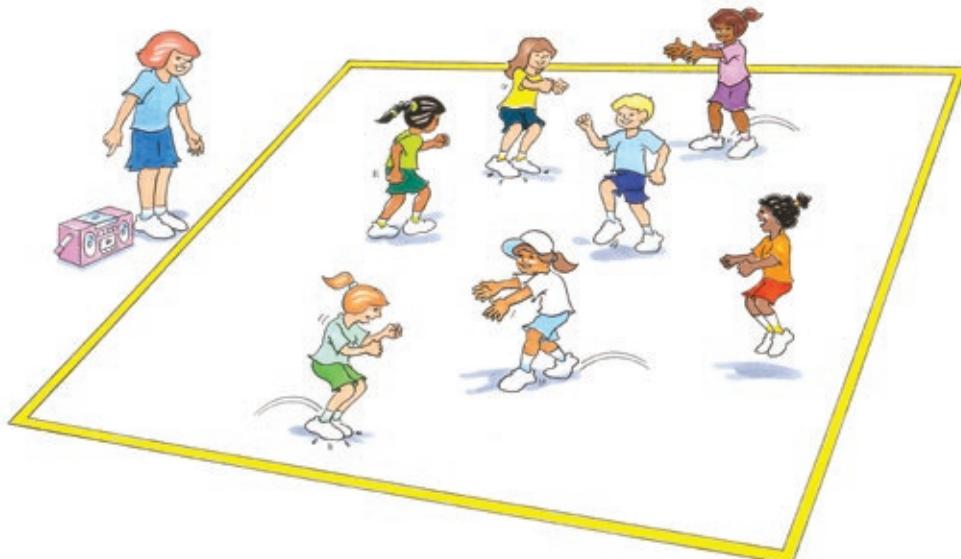
④ Change It

Down: Players do not move around prior to creating the balance.

Up: Form larger groups by calling out more body parts (for example, five elbows, two heads and three knees).

⑤ Question

What things did you do to stay balanced?



Helicopter

Objective

To develop jumping with a focus on timing.

Equipment/Area

Netball court or suitable playing area.

Rope.

Group Management

Groups of 2–3.

Description

A coach/player stands in the middle of the circle holding a rope.

Swing the rope low over the ground so players can jump the rope as it passes.

① Safety

Define the area appropriate for numbers.

Beware that the rope is a tripping hazard.

② Coaching Tips

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

Timing of when to jump.

④ Change It

Down: Start the rope on the ground and swing in a half circle.

Up: Move the rope faster.

⑤ Questions

How did you know when you should jump?

How close was the rope?



GET INTO IT (30–35 MIN)

Over and Under

Objective

To develop ball control and balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand back to back. The ball is passed overhead then between the legs, completing a circle.

Reverse direction after a period of time or certain number.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

② Coaching Tips

Hands towards the ball.

Pull ball towards the body.

Initial stance is feet shoulder-width apart, body upright, knees slightly flexed and out over toes.

④ Change It

Down: Use a bean bag.

Up: Stand further apart.

⑤ Question

How did you keep your balance in this activity?



Twisting

Objective

To develop ball control and balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players stand back to back. Ball is received from one side of the body and passed to the other side, completing a circle.

Reverse direction after a period of time or certain number.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

② Coaching Tips

Eyes on the ball.

Hands towards the ball.

Pull ball towards the body.

Initial stance is feet shoulder-width apart, body upright, knees slightly flexed and over toes.

④ Change It

Down: Sit back to back; Make a circle and pass the ball around the circle.

Up: Stand further apart.

⑤ Question

How did you keep your balance in this activity?



GET INTO IT (30–35 MIN)

Circle Pass

Objective

To develop the ability to catch in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Hoops.

Group Management

As a group.

Description

Players stand in a circle with a ball and a hoop placed in front of each player.

Each player bounces the ball in the hoop continuously until the coach calls change. The players then pass their ball to their left using a chest pass, and then bounce the new ball in the hoop.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Head up, eyes on the ball.

Transfer weight forward.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Ball comes out evenly from both hands.

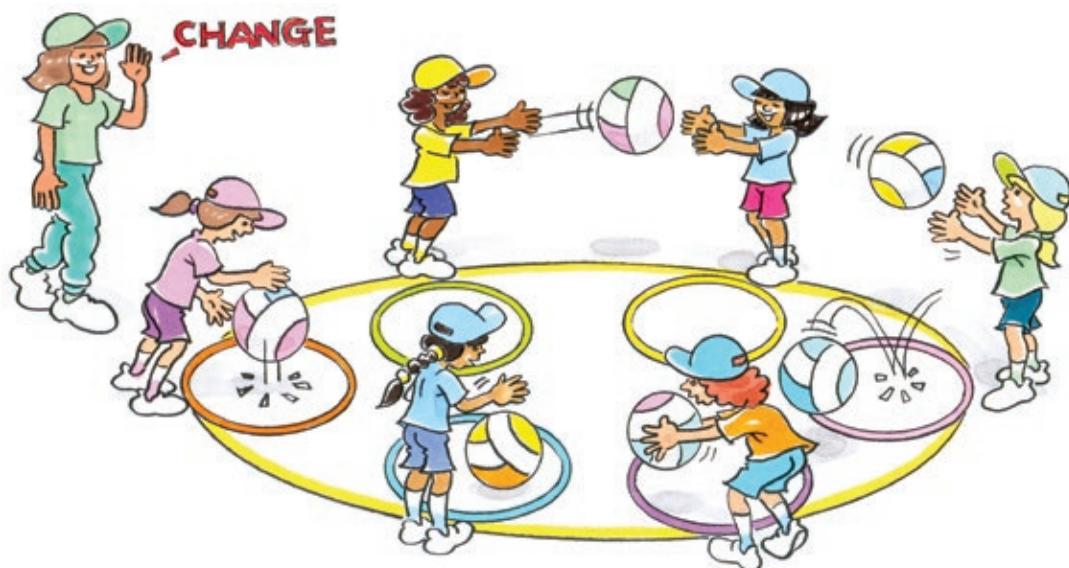
④ Change It

Down: Give the ball to the partner.

Up: Continuous pattern (for example, four bounces then pass left, four bounces then pass right).

⑤ Question

What are the things you do to pass a good chest pass?



Run, Jump and Catch

Objectives

To develop accuracy catching.
To practice landing when on the move.

Equipment/Area

Netball court or suitable playing area.
Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

Description

One player stands holding a ball, facing a line of four players.

The front person leads forward, receives a pass and lands on two feet, then throws a shoulder pass back and returns to the end of the line.

Rotate the thrower.

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

② Coaching Tips

Land on outside foot.
Eyes on target.
Step towards target (this should be opposite foot to throwing arm for shoulder pass).
Transfer weight forward.
Hip to shoulder rotation during throw.
Throwing arm follows through to target.

③ Change It

Down: Use a soft ball; Players jump and land in a circle/hoop then receive a pass.

Up: Pivot after they catch the ball, passing to the next person in the line, who returns the ball to the front person.

④ Question

What things did you look for to know when to pass?



GET INTO IT (30–35 MIN)

Shooting Relay

Objectives

To develop goal shooting technique.

To practice chest pass technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Group Management

Groups of 4–5.

Description

Even teams line up from the corner of the goal third to a marker placed in the goal circle.

The ball is passed down the line using a chest pass in a catch, pivot and pass action to reach the front player who has an attempt at goal.

Whether successful or not, the player gathers their ball and runs back to the end of their line and the passing sequence begins again.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Players to have their feet, hips and elbows pointing towards the goalpost.

Ball is held above the head in dominant hand. Opposite hand may be used to steady the ball.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

Bend knees and elbows, release ball and flick wrist.

④ Change It

Down: Bean bag with an underarm throw when passed; Use a hoop as a goal ring; Use a soft ball.

Up: Introduce a competition.

⑤ Questions

Where did you aim to get a goal?

What needs to happen so we safely pass the ball down the line?



Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

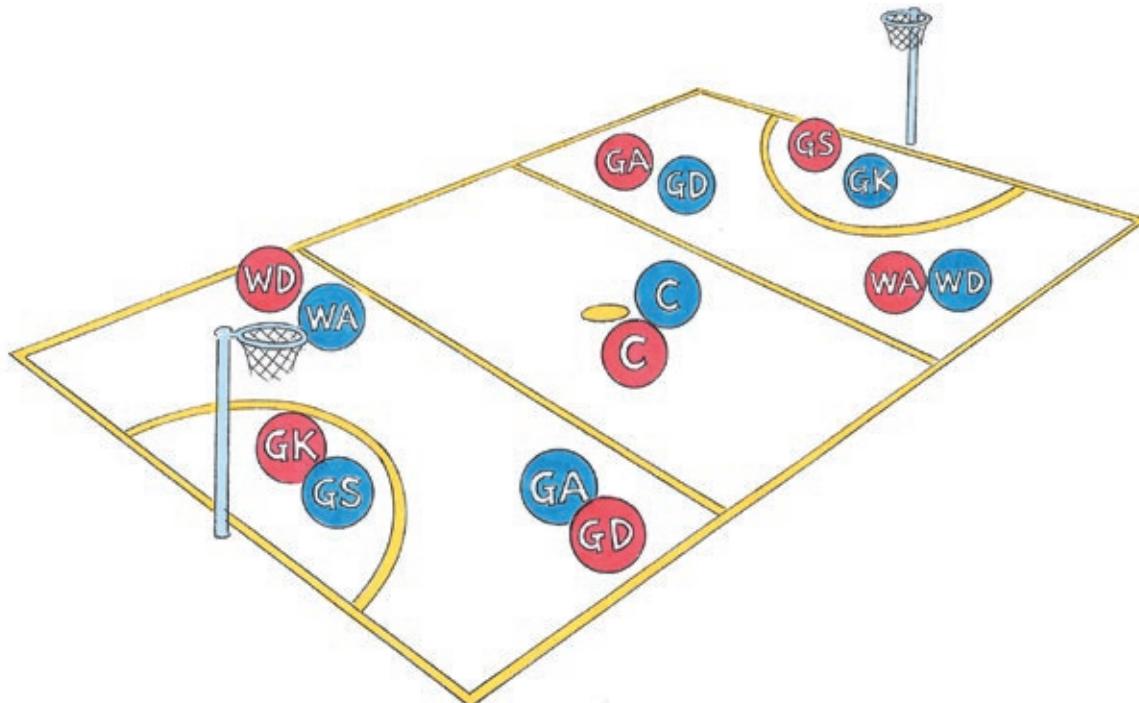
Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

6

START OUT (10-15 MIN)

Relays

Objective

To practice running and passing technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

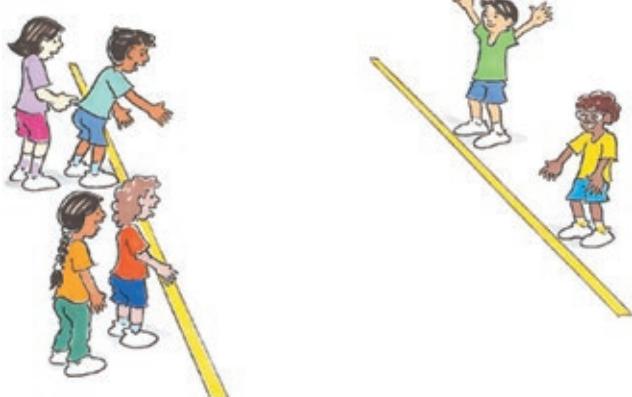
Group Management

Two groups.

Description

The first person in each team runs with the ball to a nominated spot and bounces the ball three times, then runs back to their line and shoulder passes the ball to the next person.

Repeat with different activities (for example, three catches, one bounce and one catch).



① Safety

Define the area appropriate for numbers.

② Coaching Tips

Run:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Shoulder pass:

- Opposite foot to the throwing arm forward
- Arms extended with elbow slightly bent
- Fingers spread wide behind the ball
- Transfer weight forward as throwing arm comes through.

③ Change It

Down: No competition; Place ball in front of the group so players do not have to run with the ball.

Up: Make the ball activities more challenging (for example, three balls in the air, or clap and ball in the air and turn around).

④ Question

What did you have to do to make sure your pass was accurate?

⑤ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Islands

Objective

To practice balance techniques in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Floor discs/hoops.

Bib (for the shark).

Group Management

Groups.

Description

Set up with less hoops/mats (islands) than the number of players.

Nominate one/two players as the sharks; these players are the taggers.

The players avoid being tagged by balancing on an island. Islands can only hold one person, so if another player moves onto an island the first player must leave.

Players cannot balance on the island for more than three seconds.

If a player is tagged they exchange places with the shark.

Variation: Run until the music stops, then run to an island and balance.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use arms to counter balance.

④ Change It

Down: Have no tagger, players balance on islands then move to a new island.

Up: Coaches nominate different balances to be performed when on the island (for example, two feet, right foot, left foot).

⑤ Question

What did you do to help keep your balance?



GET INTO IT (30–35 MIN)

Footwork at a Corner

Objective

To practice jumping technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Lines.

Group Management

Individuals.

Description

Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities:

- 10 jumps forward and backward across the line
- 10 jumps side to side across the line
- 5 hops on each leg
- 10 criss-cross legs across the line.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips.
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

④ Change It

Down: Reduce the number of jumps or size of area; Coach calls the activity.

Up: Increase the speed of running between activities.

⑤ Question

In which activity were you able to jump the highest?

Wall Sequence

Objective

To develop catching skills in a controlled environment.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

Group Management

Groups of three.

Description

Groups of three players stand in a line two metres from the wall, the front person holding a ball.

The first person performs the following activities using a shoulder pass, until they make a mistake. The next person then has their turn:

- 10 x Throw ball onto the wall and catch
- 9 x Throw ball at a wall, jump then catch
- 8 x Alternate throwing ball onto the floor so it bounces on the wall and catch then onto the wall so it bounces on the floor and catch
- 7 x Throw ball onto the wall, bend down and touch the ground then catch
- 6 x Throw ball onto the wall and clap then catch
- 5 x Throw ball onto the wall and catch it after it bounces once
- 4 x Throw ball under one leg onto the wall and catch (two each side)
- 3 x Throw ball at a target and catch
- 2 x Bounce ball on the ground so it rebounds on the wall and catch
- 1 x Throw ball onto the wall and spin around to catch.

When the first person is back at the front of the line, they begin the sequence from where they made the mistake.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Opposite foot to the throwing arm forward.

Arms extended with elbow slightly bent.

Fingers spread wide behind the ball.

Transfer weight forward as throwing arm comes through.

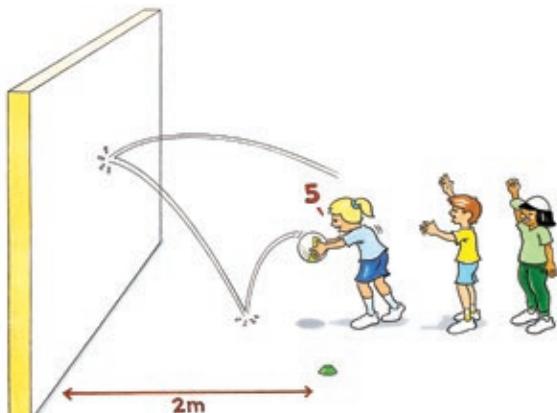
④ Change It

Down: Use a soft ball; Decrease the complexity and/or the number of activities.

Up: Player starts again so that all activities are completed at the one time.

⑤ Question

What did you do to help you catch the ball safely?



GET INTO IT (30–35 MIN)

Landing and Pivoting

Objective

To develop landing technique and pivot in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Two players in a 3m x 3m square with one ball.

The player with the ball stands and passes to the other player who makes a lead. They catch and pivot before passing the ball back.

The receiving player can run straight, left or right.

Work for 10 passes.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tips

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pivot:

- Pivot must always be on landed foot
- Turn on the ball of the landed foot, pushing off with other foot
- Pivot in the direction of the landed foot.

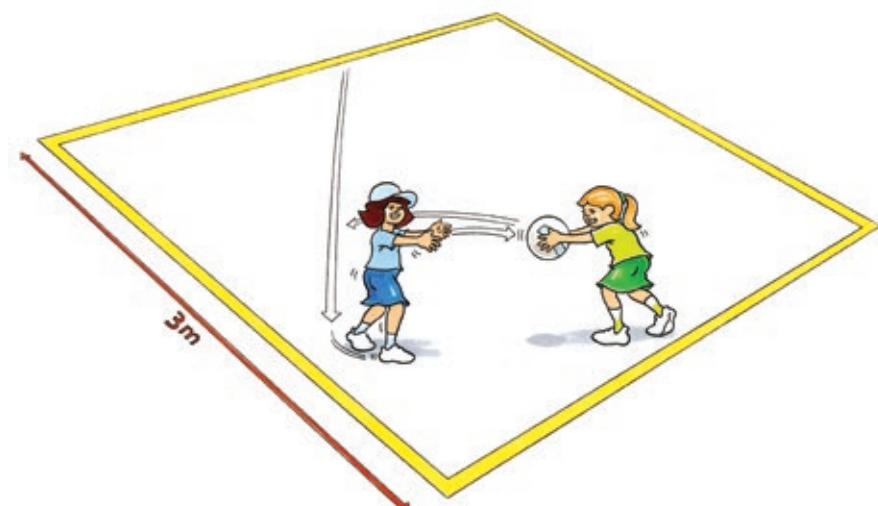
🔄 Change It

Down: Use only straight lead.

Up: Both players are moving in the square.

❓ Question

Did you find leading and pivoting on one side easier than the other?



Crocodile

Objective

To develop passing technique for distance and accuracy.

Equipment/Area

Netball court or suitable playing area

Size 4 netballs (or equivalent)

Group Management

Two groups.

Description

Divide players into two teams, approximately eight players per team.

Divide the centre third in half, with each team standing in their own half.

A player starts with the ball and shoulder passes into the other team's area.

If the ball hits the ground, the team who threw the ball scores a point.

If the ball is caught, no points are scored and the ball is thrown back to the first half.

Play continues until a team scores 10 points.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

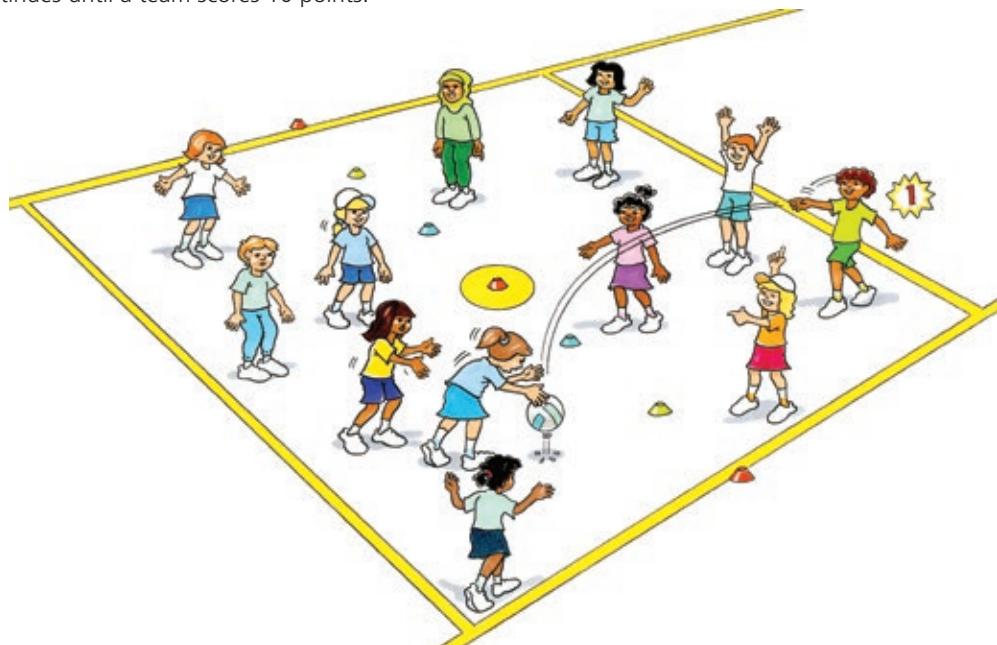
Hip to shoulder rotation during throw.

Throwing arm follows through to target.

③ Change It

Down: Use a soft ball; Decrease the size of the area; Increase the number of players.

Up: Increase the size of the area; Decrease the number of players.



FINISH UP (5-10 MIN)

Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

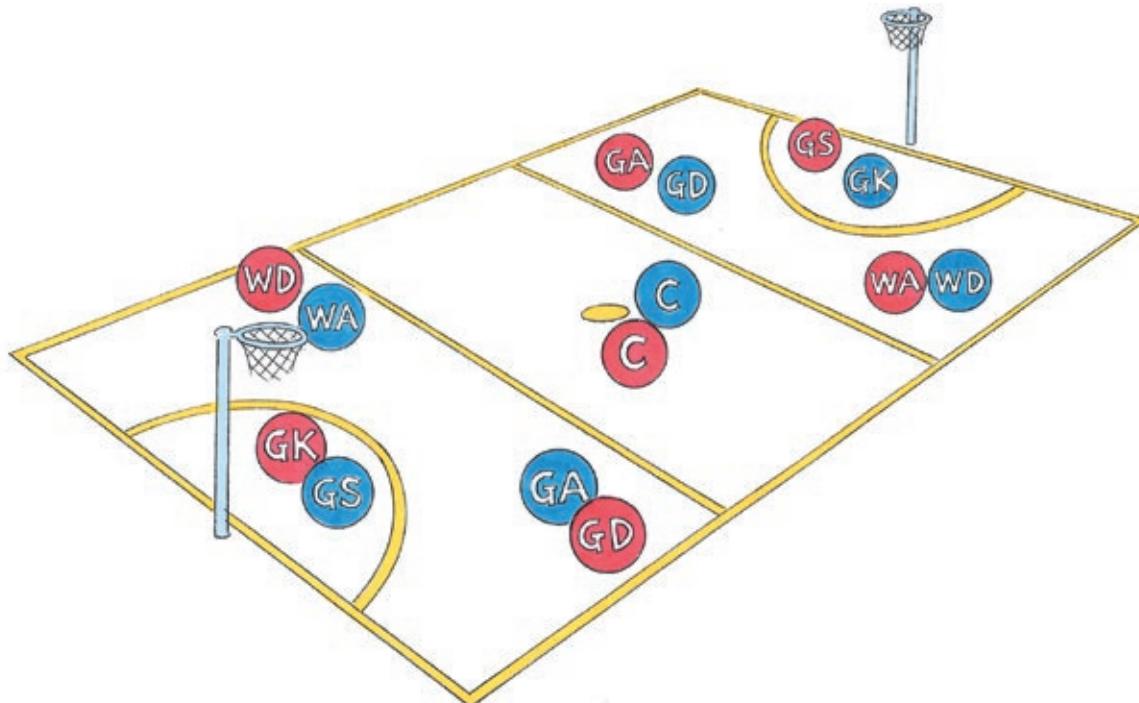
Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

7

START OUT (10-15 MIN)

Fox and Geese

Objective

To develop change of direction and dodge technique in a confined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of four.

Description

Three players form a circle with one of these players nominated as a goose, with another player (fox) standing outside the circle.

The fox aims to tag the goose.

Players keep the circle intact and aim to reposition themselves to protect the goose from being caught by the fox.

The fox cannot go under the arms of players protecting the goose.

After a designated time frame or after tagging the goose, players change roles.

① Safety

Define the area appropriate for numbers.

Ensure there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalposts.

② Coaching Tips

Feet shoulder-width apart.

Body upright.

Knees slightly flexed and out over toes.

Use small running steps.

Push off an outside foot to quickly change direction.

③ Change It

Down: Two players in the circle can be geese and the fox can touch either one.

Up: Designate a tagging time frame (for example, 30 seconds for the fox to catch the goose and one point each time the goose is tagged. Experiment with group sizes and more than one 'goose'.

④ Question

What moves helped the fox catch the goose?



Musical Balance

Objectives

To improve balance technique in a dynamic activity.
To practice a range of movement skills in a defined space.

Equipment/Area

Netball court or suitable playing area.
Music.

Group Management

Individuals.

Description

Players move around with a variety of movements (for example, running, skipping, hopping, jumping).
When the music stops, players must balance on the body parts called by the coach (for example, one foot, one hand and one foot).

① Safety

Define the area appropriate for numbers.
Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

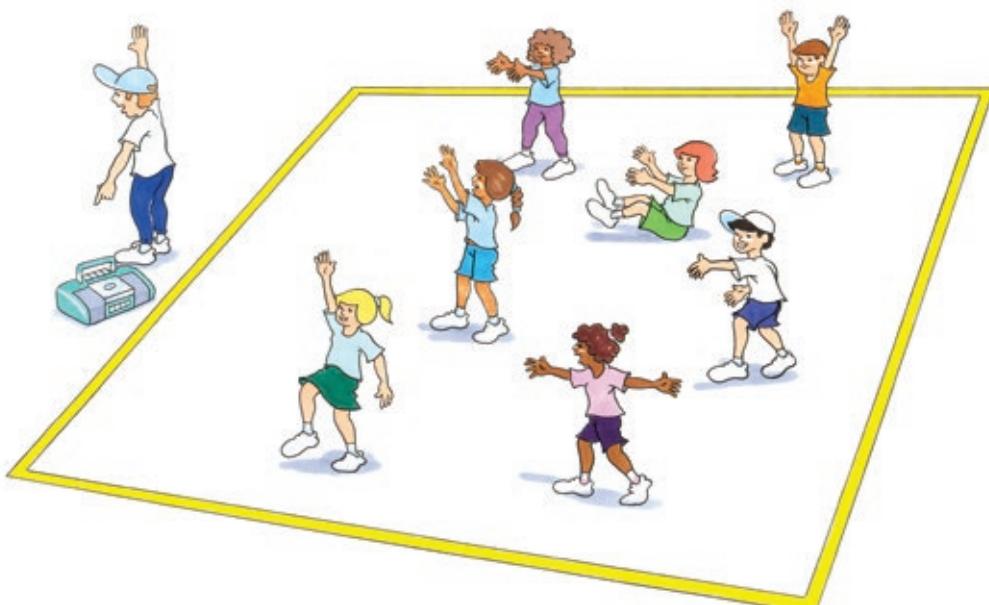
Reinforce technique for running, skipping, hopping and jumping.
Eyes forward.
Bend at knees as required.
Use arms to counterbalance.

④ Change It

Down: Keep the same balance.
Up: Introduce a competition.

⑤ Question

What did you do to help keep balanced?



GET INTO IT (30–35 MIN)

Change of Direction

Objective

To develop take off and change of direction technique.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Individuals.

Description

Lay out markers in a zigzag formation on the ground. Players line up behind the start of the zigzags.

Players run through, changing direction at each marker. At the end of the line, they pivot and repeat back down the line.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

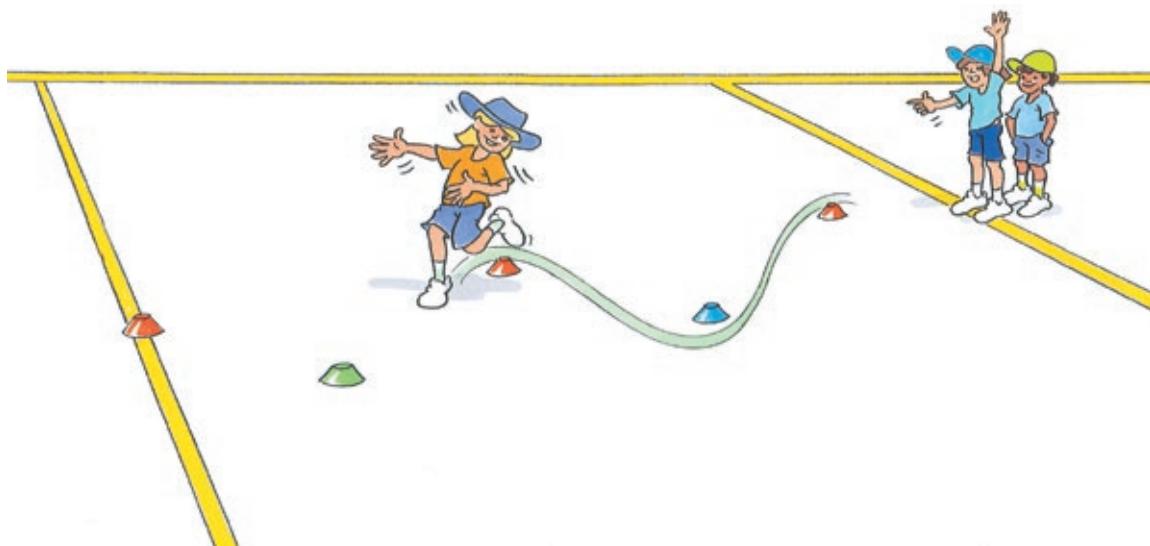
③ Change It

Down: Reduce the number of markers.

Up: Introduce a competition between teams; After the last marker the player leads for the ball.

④ Question

Why is it important to have an explosive start?



Marker Dodge

Objective

To practice take off and change of direction technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Markers of different colours.

Group Management

Groups of three.

Description

Place 4–6 markers of each colour in one third of the court.

Divide players into groups of three and allocate them a colour.

The first player from each group moves into the area and changes direction each time they reach a marker of their colour.

On a call from the coach or after a set number of dodges, the player goes back to their team and the next player repeats the activity.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

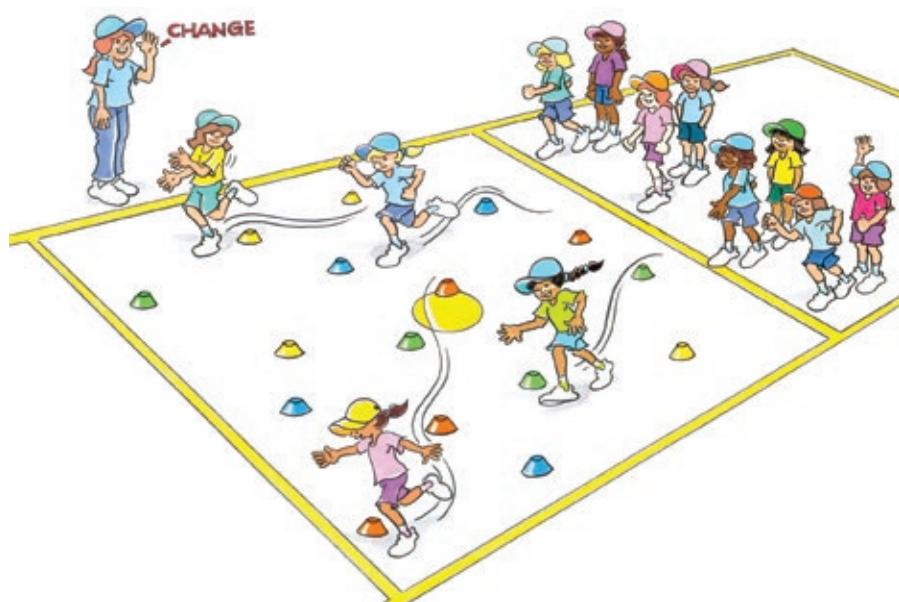
④ Change It

Down: Reduce the number of working groups in an area.

Up: Introduce a competition between teams; After the last marker/each marker the player leads for the ball from their team.

⑤ Question

What did you do to change direction quickly?



GET INTO IT (30–35 MIN)

Pig in the Middle

Objectives

To develop accuracy of pass in a dynamic activity with defenders.

To develop intercept technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

As a group.

Description

Players form a circle with one person inside the circle.

The player inside attempts to intercept the ball as it is passed.

Players on the outside must not pass the ball to the person next to them.

If they pass the ball and it is intercepted, they swap roles with the person in the middle.

⚠ Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

🔄 Change It

Down: Use a soft ball.

Up: Have two defenders in the middle.

❓ Question

What did you look for when trying to get an intercept?



Shake the Shadow

Objectives

To develop one on one shadowing technique using change of direction.

To practice a range of attacking moves with defence.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, one player uses a variety of attacking moves to try to evade their partner and 'shake the shadow'.

The partner tries to stay within arm's length, so when the coach blows their whistle they can touch their partner.

Players change roles and repeat.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Reinforce coaching points for attacking moves.

Shadow:

- Start standing in front of opponent with back to attacker – half way across attacker's body
- Arms close to sides of body, feet shoulder-width apart, knees slightly bent
- Vision to see both attacker and ball
- Use small, fast steps to maintain position
- Don't move head.

③ Change It

Down: Limit attacking moves to side to side.

Up: Variety of passes; Increase space.

④ Question

What different attacking moves can you use to evade your opponent?



GET INTO IT (30–35 MIN)

Find the Goal Line

Objective

To practice netball skills in match-like game.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Groups of 4–5.

Description

Two teams work across the centre third.

One team attempts to pass the ball to each team member, while the opposing team tries to intercept the ball. All members of the team must touch the ball at least once before the team can score.

A point is scored if the ball is placed over the goal line.

The opposition throws the ball in from that spot.

NetSetGO rules apply.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Reinforce passing/catching technique.

Encourage a range of attacking moves to move ball in the space.

Encourage defending team to use shadowing.

③ Change It

Down: Use a soft ball; Not all players have to touch the ball before a goal can be scored.

Up: Increase the size of the playing area.

④ Questions

What did you do to keep close to your player?

What did you do to make sure you passed the ball safely?



Quiz

Objective

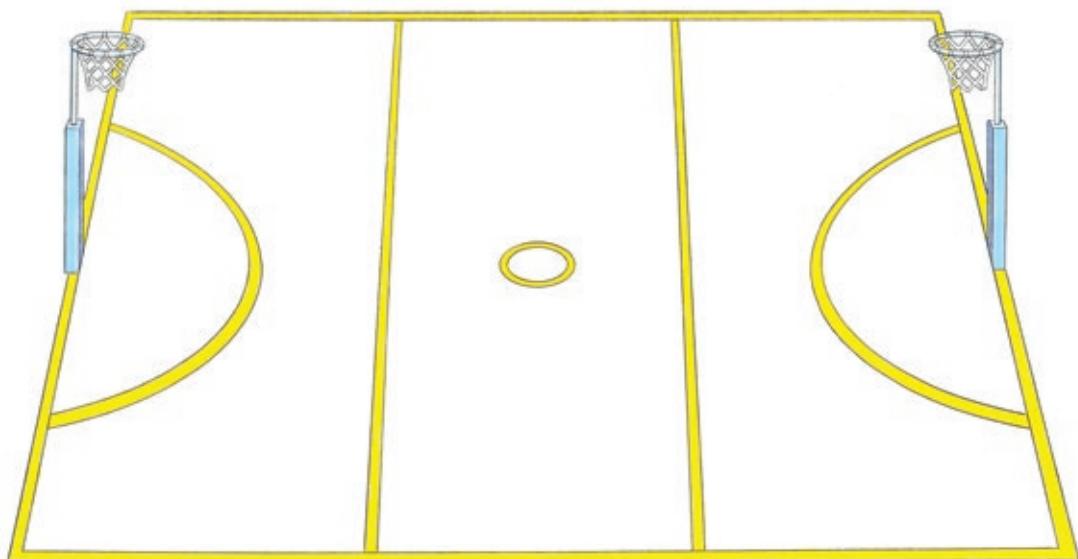
To develop understanding of a netball game.

Description

Ask players simple questions such as
'how many seconds can a player hold the ball for?'
or 'Where can Goal Shooter go?'.

Stretch!

Select an appropriate activity from the Stretch
Coaching resource.



Net Session Plans

SESSION

8

START OUT (5-10 MIN)

Numbers

Objective

To practice a range of movement skills in a defined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups.

Description

Players move around in random directions avoiding body contact with others.

The coach calls a number and the players form groups of that size as quickly as possible.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Reinforce technique for running and changing direction.

Eyes forward.

Push off strongly on outside foot.

Pump arms.

③ Change It

Down: Move in a uniform direction (for example, in a circle).

Up: Change the type of movements (for example, skipping, hopping, jumping, leaping); Change movements to mimic an animal or object (for example, monkey, floppy like a rag doll, stiff like a soldier).

④ Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Balloon Stomping

Objective

To practice balance technique in a dynamic activity.

Equipment/Area

Balloons.

Group Management

Pairs.

Description

A balloon is tied to each player's ankle.

Players hold both hands of their partner, trying to burst their partner's balloon while protecting their own.

① Safety

Define the area appropriate for numbers.

Reinforce importance of holding on to their partner.

② Coaching Tips

Eyes forward.

Knees bent as required.

④ Change It

Down: Only one person in the pair has a balloon.

Up: Move around an area and try to stomp on other players' balloons.

⑤ Question

What did you do to stomp the balloon?



GET INTO IT (30–35 MIN)

Interceptor

Objectives

To develop passing technique focusing on accuracy.

To develop intercepting technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

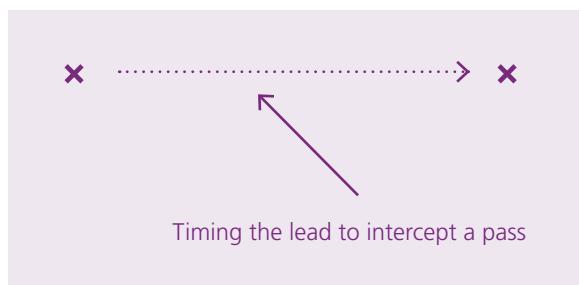
Groups of three.

Description

A defender stands in the middle between two players and tries to intercept the ball.

The attacking players shoulder pass the ball between each other and try to retain possession.

The ball is passed between the two throwers, with a third player aiming to time a leap between the two throwers to intercept a pass.



Ball ➤ Player —————→

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

◎ Coaching Tips

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

⌚ Change It

Down: Take away the defender and complete a set number of passes; Limit space the defender can run; Decrease the distance between the two throwers; Keep the type of pass the same to make it easier to time the leap.

Up: Add a second defender; Increase the distance between the two throwers; Change the type of pass to increase difficulty; Make it a competition.

❓ Questions

Where should you look when getting ready to intercept the ball?

How can a 'ready position' help with intercepting the ball?

Tadpole

Objectives

To practice passing technique focusing on speed.
To practice running technique focusing on speed.

Equipment/Area

Netball court or suitable playing area.
Size 4 netball (or equivalent).
Markers.

Group Management

Two groups.

Description

Two even teams of 5–6 players with a designated 'running team' and 'throwing team'. The running team lines up in single file behind the first runner. The throwing team forms a circle, with each player standing at a designated marker. One at a time each player in the running team has to complete a circuit around the throwing team. The throwing team aims to pass the ball around the circle, completing as many passes as possible before all runners have completed the circuit. On completing the circuit the runner tags the next player before they are able to begin running. After completing the final lap the last runner calls STOP, signaling the throwing team to stop passing. The two teams change running and throwing roles. The team who makes the greater number of passes wins the game.

① Safety

Define the area appropriate for numbers.
Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes on target.
Step towards target (this should be opposite foot to throwing arm for shoulder pass).
Transfer weight forward.
Hip to shoulder rotation during throw.
Throwing arm follows through to target.

③ Change It

Down: Use a soft ball or beanbag.
Up: Increase the distance between throwers;
Run around one third of the netball court;
Vary the type of pass.

④ Question

How did you make sure you caught the ball safely?



GET INTO IT (30–35 MIN)

Keepings Off

Objectives

To develop passing technique with defensive pressure.
To develop shadowing and intercept technique in a dynamic activity.

Equipment/Area

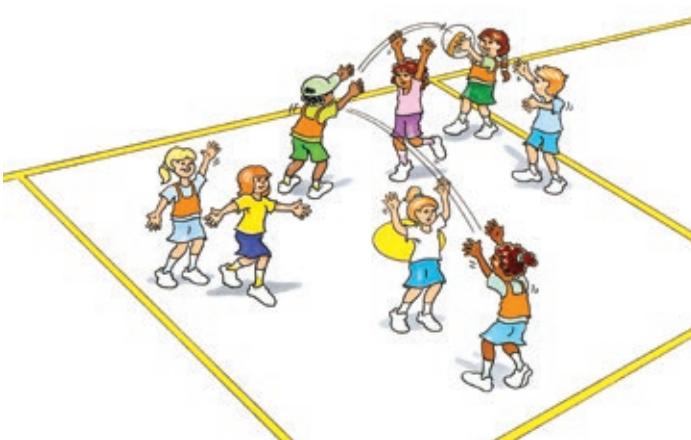
Netball court or suitable playing area.
Size 4 netballs (or equivalent).

Group Management

Groups of 3–4.

Description

Two equal teams of three – four players set up in the Centre third.
One team are attackers and the other are defenders.
The attacking team aims to make five consecutive passes without the ball being intercepted or deflected by the defenders to score a point.



① Safety

Define the area appropriate for numbers.
Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Shadow:

- Start standing in front of opponent with back to attacker, half way across the attacker's body
- Arms close to sides of body, feet shoulder-width apart, knees slightly bent
- Vision to see both attacker and ball
- Use small, fast steps to maintain position
- Don't move head.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

③ Change It

Down: Use a soft ball; Reduce the number of defenders.

Up: Increase the number of passers.

④ Questions

What did you do to keep close to your player?
How did you guess where the ball was going?

Ten-Goal Shoot Out

Objective

To practice goal shooting technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

Description

Two even teams line up behind the leader who begins with the ball.

On command the player with the ball attempts one shot at goal, rebounds the ball and passes to the next person in their team.

Each person is trying to be the first to reach 10 goals. Teams should call the score out loud after each successful attempt.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Ball is held above the head in dominant hand.

Opposite hand may be used to steady ball.

Bend knees and elbows, release ball and flick wrist.

④ Change It

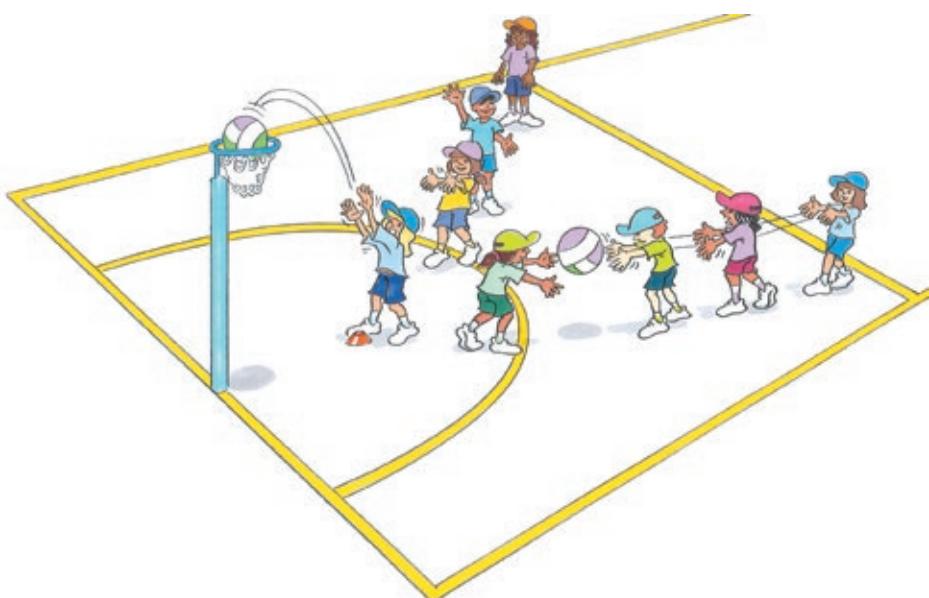
Down: Decrease distance from post.

Up: Increase distance from post; Set time limit.

⑤ Questions

What needs to happen so you can safely pass the ball to the goalpost?

When you had a successful shot at goal where did you aim?



FINISH UP (5-10 MIN)

Quiz

Objective

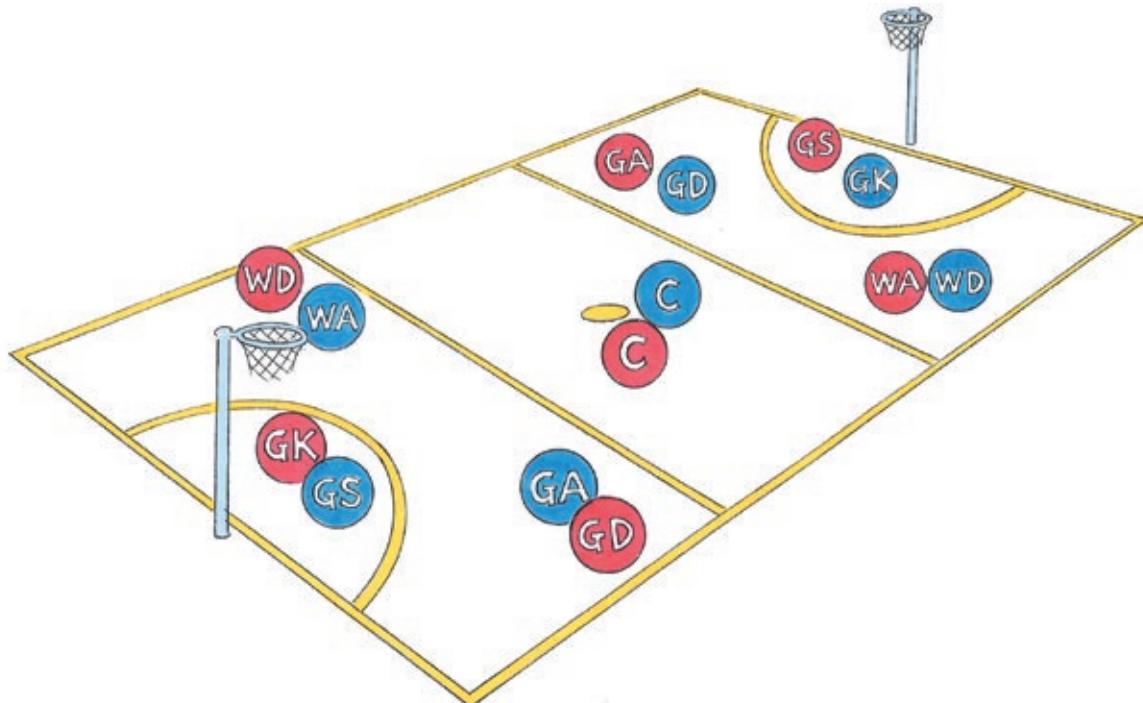
To develop understanding of a netball game.

Description

Ask players questions such as 'how many players are on the court at once?'

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

9

START OUT (10-15 MIN)

Golden River

Objective

To practice running and change of direction technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Multiple sets of bibs.

Group Management

As a group.

Description

All players wear bibs of varying colours and line up on one side of the area.

One player stands in the middle of the area and plays the role of the wolf.

The group asks the wolf, 'Mr Wolf, may we cross your golden river'. The wolf responds, 'Yes if you are wearing yellow'.

Players wearing a yellow bib can cross the area safely, but players without the yellow bib aim to run across without being tagged.

Players caught join the wolf and assist in tagging other players.

The players then ask to cross again and the wolf responds with a different colour.

① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

② Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

④ Change It

Down: Reduce the size of the area to make it easier for the wolf and increase the size of the area to make it easier for the players.

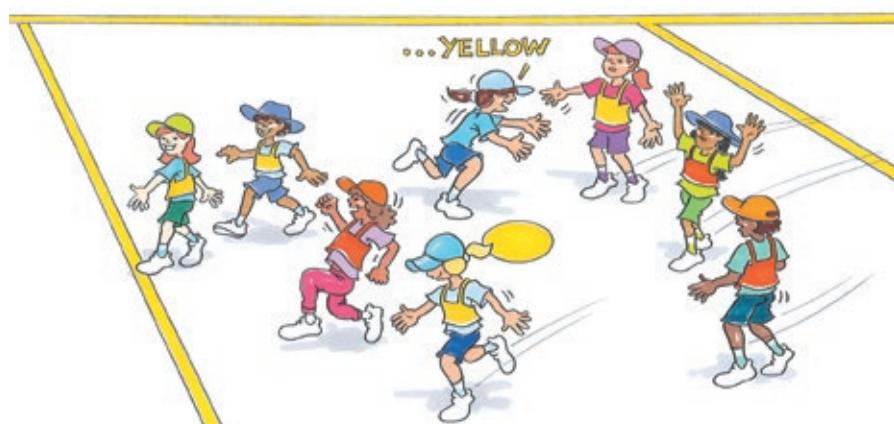
Up: Increase the size of the area to make it harder for the wolf and decrease the size of the area to make it harder for the players.

⑤ Question

What did you do to escape the wolf?

⑥ Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Balance

Objective

To improve balance technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Group Management

Individuals.

Description

Complete each of the following standing on one leg then repeat standing on the other leg:

- Throw bean bag from hand to hand – high/low
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat, extending the number of claps.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Eyes looking forward.

Bend knees as required

④ Change It

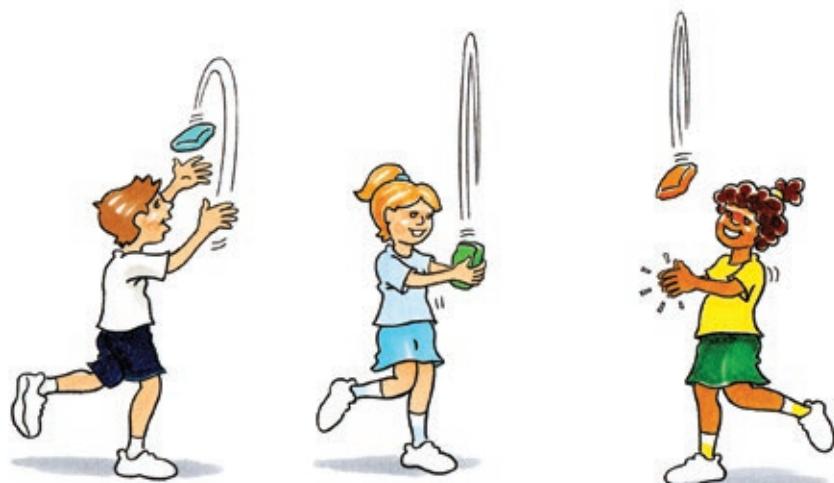
Down: Players can use another player or object to balance.

Up: Introduce a ball.

⑤ Questions

Which leg was it easier to balance on?

What did you do to help you keep your balance?



GET INTO IT (30–35 MIN)

Golden Child

Objectives

To develop goal shooting technique.

To practice take off and running technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Group Management

Two teams.

Description

Divide the group into two teams of five to six players.

The running team lines up on the goal line and the shooting team forms a line behind a marker in the goal circle.

The shooting team takes turns to have one shot at goal and calls 'stop' each time they score a goal.

If a runner has not completed running around one third they must STOP and remain at that point.

The next runner begins after a call of 'stop' or when the previous runner is back at the start.

The running team scores one point when a runner completes a circuit.

The last runner (the golden child) can 'free' any player stopped on the circuit by tagging them.

Each time a runner completes the remaining part of the lap the team scores one point.

If a goal is scored while the 'golden child' is running, the game stops and the teams change roles.



① Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

Ensure there is an awareness of safety considerations such as avoiding the area near the goalposts.

② Coaching Tips

Running:

- Eyes looking forward
- Push off the ground with the front part of the foot
- Extend back leg
- Knees bent at right angles when they move forward
- Legs and feet move in a straight line
- Arms bent at right angles at elbows
- Arms and legs move in opposition
- Contact ground with front part of foot
- Body leans forward.

Shooting:

- Ball is held above head in dominant hand
- Opposite hand may be used to steady ball
- Bend knees and elbows, release ball and flick wrist.

③ Change It

Down: Decrease the distance of the running.

Up: Increase the running or shooting distance.

④ Question

What helped you successfully shoot for goal?

Shrink and Grow

Objective

To practice catching and throwing technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

In pairs, players pass back and forth to each other.

If the ball is dropped, both players kneel on one knee.

Subsequent dropped passes result in the players 'shrinking' to both knees/kneeling, and then finally sitting.

After two consecutive successful passes, players grow again to standing, then progress to step back options (as per L-o-n-g Throw in the Coaching Resources).

① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

② Coaching Tips

Gain power and distance by stepping forward with opposite foot to throwing hand, rotating the hips and transferring weight from back to front foot.

Non-preferred hand: Encourage players to also practice throwing activities with their non-preferred hand whenever possible.

Distance: Practice throwing for distance (sideline to sideline using a bean bag or knotted bib) as well as shorter distance throwing for accuracy.

③ Change It

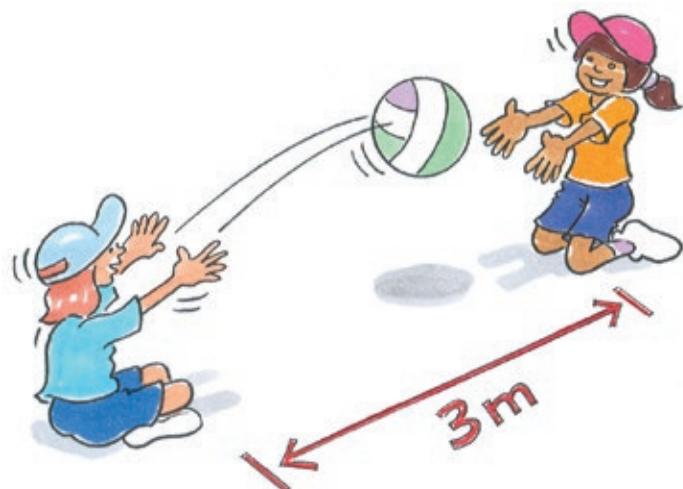
Down: Use bean bags, tennis balls, knotted bibs.

Up: Use different types of passes; Add a defender.

④ Questions

What different passes did you use?

How were you able to throw further?



GET INTO IT (30–35 MIN)

Netball Tag

Objectives

To practice running and change of direction in a dynamic activity.

To practice passing and catching technique in a dynamic activity.

Equipment/Area

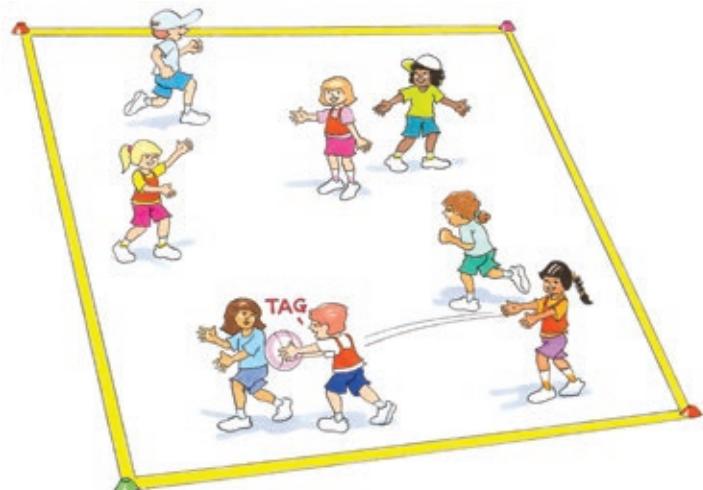
Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Groups of 10–12.



Description

Divide players into two teams and play in the centre third.

One team is designated Taggers and players wear a bib or tag.

Taggers cannot run with the ball. They must pass the ball to each other in an attempt to close the space and tag any of the free players with the ball. When attempting to tag players, the ball cannot leave the taggers' hands or be thrown directly at players.

All other players must move around the space to avoid being tagged.

Work for one minute and swap teams.

Team with most tags is the winner.

Safety

Define the area appropriate for numbers.
Reinforce the importance of looking out for other players also moving within the area.

Coaching Tips

Running:

- Eyes looking forward
- Push off ground with ball of foot
- Back leg extends to push off and give more momentum
- Legs and feet move in straight line
- Arms bent at right angles at elbows
- Arms and legs move in opposition
- Body leans forward
- Knee lifts.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

Change It

Down: Increase the number of tagging players to running players to make it easier for the taggers; Increase the number of running players to tagging players to make it easier for the runners; Make the playing area smaller.

Up: Increase the number of running players to tagging players to make it harder for the taggers; Increase the number of tagging players to running players to make it harder for the runners; Make the playing area larger; The tagging group aims to make as many tags as possible in a defined time.

Questions

Where are the spaces to move within the playing area?

Why is it important to find a free space?

How does this relate to a netball game?

GET INTO IT (30–35 MIN)

Numbers Netball

Objective

To practice netball skills in a match-like game.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Bibs.

Group Management

Groups of 10–12.

Description

Two teams, consecutively numbered, line up on the sideline.

The coach calls two numbers and those players from each team run into the playing area.

Only the first number called is able to contest the first ball rolled by coach.

The team which gains possession becomes attackers and may pass to sideline players.

Both teams shoot towards the same goal ring. If the ball is intercepted, the defending team becomes the attacking team but must pass the ball back to the coach (or sideline player) before shooting.

Work for one minute using NetSetGO rules.

The ball getting into the goal circle scores two points and an additional point if a goal is scored.



① Safety

Define the area appropriate for numbers.

② Coaching Tips

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

Reinforce intercept, shadow and shooting coaching points.

③ Change It

Down: Use a soft ball; Decrease the number of defenders.

Up: Set a number of passes that must be completed before a point is scored.

All players must touch the ball to score.

④ Questions

What moves did you use to lose the defender?

What did you do to stick tight to the defender?

Champs Quiz

Objective

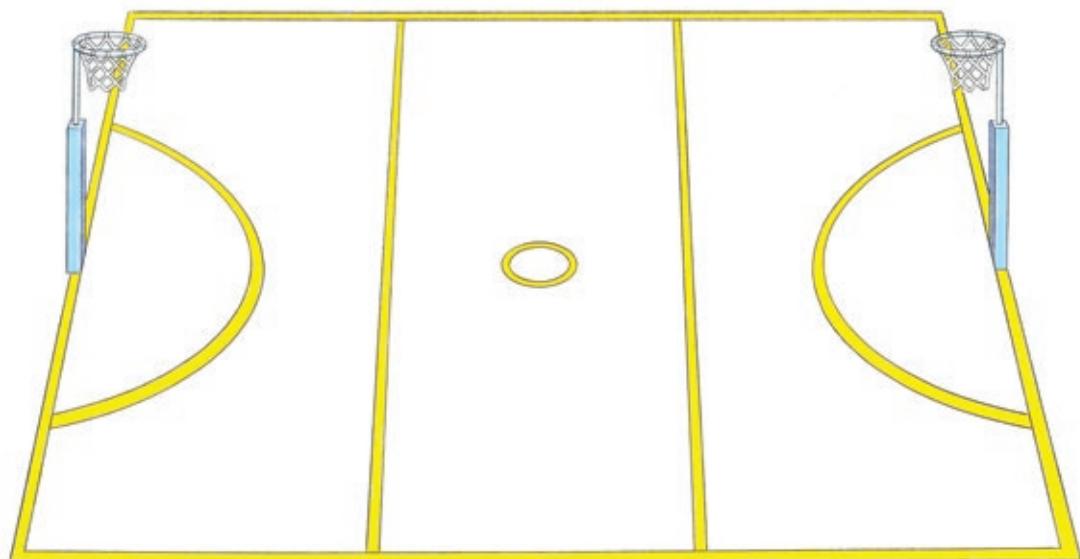
To develop understanding of a netball game.

Description

Ask the players which teams participate in the Suncorp Super Netball?

Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Net Session Plans

SESSION

10

START OUT (10–15 MIN)

Follow the Leader

Objective

To practice movement skills in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of 4–5.

Description

Form groups of four or five with one player nominated as the leader.

Using the outlines of the netball court, the leader alternates between running, skipping, hopping, jumping, leaping and walking on tip toes along the lines, with the participants copying the movement.

Change leaders regularly.

① Safety

Define the area appropriate for numbers.

Ensure there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalpost.

② Coaching Tips

Reinforce running, hopping and skipping techniques.

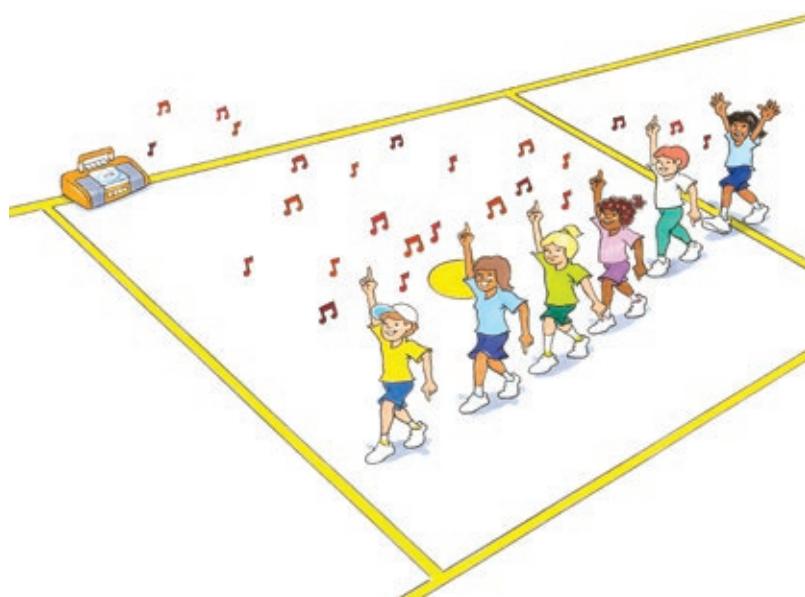
③ Change It

Down: Coach calls the movement.

Up: Use the full court rather than just the lines; Call a change of leaders and the front person goes to the back and the second person becomes the new leader without a break between activities.

④ Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Partner Pass and Balance

Objective

To practice balance techniques incorporating ball movement.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Partners.

Description

Both partners balance on one leg with one ball between them.

They pass the ball using the following passes:

- Around the body
- Bounce the ball
- Chest pass.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Bend knee as required.

Eyes forward.

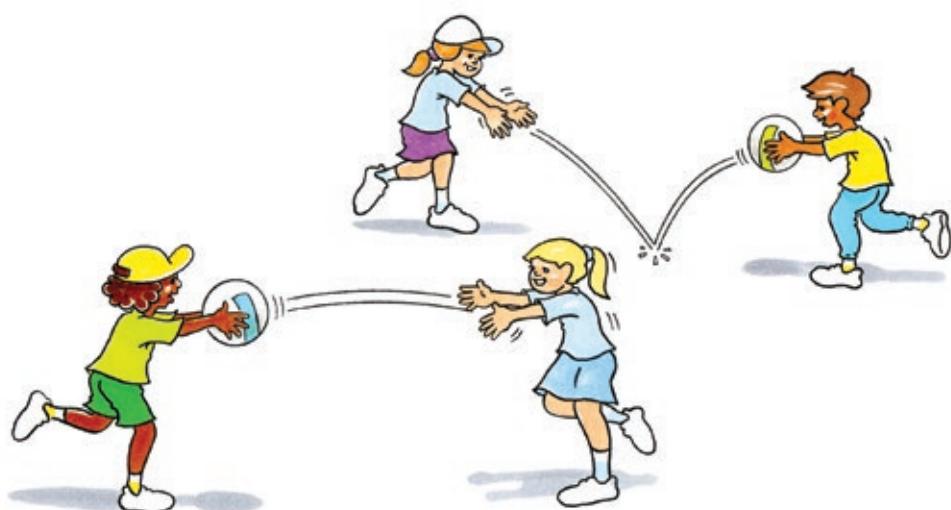
③ Change It

Down: Stand close to partner so the ball can be passed from hand to hand.

Up: Throw the ball further away from the centre of the body.

④ Question

What activity made it hard to keep balanced?



GET INTO IT (30–35 MIN)

Corner Spry

Objective

To practice passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Markers.

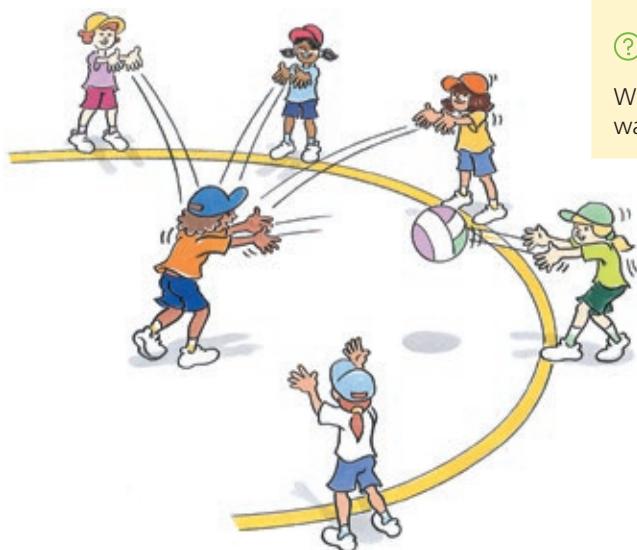
Group Management

Groups of 5–6.

Description

Players stand in a semicircle facing the player holding the ball who chest passes to each person in turn.

The last person in the semicircle does not pass the ball back, they carry the ball to become the new front person. The previous front person moves to the start of the line to receive the first pass.



① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

② Coaching Tips

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

③ Change It

Down: Use a soft ball; Use a bean bag with an underarm throw.

Up: Add a second ball; Competition between teams.

④ Question

What did you do to make sure your pass was accurate?

Keep the Ball

Objective

To practice netball skills in a match-like game.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Bibs.

Group Management

Groups of five.

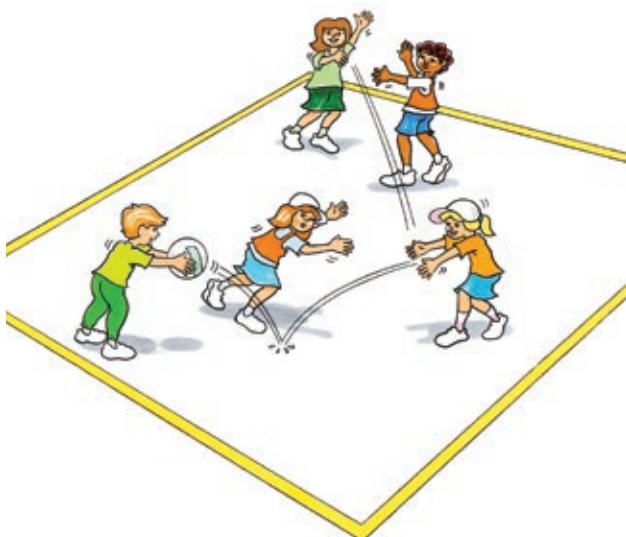
Description

Three attackers and two defenders are distributed over the playing area.

The attackers aim to make five passes without the ball being intercepted.

Every five passes score a point.

NetSetGO rules apply.



① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

② Coaching Tips

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

Shadow:

- Start standing in front of opponent with back to attacker, half way across attacker's body
- Arms close to sides of body, feet shoulder-width apart, knees slightly bent
- Vision to see both attacker and ball
- Use small, fast steps to maintain position
- Don't move head.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

③ Change It

Down: Use a soft ball; Decrease number of defenders; Increase size of area; Score one point for each pass.

Up: Increase defenders; Decrease size of area.

④ Question

What did you do well if you succeeded in making five passes without being intercepted?

GET INTO IT (30–35 MIN)

Pig in the Middle

Objectives

To practice passing technique in a dynamic activity.
To develop intercept technique.

Equipment/Area

Netball court or suitable playing area.
Size 4 netballs (or equivalent).

Group Management

As a group.

Description

Players stand in a circle with one person inside the circle.
The person inside the circle attempts to intercept the ball as the players on the outside pass it around the circle.
Players on the outside must not pass the ball to the person next to them.
If they pass the ball and it is intercepted they swap roles with the person in the middle.

① Safety

Define the area appropriate for numbers.

② Coaching Tips

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

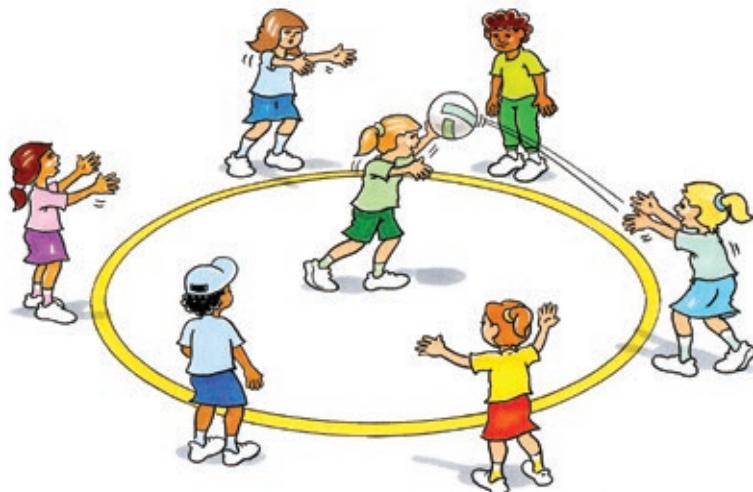
④ Change It

Down: Use a soft ball.

Up: Have two defenders in the middle.

⑤ Question

What did you look for when trying to get an intercept?



Positional Bib Game

Objective

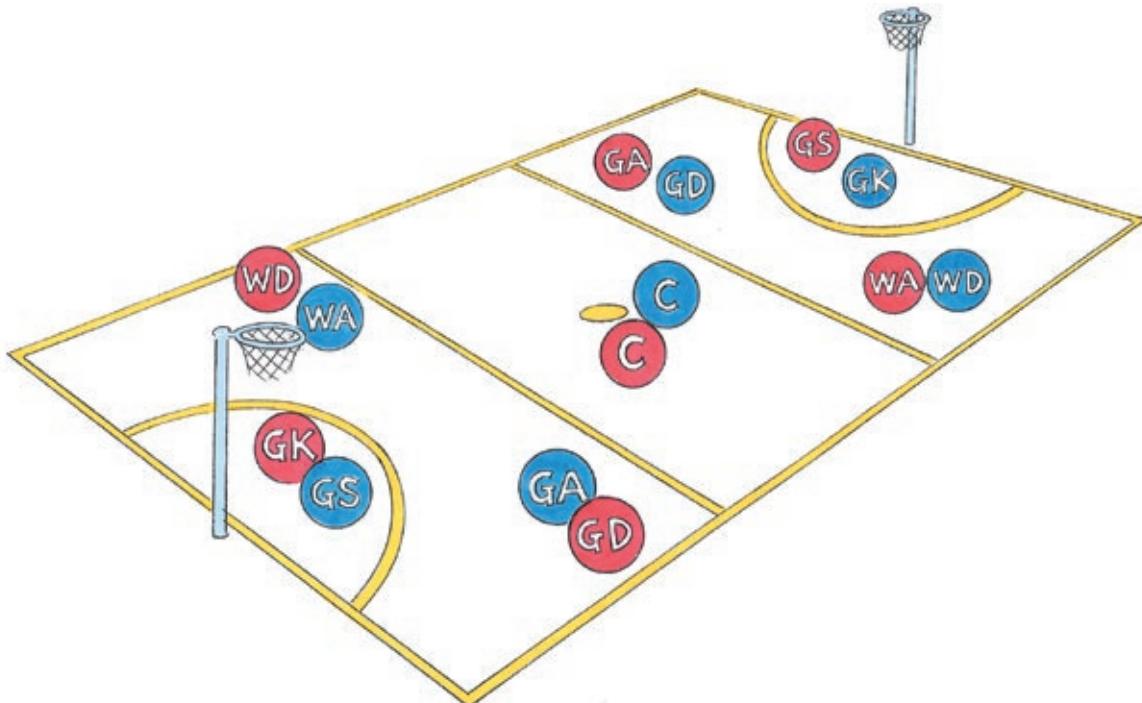
To develop understanding of a netball game.

Description

Mix up a couple of sets of bibs and ask players to sort them out making sure GS, GA, WA, C, WD, GD, GK are in a group, etc.

.Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Footwork, Balance and Movement Skills

Initial Stance

Forms the starting point for most attacking and defending skills.

Teaching Points	Common Errors
<ul style="list-style-type: none"> ✓ Feet shoulder-width apart ✓ Shoulders back and down ✓ Knees slightly flexed ✓ Knees over toes ✓ Head up with eyes looking in direction of play ✓ Arms relaxed by side of body ✓ Centre of gravity is low and over base of support 	<ul style="list-style-type: none"> ✗ Base of support too narrow ✗ Shoulders forward and leaning inward ✗ Knees straight ✗ Knees not over toes ✗ Head down ✗ Arms tensed and away from body ✗ Centre of gravity high and not over base of support

Safe Landing

When landing on one leg it is important to teach the players which foot they should be landing on.

Teaching Points	Common Errors
<p>Two Feet</p> <ul style="list-style-type: none"> ✓ Land with feet shoulder-width apart to give a firm support base ✓ Keep body upright, bend at hips, knees and ankles on impact to cushion landing ✓ Continue to bend knees after impact to assist with a balanced soft landing ✓ Body weight over both feet with shoulders even and weight on both feet <p>Right / Left Foot</p> <ul style="list-style-type: none"> ✓ If player leads to the left, they should land on the left (outside) foot. If they lead to the right, land on the right foot ✓ Body weight over the outside foot with shoulders even and weight on the outside foot ✓ Place other foot on the ground quickly to help absorb impact and provide balance 	<p>Two Feet</p> <ul style="list-style-type: none"> ✗ Landing with feet too close together ✗ Not continuing to bend knees, ankles and hips on and after impact <p>Right / Left Foot</p> <ul style="list-style-type: none"> ✗ Landing on incorrect foot (inside) ✗ Not bending knees, ankles and hips on and after impact and weight on the outside foot to cushion landing ✗ Second foot not landing quickly and overbalancing on first ✗ One shoulder is dipped – usually same side as landed foot

Take-Off

Stride length should be short on take-off.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Arms/legs move in opposition✓ Lean body forward✓ Start with small steps and gradually move to bigger steps✓ Arms drive forward in relaxed style, elbows bent✓ Keep head erect and eyes up✓ If leading to the right, take off with the right foot and vice versa	<ul style="list-style-type: none">✗ Initial step back before driving forward✗ Same arm and same leg✗ Arms at side of body not driving or swinging across the body✗ Stride length too big✗ Eyes looking down

Jumping and Leaping

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

Teaching Points	Common Errors
<p>Two Foot Jump</p> <ul style="list-style-type: none"> ✓ Bend slightly at the knees, hips and ankle, weight forward over toes ✓ Step into take off with a quick left/right or right/left step pattern ✓ Use both arms to drive up to extend towards the ball ✓ Land on both feet, cushioning landing by bending at knees, hips and ankles 	<p>Two Foot Jump</p> <ul style="list-style-type: none"> ✗ Weight back on heels of feet before take off ✗ Extra step not taken so only a one-foot take off used ✗ Knee straight before take off ✗ Arms not used to extend to full height ✗ Landing on one foot ✗ Timing of jump is incorrect
<p>One Foot Leap – Right / Left Foot</p> <ul style="list-style-type: none"> ✓ Bend slightly at the knees, hips and ankle, weight forward over toes ✓ Push strongly off take-off foot ✓ Drive arms up to extend towards ball ✓ Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles 	<p>One Foot Leap – Right / Left Foot</p> <ul style="list-style-type: none"> ✗ Weight back on heels of feet before take off ✗ Knee straight before take off ✗ Arms not used to extend to full height ✗ Landing on incorrect foot (inside foot) ✗ Timing of jump is incorrect
<p>Hopping</p> <ul style="list-style-type: none"> ✓ Bend slightly at the knees, hips and ankle, weight forward over toes ✓ Step into take off with a quick left/right or right/left step pattern ✓ Use both arms to drive up to extend towards the ball ✓ Land on both feet, cushioning landing by bending at knees, hips and ankles 	<p>Hopping</p> <ul style="list-style-type: none"> ✗ Weight back on heels of feet before take off ✗ Knee straight before take off ✗ Arms not used to extend to full height ✗ Landing on incorrect foot (inside foot) ✗ Timing of jump is incorrect
<p>Skipping</p> <ul style="list-style-type: none"> ✓ Bend slightly at the knees, hips and ankle, weight forward over toes ✓ Step into take off with a quick left/right or right/left step pattern 	<p>Skipping</p> <ul style="list-style-type: none"> ✗ Weight back on heels of feet before take-off ✗ Knee straight before take-off ✗ Pattern of skipping is incorrect

Pivot

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

Teaching Points	Common Errors
<p>Pivoting must always be on the landing foot</p> <ul style="list-style-type: none">✓ Bring weight over grounded foot✓ Bend knees slightly✓ Turn on ball of the pivot foot, pushing off with the other foot✓ Non-grounded foot is lifted and regrounded to maintain balance throughout movement✓ Players must be able to turn quickly after receiving a pass and face the play down court✓ Keep ball close to body and positioned ready to throw <p>Remember:</p> <ul style="list-style-type: none">✓ When leading to right, land on right foot and pivot to right✓ When leading to left, land on left foot and pivot to left✓ When leading straight, pivot on first landed foot away from defended side	<ul style="list-style-type: none">✗ Landing on incorrect foot✗ Pivoting before the ball is securely caught✗ Pivoting into opponent✗ Dragging the pivoting foot on the pivot action✗ Pivoting with the leg straight✗ Weight not over grounded foot✗ Grounded foot is lifted and regrounded during pivot✗ Weight of grounded foot is moved from heel to toe during pivot✗ Ball not brought into body after catch

COACHING POINTS

Ball Skills

Catch

Encourage players to catch with two hands to increase control.

Teaching Points	Common Errors
<p>Two-Hand Catch</p> <ul style="list-style-type: none">✓ Eyes on the ball✓ Move towards the ball✓ Extend hands forward with fingers spread and thumbs behind the ball ('W' formation)✓ Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs	<p>Two-Hand Catch</p> <ul style="list-style-type: none">✗ Eyes not on the ball✗ Catching with the palms of the hand✗ Thumbs not behind ball✗ Arms bent and close to body✗ Not taking the ball while on the move✗ Movement away from the ball

Shoulder Pass

One-hand pass used for speed and accuracy over long distances.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Opposite foot to the throwing arm forward✓ Feet shoulder-width apart, with weight on back foot at start of throw✓ Ball held with two hands initially then in one hand with arm back behind the shoulder✓ Arms extended with elbow slightly bent, shoulders turned✓ Fingers spread wide behind the ball✓ Transfer weight forward as throwing arm comes through✓ Follow through throwing arm until almost extended, fingers and wrist extend in the direction of the pass✓ Rotate hips and shoulders towards target✓ Direct pass to space ahead of receiver	<ul style="list-style-type: none">✗ Same foot as arm forward✗ Throwing hand resting on shoulder✗ Weight on front foot initially — little with transfer resulting in loss of power✗ No transfer of weight from back foot to front foot✗ Ball held in palm✗ Elbow not bent when taken back✗ No shoulder rotation as ball taken back — stab pass✗ No hip/shoulder rotation as ball comes through✗ Arm taken back too high and the ball travels down on release✗ Hand under ball causing spin on release✗ Pass not directed to space in front of receiver

Chest Pass

Pass with two hands from the chest (used for quick, short and accurate passes).

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Stand front on with the ball in two hands at chest height and elbows down✓ Spread fingers around the ball with thumbs behind✓ Step forward with weight transferred onto front foot as you push the ball with wrist and fingers✓ Ball comes out evenly from both hands✓ Head up, eyes looking forward	<ul style="list-style-type: none">✗ Elbows at shoulder height✗ Hands at the side of the ball with thumbs upward✗ No weight transfer, use upper body only✗ Ball pushed from palm – lack of touch on pass✗ One hand dominates pass✗ Head down looking at ball

Bounce Pass

Used when the thrower is closely defended or when play is crowded, generally over short distances.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Step forward and bend/lunge on opposite leg✓ Push ball forward and downward✓ Release ball between the hip and knee✓ The path of the ball is lower – under the outstretched hands of the defender✓ The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height	<ul style="list-style-type: none">✗ Step is across body✗ Pass not directed downward✗ Ball released at shoulder height✗ No weight transfer✗ Bounce the ball too close to the thrower✗ Bounce the ball too high

Ball Skills (cont.)

Lob

A high pass used to lift the ball over the arms of the defending players.

Teaching Points	Common Errors
<ul style="list-style-type: none"> ✓ Start movement from the shoulder ✓ Short back movement ✓ One-handed high release ✓ Follow through in direction of pass with wrist/fingers 	<ul style="list-style-type: none"> ✗ Ball begins at waist/hip level ✗ Large 'back swing' movement ✗ Ball released from chest position ✗ No follow through, arm action 'stabs' pass

Ball Placement

An important aspect of all passes.

Teaching Points	Common Errors
<ul style="list-style-type: none"> ✓ Place in front of moving player ✓ Receiver to receive at full stretch, in front of defender ✓ Into space created by attacker – hold for a bounce or a lob 	<ul style="list-style-type: none"> ✗ Pass placed behind or at receiver ✗ Pass too high or low ✗ Receiver moves off too soon – allowing defender to move into the space created

Shooting Skills

Shooting

Predominantly a one-handed shot with the other hand resting on the side of the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Ball is held above the head✓ Arms are extended with the shooting arm reasonably straight and close to the ear✓ Ball rests on the base of the spread fingers and the thumb✓ The opposite hand is placed on the side of the ball to steady it✓ Stand upright with the feet about shoulder-width apart✓ Feet, hips and elbows pointing towards the goalpost✓ Bend elbows and knees✓ Straighten elbows and knees✓ Release the ball just before elbows and knees are straight✓ Flick the ball with the wrist✓ Follow through, arms towards post✓ Straighten fingers pointing them towards the post✓ The ball should travel in an arc towards the post	<ul style="list-style-type: none">✗ Ball is behind or in front of head✗ Arm is extended out from ear✗ Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips✗ Opposite hand is placed under the ball✗ Feet too close or too far apart and body is hunched✗ Feet, hips and elbows not aligned with each other and the post✗ Keeping elbows and knees extended and ball dropping behind the head✗ Keeping elbows and knees flexed on the release phase of the shot✗ Releasing ball after elbows and knees are straight✗ Not using any wrist action✗ Arms not following the ball in the direction of release✗ Fingers not pointing in the direction of the ball release✗ The ball travels flat in the air

Attacking Skills

Timing of Lead

An important aspect of all attacking moves.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Reading cues from the thrower✓ Reading available space	<ul style="list-style-type: none">✗ Moving too early before thrower is ready to release✗ Driving into space already taken

Straight Lead

Timing is key for successful execution.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle to the free side✓ When the lead is to the right, take off with the right leg and vice versa✓ Emphasis should be on strong first 3–4 steps with shoulders in direction of lead✓ When leading to the right, land on the right foot and pivot to the right✓ When leading to the left, land on the left foot and pivot to the left✓ Strong arms to accelerate✓ Maintain speed onto ball	<ul style="list-style-type: none">✗ Leading too soon✗ Step back before drive forward or taking off with the incorrect leg✗ Run with body ‘flat’ to ball✗ Arms swing across body or not at all✗ Lead is to the side but not towards the ball✗ Slow down before the pass is taken✗ Landing on the inside leg

Single Dodge

Movements should be quick and decisive.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Eyes on thrower✓ Body upright, feet shoulder-width apart, slightly bent knees and hips✓ Move a few steps away from the intended catching position (should be a definite move)✓ Place outside foot strongly on ground and push off in the opposite direction, turning hips to face towards direction of travel✓ Use arms to accelerate and extend to receive ball	<ul style="list-style-type: none">✗ Feet too far apart✗ No weight transfer onto outside foot✗ Push off on the inside foot✗ Dodge not a definite movement, just a sway✗ Movement too slow, allowing defender to hold attacker's position✗ Moving head and losing sight of thrower✗ Eyes and head looking down✗ Arms beside body and not using to increase power

Change of Direction (Two Straight Leads)

First movement is longer than that used in a single dodge.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle. Shoulders should be in direction of movement✓ Emphasis should be on strong first 3–4 steps✓ Push off strongly on outside foot and use inside foot as take-off foot to move into a new space✓ Emphasis again on strong first steps when moving to the new space	<ul style="list-style-type: none">✗ Leading too soon✗ Shoulders not turned in direction of lead✗ Push off on the inside foot✗ Movement onto second move not definite✗ Not changing direction into a free space✗ Arms beside body and not using to increase power✗ Eyes and head looking down

Defence Skills

One on One Shadowing

Basic defending position.

Teaching Points	Common Errors
<ul style="list-style-type: none"> ✓ Stand in front of opponent with back to attacker and body halfway across opponent's body ✓ Arms close to sides of body ✓ Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright ✓ Vision to see attacker and the ball ✓ Shadow moves using fast small steps ✓ Aim to move feet, keep head up and maintain vision of the attacker and not swing head 	<ul style="list-style-type: none"> ✗ Standing directly in front of attacker or directly beside attacker ✗ Watching either the ball or the attacker exclusively ✗ Bottom is not tucked in and legs straight ✗ Feet too close together or too far apart ✗ Arms positioned out from the body causing obstruction ✗ Moving head and not feet to maintain vision on attacker

Interception

Reading the pattern of play allows the defender to predict the most likely passing option.

Teaching Points	Common Errors
<ul style="list-style-type: none"> ✓ Read cues provided by thrower to anticipate direction of pass ✓ Drive for an intercept at an angle ✓ Focus on ball ✓ Emphasis should be on strong first 3–4 steps ✓ Run through to take the ball ✓ Land on the outside foot and balance 	<ul style="list-style-type: none"> ✗ Misreading the cues ✗ Leading too soon ✗ Angle too flat ✗ Eyes and head looking forward ✗ Push off on the inside foot ✗ Lunging at the ball ✗ Landing on incorrect foot and overbalancing

Recovery to 0.9m (3 feet) for Netball and 1.2m (4 feet) for NetSetGO

Quick recovery enables the defender to position to defend the next pass.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Push off strongly 0.9m distance (1.2m for NetSetGO)✓ Strong stride/jump back – can be one large stride or a few quick steps✓ Use arms for power to jump back✓ Head up with eyes on ball and opponent	<ul style="list-style-type: none">✗ Push off not quick enough to get back to distance✗ Feet too wide or too close together – difficult to change direction✗ Eyes on ground – attempting to judge distance

Hands Over Ball (NetSetGO Distance is 1.2m)

Balance should be maintained ready to defend the attacker after they release the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none">✓ Stand 0.9m in front of the person throwing (1.2m for NetSetGO)✓ Feet shoulder-width apart, knees, hips and ankles slightly bent✓ Weight balanced over two feet with knees over toes and entire foot on ground✓ Arms up and in position over the ball	<ul style="list-style-type: none">✗ Incorrect distance✗ Hands coming up before correct distance is taken✗ Feet narrow/legs straight/on toes – lose balance and shorten distance✗ Bend forward too much at waist✗ Arms waving and not defending ball

Disclaimer

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