

COACH'S GUIDE FOR NETSETGO

Woolworths 



Go Session Plans 1 - 10

9 - 10 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.



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.



Tier 3 - Recommended age 9 - 10 years

Focus: Netball Specific Skill Development

Delivery: The participant is introduced to more netball-specific skills as well as refining their fundamental movement skills. This is a period of accelerated development of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement. NetSetGO modified match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success. Modified equipment (size 4 ball and 2.4m goal post) is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency. Competitive elements (like scoring) may be introduced however the focus should not be on winning. All participants should be provided with equal court time and exposure to a variety of positions.

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.

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.

These activities can be used in conjunction with the NetSetGO Session Plans for the Net and Set tiers or can be used to create your own NetSetGO Session Plan.

In this resource, activities are grouped by the skill being coached, and the Stretching and Coaching Points are towards the end of the resource.

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.

Go Session Plans

SESSION

1

START OUT (10–15 MIN)

Crocodiles

Objective

To develop changes of direction in response to a random cues.

Equipment/Area

One third of a netball court.

Group Management

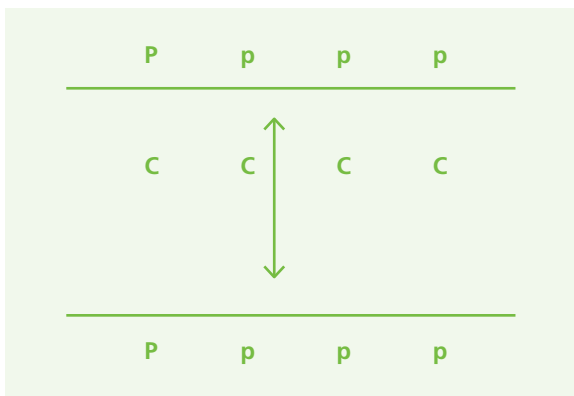
Select 4 players to be crocodiles positioned across the middle of a third of the netball court.

Description

The transverse lines are the river bank and all remaining players line up on either bank.

These players run from bank to bank as many times as possible evading the crocodiles.

When caught the player stands on the sidelines until the last player is caught.



Crocodiles C Player P

! Safety

Define the area appropriate for the number of players.

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

🎯 Coaching Tip

Use quick changes of direction, movement patterns and speed.

↻ Change It

Down: If the players are caught too quickly reduce the number of players in the middle.

Up: All players start on the same side.

? Question

What strategies did you use to evade the crocodiles?

Crocodiles did you use and strategies to help catch the runners?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Touch and Go

Objective

To develop the ability the ability to change direction and move in confined spaces.

Equipment/Area

One third of a netball court with 8 cones set up in a circle.

Group Management

Multiple players group in the middle of the centre circle, Hoop or circle drawn on the ground.

If large numbers divide the players into two groups.

Description

On the call go each player must run to a cone and then back to the middle.

Work until you have touched every cone.

No two players can be at the same cone.

! Safety

Define the area appropriate for the number of players. Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tip

Each player must keep their vision up and use quick changes of direction to avoid another player.

↻ Change It

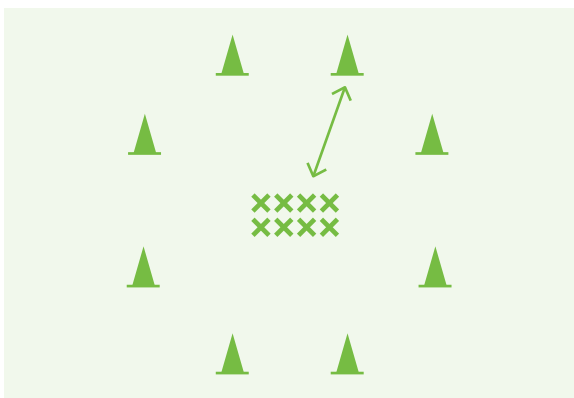
Down: Reduce the number of players running.

Up: Time the group and then repeat to reduce the time taken.

(Take the time taken from the last player to return to the middle)

? Question

What did you do to avoid contacting other moving players?



Player x

Reaction Run

Objective

To practice changes of speed and direction.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Small groups or full group.

Description

The team lines up behind a line.

The first player sprints forward to the cone and on the throwers call of either right or left, the player reacts and sprints out on a 45 degree angle (initially no passes are thrown).

Jog recovery back to the line.

As the players gain confidence add a ball thrown in on the angled lead.

! Safety

Define the area appropriate for the number of players. Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tips

Use quick changes of direction, movement patterns and speed.

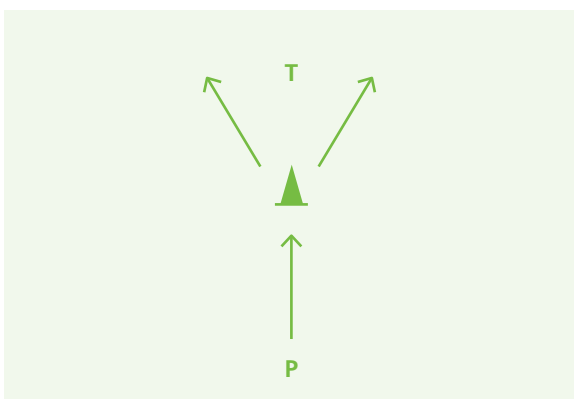
↻ Change It

Down: Call left or right earlier so the player has ample time to decide before reaching the cone.

Up: Call left or right later so the player has to make a quick decision.

? Question

Which foot did you push off on when you were changing direction?



Player P Thrower T

Defend the Cone

Objective

To develop efficient repositioning movements effective at protecting a space.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Groups of three players and a ball.

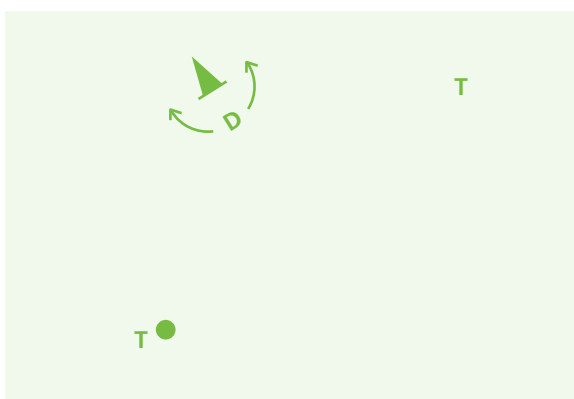
Description

A defender stands in front of a cone with two throwers out in front.

The throwers pass the ball to each other working to create a clear line to pass the ball to hit the cone.

The defender moves about in front of the cone to protect and intercept any pass thrown in to the cone.

The throwers must remain approximately 1 metre away but can move about to any side.



Defender D Thrower T Ball ●

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

The defender uses quick light footwork to position and reposition to protect the cone.

Encourage the defender to keep their base shoulder width apart.

↻ Change It

Down: Throwers remain stationary so the defender is only repositioning across a short distance.

? Question

When protecting the cone what movements did you use to reposition?

Decision Time

Objective

To develop repositioning to protect a space.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

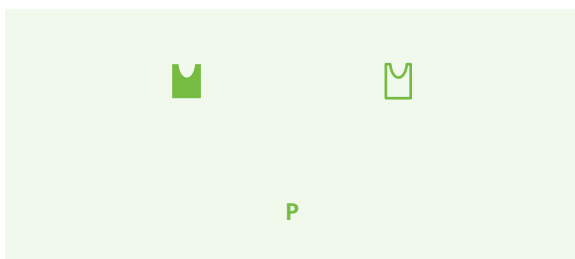
Groups of four players and a ball and two different coloured bibs.

Description

Two players wearing different coloured bibs position behind a player with a thrower out in front.

The thrower passes the ball to the player and as they pivot around a colour is called. The player must sight the two players and make the decision on who to pass to.

The bibbed players may change sides and positions for each attempt when the player is facing the thrower.



Player P Bibbed Player 

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tips

The defender uses quick light footwork to position and reposition to protect the cone.

↻ Change It

Down: Players in the coloured bibs remain in the same position.

Up: Players in the coloured bibs make a short lead as the player with the ball pivots to pass.

? Questions

How would this activity help you to play a game of netball?

Over Ball

Objective

To develop repositioning to protect a space.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of three players and a ball.

Description

Two teams position themselves in their designated third of the court.

Team X are working to cross their goal line B.

Team O are working towards goal line A.

Team O start with the ball and pass it around until they have worked one of the team in possession of the ball over their goal line.

If the ball is intercepted by the opposing team then the game continues from where the possession was taken.

If a goal line is scored the teams then return back to their designated areas and the opposing team starts with the ball.

! Safety

Define the area appropriate for the number of players ensuring there is an awareness of safety considerations such as avoiding the area near the goalpost.

🎯 Coaching Tips

The defender uses quick light footwork to position and reposition to protect the cone.

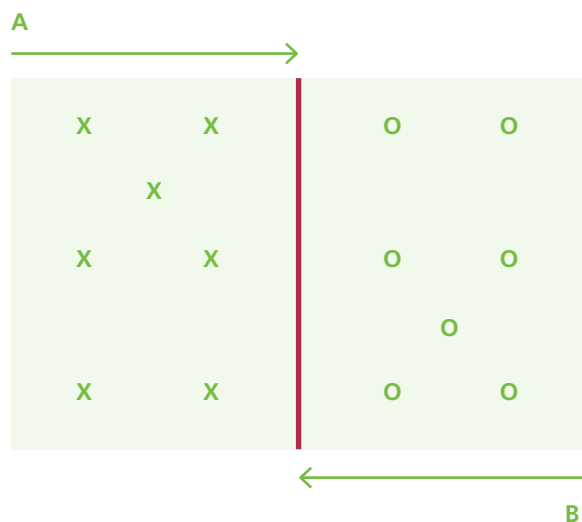
↻ Change It

Down: Reduce the playing area by placing out cones.

Up: Encourage all players to handle the ball before a goal is scored.

? Question

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



Team1 X Team2 O

FINISH UP (5–10 MIN)

Concluding Activity

Objective

To reinforce on skills and challenges in the session.

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Go Session Plans

SESSION

2

Circles

Objectives

To practice changes of speed.

Equipment/Area

A full netball court or a suitable training space.

Size 4 netball (or equivalent).

Group Management

All players.

Description

Players position themselves around the outside of the centre circle.

On call go they jog in a circular movement around the outside of the centre circle.

On the coach's call 'Circles' the players must run to a goal circle at either end of the court.

The last player to reach each goal circle moves to the sideline.

⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🔄 Coaching Tips

Each player must keep their vision up and use quick changes of direction to avoid another player.

↻ Change It

Down: Reduce the number of players participating
Allow players multiple turns before leaving the game.

Up: Players score a point if they reach the circle first. Players can accumulate points rather than leaving the game.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Move into the Space

Objective

To practice timing of leads and moving to a free space.

Equipment/Area

One third of a court or a suitable training space.

Size 4 netball (or equivalent).

Group Management

Organise group of three with a ball.

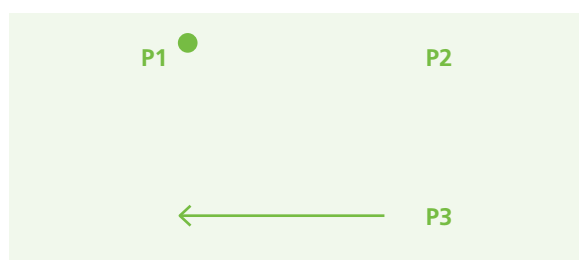
The space between players should be approximately 3 metres.

Description

Three players take up a position in three corners of a square.

One of the outside players starts with the ball.

The player nearest the free space moves to take a pass in the vacant space.



Player P Ball ●

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Each player should watch the player with the ball and time their lead to catch the ball out in front as they reach the space. Too soon and they will be standing waiting and too late the player with the ball will be holding the ball too long.

↻ Change It

Down: Reduce the space between player.

Up: Players are encouraged to use clean ball handling skills and pivot fully to see the option available.

? Questions

Did you use outside or inside pivots after catching the ball?

Number Ball

Objectives

To practice catching and throwing and the ability to create and use space.

Equipment/Area

Size 4 netball (or equivalent).

A minimum of one third of a court.

Group Management

Divide the group into two teams numbering each player.

Description

Team teams line up with numbers starting at opposite ends

A caller is positioned out in front.

When a number is called, the two players with that number race in to pick up the ball placed on the ground in the middle.

The player with the ball turns to her team mates who may now enter the space to receive a pass.

The ball is passed around until all players have handled the ball.

Players can handle the ball more than once is a player is not free to pass too.

The opposing team becomes defenders.

A point is scored if all attackers handle the ball successfully or the defending team intercept the ball.

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tips

Observe correct catching technique and observance of the footwork rule.

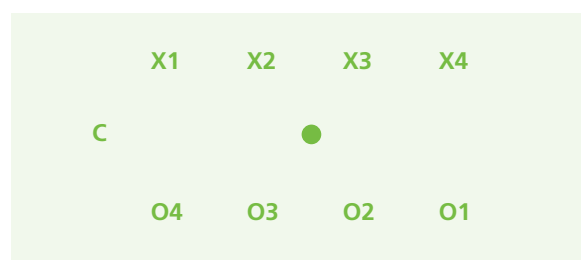
↻ Change It

Down: After the numbered player has retrieved the ball all other players stay on the side line. The retriever passes to each teammate in their stationary position.

Up: Limit the time each player can hold the ball. Instruct the players that they can only handle the ball once.

? Question

How could you use leads and changes of direction to lose your opponent?



Team X Team O Caller C Ball ●

Using Space

Objective

To practice space awareness and movement to take a pass.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Small groups of two or three players.

Four cones per group set up in a random square.

Description

One player starts in the middle and the other is the thrower, positioned in front of the space.

The player moves to take 10 passes each in a different area of the space.

! Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

Encourage clean ball handling and continuous movement between passes.

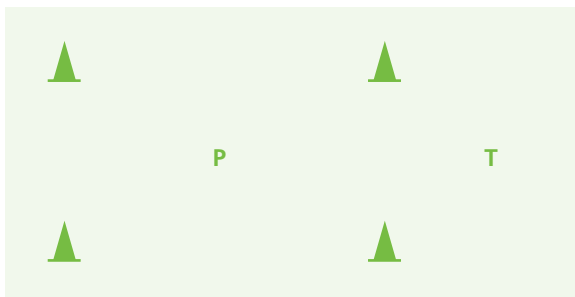
↻ Change It

Down: Reduce the number of passes to be taken, allow some fumbling and shuffling on the spot.

Up: Encourage a variety of movement patterns and throwing techniques.

? Question

What is the quickest and most effective passing technique over distance?



Player P Thrower T

One on One Defence - Front

Objective

To revise front positioning and then move out to take an intercept.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Groups of three players and a ball.

Description

The attacker makes a straight lead to the left.

The defender should position in front on an angle and slightly to one side so that they can see the ball and player.

As the attacker leads out be decisive and work to run feet to the ball and take the intercept (work an extra step to the ball rather than over reaching or lunging for the ball).

Repeat working the right side.

! Safety

Define the area appropriate for the number of players.

🕒 Coaching Tips

When positioning to the right work to force the attacker right When positioning to the left work to force the attacker to the left side Position head so that the ball and attacker can be seen simultaneously (discourage excessive eye and head movement).

↻ Change It

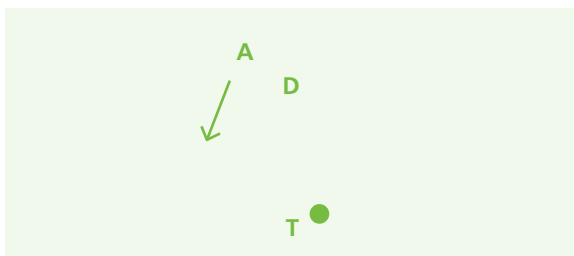
Down: The ball is passed in close to the defender so that they get the feel of moving out to take an intercept.

Up: The attacker can move either left or right.

? Questions

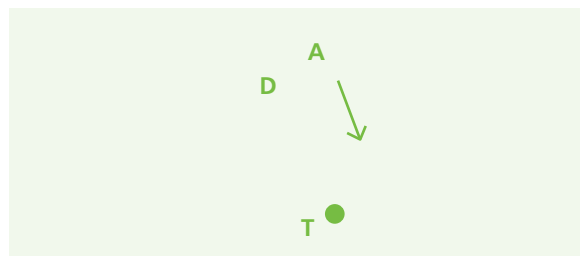
Were you able to position to see both ball and player? Were you able to see when the ball was released?

Working the attacker to the right



Attacker A Defender D Thrower T Ball ●

Working the attacker to the left



Corner Ball

Objective

To give players practice moving the ball up and down the court

Equipment/Area

A full netball court or suitable training area

Size 4 netball (or equivalent)

2 sets of bibs

Group Management

Select two even teams

Description

Each team has two goal areas at the end of the court.

The game begins with a toss up in the centre circle and the team that gains the ball is the attacking team.

The attacking team use netball rules to pass the ball between each other.

The aim is to score a goal by successfully passing the ball to a team member who has lead into one of the goal areas and catches the ball.

There is no restriction on movement around the court. When defending encourage hands over pressure on the pass.

Attackers and defenders are not allowed to stand in any scoring zone unless the ball is thrown in.

The ball is thrown in from the baseline if a goal is scored passes over and out of court.

! Safety

Define the area appropriate for the number of players.

👁 Coaching Tips

Encourage all attackers to get their hips and shoulders around on a pivot to allow them to see multiple options down court.

Give encouragement for efficient footwork and clean catches.

↻ Change It

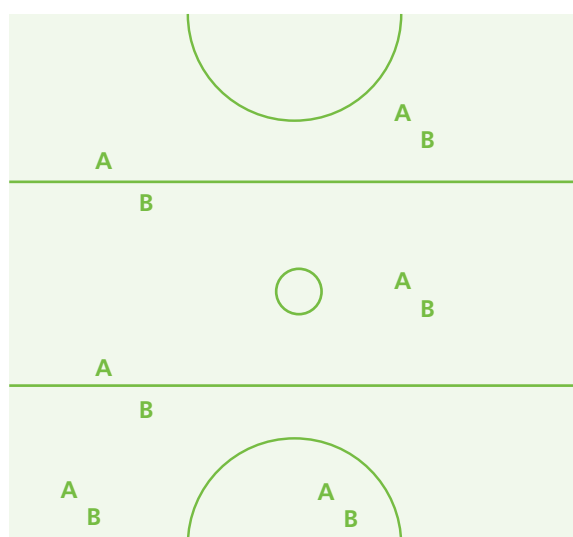
Down: Reduce the playing area by playing across one third of the court with cones used to create the goal areas.

Up: Encourage all players to use only a one-handed shoulder pass.

? Questions

How could you use leads and changes of direction to lose your opponent?

How well did you do at pressuring the release of the ball by the attacking players?



Team1 A Team2 B

Concluding Activity

Objective

To reinforce on skills and challenges in the session.

Description

Discuss activities and skills covered during the session.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Go Session Plans

SESSION

3

Here, There, Everywhere, Nowhere

Objective

To develop spatial awareness and reactive movement skills.

Equipment/Area

A full netball court or suitable training space.

Group Management

Full group participation.

Description

Players assemble in a random group in front of the Leader.

The leader calls one of the four commands.

'Here' pointing in the direction the players should move.

'There' pointing in the opposite direction to here.

'Everywhere' is the call to complete stride jumps on the spot.

'Nowhere' the players bob down as quickly as possible.

The leader can call out the first or last player to bob down.

⚠ Safety

Define the area appropriate to the numbers.

👁 Coaching Tip

Observe direct footwork and use of weight transfer to change direction.

Use arms pump to degenerate speed.

Light footwork for the stride jumps.

Movements may be untidy due to the focus on reaction rather than technique.

↻ Change It

Up: Call instructions less frequently to allow plenty of reaction time. Call out changes quickly.

❓ Question

How quickly were you able to change direction?

What did you do to create speed?

🏃 Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Tennis Ball Work

Objective

To continue to develop hand-eye coordination.

Equipment/Area

One tennis ball per player.

A full netball court or suitable training space.

Group Management

Individual practice.

Description

Bounce/dribble the ball continuously with the right hand only.

Bounce/dribble the ball continuously with the left hand only.

Bounce the ball using alternate hands.

Hop on the spot with right leg and bounce and catch the ball with right hand.

Hop on the spot with right leg and bounce and catch the ball with left hand.

Hop on the spot line left leg and bounce and catch the ball with the left hand.

Hop on the spot line left leg and bounce and catch the ball with the right hand.

⚠ Safety

Define the area appropriate to the numbers.

👁 Coaching Tips

Keep eyes on the ball.

Use quick light ground touches with the ball of the foot when hopping.

↻ Change It

Down: Allow players to catch the ball between bounces.

Up: Encourage the players to continuously work the ball up and down.

❓ Question

Which was the easiest bouncing and hopping on the same foot or opposite hand and foot?

Diagonal Cone Run

Objective

To practice using angles to create options.

Equipment/Area

A full netball court or suitable training space.

6 to 8 cones.

3 Size 4 netball (or equivalent).

Group Management

Small groups or full group.

Four cones per group set up in a random square.

Description

Players line up at the start of the cones.

Lead forward on an angle to the front cones and then angle back to the rear cones (initially no ball handling is involved).

Keep eyes up looking forward throughout all movements. Add throwers out in front.

As the players lead forward they take a pass at each front cone.

⚠ Safety

Define the area appropriate for the number of players.

🎯 Coaching Tip

Reinforce angled leads with the direct placement of the take-off foot at each cone.

Encourage clean ball handling.

Players are to maintain movement all the way onto the ball (no stopping before the catch is taken).

🔄 Change It

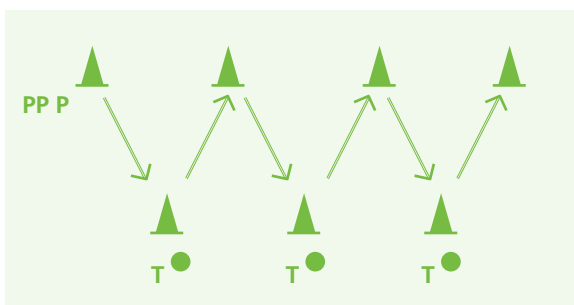
Down: Keep the throwers in close so the passes are not too long.

Up: Encourage clean strong hands and observance of the footwork rule.

❓ Question

Where were you looking as you moved to the back cones?

Were you able to keep looking forward and see the cones behind you?



Player P Thrower T Ball ●

Recovery to 1.2m

Objective

To revise front positioning and then move out to take an intercept.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

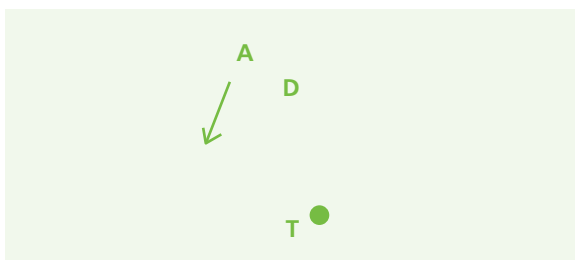
Groups of three players and a ball.

Description

The attacker makes a straight lead to the left.

The defender should position in front on an angle and slightly to one side so that they can see the ball and player.

As the attacker leads out be decisive and work to run feet to the ball and take the intercept (work an extra step to the ball rather than over reaching or lunging for the ball).



Attacker A Defender D Thrower T Ball ●

! Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

When positioning to the right work to force the attacker right.

When positioning to the left work to force the attacker to the left side.

Position head so that the ball and attacker can be seen simultaneously.

(discourage excessive eye and head movement).

↻ Change It

Down: The ball is passed in close to the defender so that they get the feel of moving out to take an intercept.

Up: The attacker can move either left or right.

? Question

Were you able to position to see both ball and player?

Were you able to see when the ball was released?

Colour Run

Objective

To continue practice of angled leads and the effective use of efficient footwork when reacting to a random cue.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

4 cones of at least three different colours.

Group Management

Small groups of two or three players.

Four cones per group set up in a random square.

Description

P1 starts at the outside cone. P2 positions out in front holding a ball (this is to ensure P1 keeps both head and eyes up looking up (The ball is not thrown).

P2 calls a colour and P1 reacts and lead out and back.

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Encourage players to keep head and eyes up and not turn to look at the cones.

First step should be in the direction of intended movement.

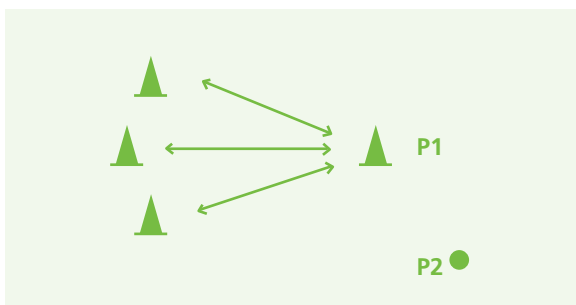
↻ Change It

Down: Allow P1 to turn and repeatedly check where the colour cones are.

Up: P1 starts with quick footwork on the spot, and between movements out and back.

❓ Question

How could you use leads and changes of direction to lose your opponent in a game?



Player P Ball ●

NetSetGO Game

Objective

To practice netball skills in a modified NetSetGO match.

Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

Group Management

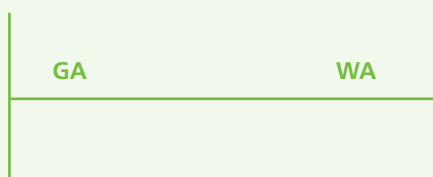
Two even teams

Description

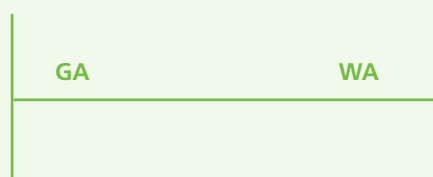
Introduce basic centre pass set ups. The WA and GA may start up on the line or back off.

Either player may receive the ball but encourage the WA and GA to get eye contact and communicate who should be the first option to avoid both working out at the same time.

Sides



Swap



Goal Attack GA Wing Attack WA

! Safety

Define the area appropriate for the number of players.

👁 Coaching Tips

Give the players time to talk and move into place before the whistle is blown for a centre pass.

↻ Change It

Down: Ask the defenders to help out and allow the attackers to set up this strategy.

Up: Ask the defenders to move about and make it more difficult for the attackers to set up on the line.

? Questions

What was most effective, starting up on the line or starting back off?

Did you need to start wide or was there an opportunity to start in close?

When you need to be thinking and moving to set this strategy up?

Concluding Activity

Objective

To reinforce on skills and challenges in the session.

Description

Discuss activities and skills covered during the session.

Discuss the two set ups for the centre pass and strategies for getting over the line as a clear option.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Questions

What was the most effective set up for the centre pass?

What ways did you communicate so you knew who would be the first option at the centre pass?

Go Session Plans

SESSION

4

One, Two, Three Charge

Objectives

To develop spatial awareness and evasive movement skills.

Equipment/Area

One third of a netball court.

Group Management

Two teams lined up.

Select two players to be the taggers in the middle.

Description

Two teams line up on opposite side lines, each player is numbered with a corresponding number.

Two players stand in the middle.

When a number is called, the corresponding players attempt to change sides.

If successful, i.e. make it to the opposite side line, all players change sides. (Charge).

Players in the middle 'tag' as many players as possible.

Those caught move to the side of the playing area or join the players in middle.

⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tip

Use quick changes of direction, movement patterns and speed to speed.

↻ Change It

Down: Additional players can be added to the middle.

Up: Increase the number of players in the middle or call two numbers at a time.

❓ Question

What strategies did you use to evade the taggers?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Partner Throws

Objective

To practice safe hands and accurate passing.

Equipment/Area

Size 4 netball (or equivalent).

Group Management

Netball court or suitable training area.

Description

Work in pairs with one player working at a time.

P1 starts with the ball P2 is the worker.

P1 takes a catch to the right and then the left – catching two handed and throwing with one. Work 8-10 passes.

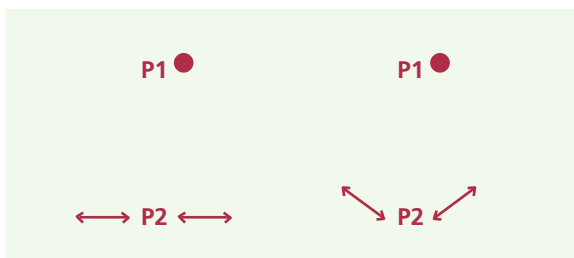
Repeat P1 as the worker.

P1 makes a right, angled lead to take a pass then returns to starting point and leads to the left. Work 8-10 passes.

Repeat P1 as the worker.

P2 stands on the spot and P1 passes the ball just above the head of P2. P2 jumps to catch the ball. Work 8-10 passes.

Repeat with P1 as the worker.



Player P Ball ●

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Two handed catches should be encouraged where possible.

↻ Change It

Down: Reduce the number of passes to 6 - 8.

Up: Encourage players to complete all passes with fumbling or dropping the ball.

? Questions

Why is it important to be able to move on a variety of angles?

Outside, Inside Pivots

Objective

To practice using angles to create options then turning to see option down court.

Equipment/Area

A full netball court or suitable training space.

6 to 8 cones.

3 Size 4 netballs (or equivalent).

Group Management

Small group work.

Size 4 netball (or equivalent).

Description

Outside pivot

P1 leads out to the right side, lands on the outside foot, pivots and passes to P2 (R) who returns the ball to T and then becomes the worker.

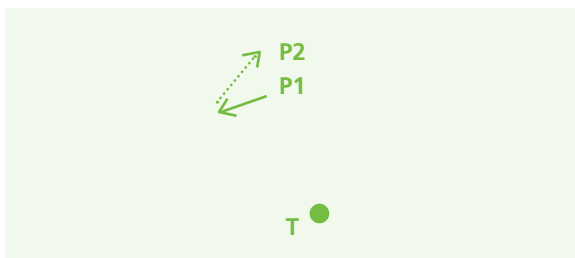
Rotate players to include the thrower as a worker.

W1 lead to the left side, lands on the outside foot and pivots to the outside and passes to P2.

Inside Pivot

Repeat lead to the right with a take-off on the right foot but this time land on the inside foot and pivot to the inside.

Repeat lead to the left side, land on the inside foot and pivot to the inside.



Player P Thrower T Ball ●

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tip

Encourage clean ball handling.

Reinforce angled leads with the direct placement of the take-off foot at each cone.

Players are to maintain movement all the way onto the ball (no stopping before the catch is taken).

The placement of the pass will assist the working player's landed foot.

A pass out on extension will initiate an outside foot land.

A pass thrown higher or closer to the body will allow an inside foot land.

↻ Change It

Down: Keep the throwers in close so the passes are not too long.

Up: Put the receiver on the move to create a decision for the worker as they turn to sight the receiver.

? Question

Where were you looking as you moved to the back cone?

Were you able to keep looking forward and see the cones behind you?

Arms Over

Objective

To develop the ability to apply pressure over the release of the ball.

Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

Group Management

Groups of three players and a ball.

Description

P1 starts with a ball. The defender (D) positions 1.2metre away with P2 positioned approximately 3 metres away.

P1 passes the ball to P2.

The D puts and over and attempts to

- Delay the release
- Tip the ball
- Intercept the ball

Encourage the players to experiment with different arm Positioning

- Both high
- Both out wide
- One high one wide

⚠ Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

Arms Over

- Keep eyes forward
- Keep knees and body read to react
- Use small steps to move back to the required 1.2m keeping arms by side
- Extend arms after getting distance

↻ Change It

Down: The ball is passed close to the defender arms to give them the feeling of touching or intercepting the ball.

Up: P2 is put on the move, leading either to the left or right to give P1 a clearer option.

❓ Question

Which arm positioning did you find most effective?

Race for the Ball

Objectives

To practice contesting for the ball.

Equipment/Area

A full netball court or suitable training space.

Size 4 netballs (or equivalent).

Group Management

Groups of three with a ball.

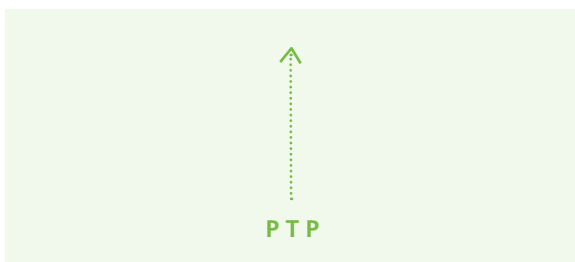
Description

Two players position beside and level with a thrower.

The thrower (T) tosses the ball out in front.

As soon as the ball is released the two players run out to retrieve the ball.

The player who retrieves the ball pivots and passes back to the thrower. The non-receiver defends the pass back.



Player P Thrower T

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Starting behind a line is useful in ensuring both players start in a level position.

↻ Change It

Down: All passes thrown in a straight line from the thrower.

Up: Passes may be tossed slightly to either side.

❓ Question

Were you able to react quickly and get to the ball before it bounced or perhaps after only one bounce?

Hoop Ball

Objectives

To practice netball skills.

Equipment/Area

Half a netball court or suitable playing area.

Size 4 netball (or equivalent).

8 hoops.

Group Management

Two even teams.

Description

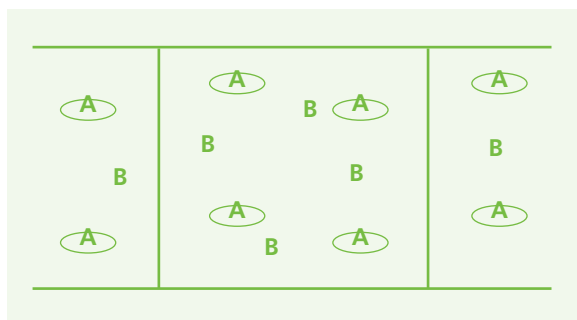
Position a player in each hoop and the opposition players on the middle spaces.

The hoop players start with a ball and pass the ball ten times between their teammates in the hoops - this sequence of passes scores one point.

The ball is then given to the opposing team and they position themselves in the hoops.

The defenders in the middle work to intercept or tip any of the passes.

The players in the hoop must keep one foot in the hoop at all times.



Team1 A Team2 B

! Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

Encourage hoop players to keep their head up and see multiple options to pass to.

🔄 Change It

Down: Position less defending players in the spaces or allow unlimited possession time.

Up: Limit possession to 4 seconds.

? Question

Did you try any strategies to trick or confuse the defending team?

Concluding Activity

Objective

To reinforce on skills and challenges in the session.

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Go Session Plans

SESSION

5

Ball Walk

Objective

To practice body control and ball handling skills.

Equipment/Area

One third of a netball court.

Size 4 netball (or equivalent).

Group Management

Set the group up in pairs with a ball spaced out along the sideline.

Description

The first player walks/lunges forward across the court

- Passing the ball between the front leg
- Pass the ball around the body
- Passing the ball up in the air as they side step across the space
- Passing the ball between the back leg moving backwards
- Bounce the ball in front from the right hand to the left
- Starting backwards pass the ball over the head and turn to retrieve it

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick changes of direction movement patterns and change of speed.

↔ Change It

Down: Encourage the players to take their time and not see this activity as a race.

Up: Encourage repeated efforts with clean ball handling skills.

❓ Question

Were you able to control the ball equally on the right and left hand?

How might you use ball some of these ball control activities in a game?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching.

Target Cone Throw

Objectives

Accuracy of passing and upper body strength development.

Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Players line up in pairs along a sideline or transverse line.

Place a line of cones out in front approximately 2 metres away.

Description

Partners take turns to throw the ball using a shoulder pass to hit the cone.

The non-throwing player (P2) should stand behind the cone and retrieve the ball for their partner.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Observe and give feedback on opposite hand and leg positioning on the throw.

Players should use shoulder, hip rotation on the throw.

↻ Change It

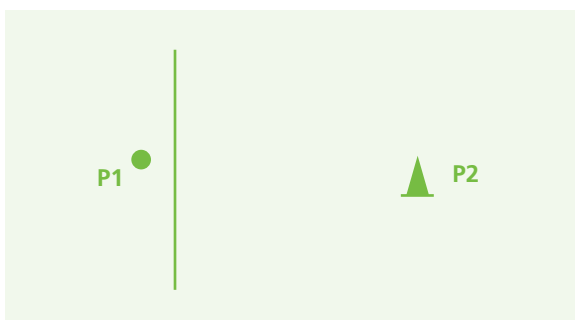
Down: Move the cone closer to the throwers.

Up: Move the cones further away.

? Question

What was the best throwing technique?

Why would accurate passing be important in a game?



Player P Ball ●

Step Overs

Objective

To practice quick light footwork with one hand ball control.

Equipment/Area

Two cones/markers per pair of players.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group in pairs with two cones.

Description

Work in pairs with one player working at a time.

Start in the middle of the two cones.

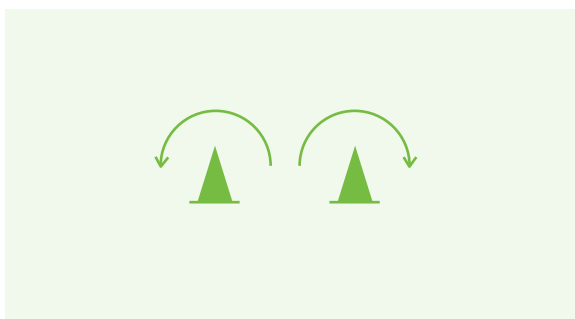
Step over the right cone with the right foot and place it on the ground on the outside, lift the left foot then place it back in the middle now step the right foot back in to the middle.

Repeat with the left foot on the left side.

This is one combination.

Step over right and left x4 each side.

When players become proficient add a sprint movement forward on an angle.



! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick light footwork to step over the cones.

↻ Change It

Down: Use one cone and have the player step over and back one foot at a time.

Up: Encourage players to complete a set number of step overs as fast as possible.

? Question

Why do you think it is important to have quick light footwork?

Defend the Space

Objectives

To practice defensive footwork and the ability to read space and communicate retrieval of the ball.

Equipment/Area

Four cones/markers per group.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the players into groups of three.

Place sets of four cones in a square approximately 2 metres apart.

Description

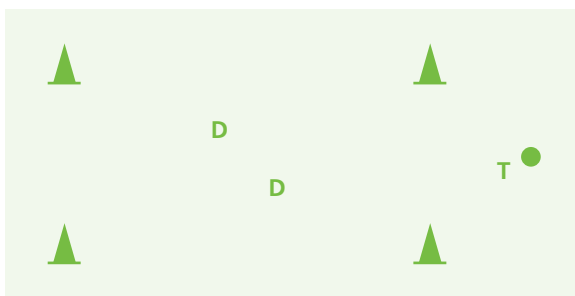
Two players position in the designated space with a thrower out in front.

These two players are defenders (D) and should work together to retrieve all passes thrown in to the space.

The defenders should start off-line with a front and a back.

The thrower passes the ball in anywhere in the space.

Players react to each other's position and call who is going for the ball.



Defender D Thrower T Ball ●

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tips

Have the defenders work close enough to cover the centre space between them to force the ball wide or high.

Check shoulder width stance and readiness to move.

↻ Change It

Down: Place the cones closer together.

Up: Challenge the players to retrieve the ball as quickly as possible (no bounce or after only one bounce).

? Question

Defenders, what words did you find most effective to use when communicating with each other?

What defending positioning was the most effective?

3 vs 3 Keepings Off

Objective

To practice space awareness and movement skills in a contested situation under space restrictions.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Small groups of three or four players.

Four cones per group set up in a random square approximately 3 metres square.

Description

Two teams of three position in the designated space with two throwers at each end.

The attacking team work to perform 10 passes without error or loss of possession.

If the ball is turn over then roles are reversed.

The throwers can be used in any sequence of passes by any team.

Have multiple teams ready to swap in as this is a demanding activity.

Teams attack and defend.

⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements in the restricted space.

🎯 Coaching Tip

Reinforce attacking movements to create and use space.

Encourage players to apply 1v1 defence and look for opportunities to intercept.

↻ Change It

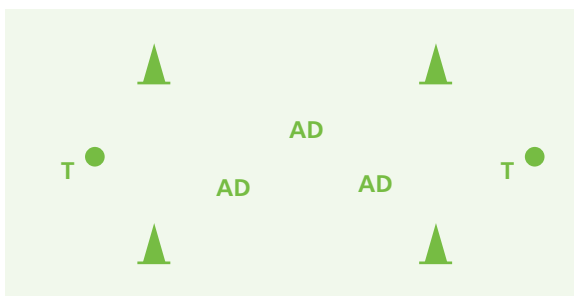
Down: Reduce the number of passes to be taken

Up: Only passes inside the designated space can be counted in the tally of passes.

❓ Question

What strategies did you use to get free?

When defending did you position to see ball and opponent?



Attacker A Defender D Thrower T Ball ●

Three Point Netball

Objective

To practice netball skills in contested situation

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Two sets of bibs.

Group Management

Two even teams.

Description

Two players from each team are allowed in the goal circle (x2 goalers and x2 defenders).

All other players are free to move about the court as well as those permitted in the goal circle.

The ball is passed between team players and worked so that one of the goalers receives the ball in the goal circle.

This scores 1 point and additional 2 points is awarded if a goal is scored (only one attempt is allowed).

After the attempt whether successful or unsuccessful the opposition team throws the ball in from the baseline.

A pass in the goal circle is allowed.

⚠ Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

Reinforce attacking movements to create and use space.

Encourage players to apply 1v1 defence and look for opportunities to intercept.

🔄 Change It

Down: Allow more than one attempt for goal and allow extended possession time.

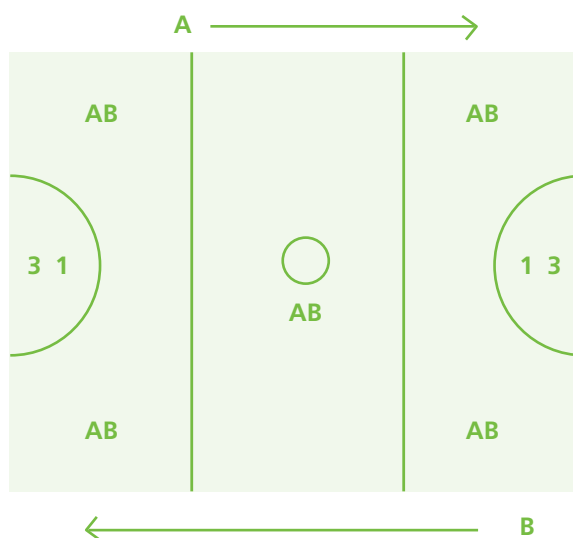
Up: Observe the 4 second possession rule.

❓ Questions

What strategies did you use to get free?

What did you look for when looking for intercepting opportunities?

How could you use leads and changes of direction to lose your opponent?



Team1 A Team2 B

Concluding Activity

Objective

To reinforce on skills and challenges in the session.

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Go Session Plans

SESSION

6

START OUT (10–15 MIN)

Stuck in the Mud

Objective

To practice movement skills.

Equipment/Area

One third of a netball court.

Group Management

Select a tagger and a free moving player.

Description

One player is nominated as the chaser, one player is free to move and all other players must position themselves within a third with their feet shoulder width apart (unable to move).

The free player must move about and free up the stuck players.

All players who are tug after being freed, become stuck again.

Any free player can release a stuck player.

⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tip

Use quick changes of direction movement patterns and speed to speed.

↻ Change It

Down: Increase the number of chasers or decrease the playing area.

Up: Increase the playing area.

❓ Questions

What techniques and strategies did you use to create space?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Line Ball

Objectives

To practice the players ability to balance when catching the ball from a variety of heights and angles.

Equipment/Area

Size 4 netball (or equivalent).

Lines of a court or lines drawn with chalk.

Group Management

Divide the players into pairs with a ball.

Description

Partners place two feet shoulder width apart along a line.

Players pass the ball to each other using a two handed catch and shoulder passes.

As the players gain confidence challenge them to pass the ball at various heights and slightly to the side away from the body.

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Players should keep hips straight and bend at the knees, hips and ankles.

↻ Change It

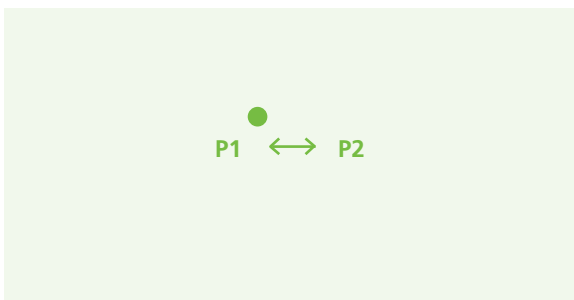
Down: Keep passes close to the body and around the upper body level.

Up: Challenge the players to complete passes thrown just about head height.

This raises the centre of gravity and increase the difficulty to maintain balance.

? Questions

What did you do to keep your balance?



Player P Throwing T Ball ●

Two Ball Work

Objective

To practice leading on an angle and pivoting to pass down court.

Equipment/Area

Netball court or suitable training area.

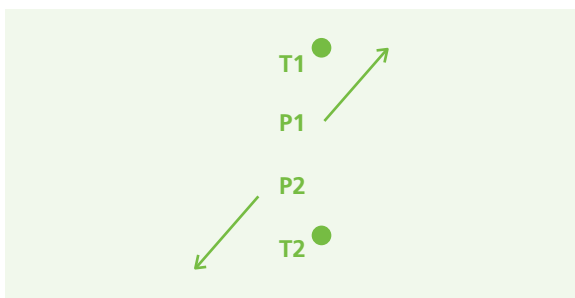
Size 4 netball (or equivalent).

Group Management

Set up groups of four with two balls.

Description

- P1 leads to the right to take a pass from T1 then pivot and pass to T2.
- P1 then leads on the angle to take a pass from T2 and then pivots to pass back to T1.
- P2 leads to the right and takes a pass from T2, pivots and pass to T1 then leads to the right again to take a pass from T1.
- Repeat x8 passes.
- Practice players receiving a variety of passes e.g. shoulder, bounce and lob.



Player P Thrower T Ball ●

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Use quick light footwork to step over the cones.

↻ Change It

Down: Use one cone and have the player step over and back one foot at a time.

Up: Encourage players to complete a set number of step overs as fast as possible.

? Questions

Why do you think it is important to have quick light footwork?

Repositioning

Objective

To practice defensive footwork and the ability reposition to stay between the ball and the attacker.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group into sets of four.

Description

An attacker and defender position in space with two throwers out in front.

The two throwers move about and pass the ball either to each other or to the attacker. The defender (D) works to reposition to maintain front position.

As the defenders become more proficient widen the space between the throwers and encourage the defender to come out to intercept any pass between the throwers as well as maintaining 1v1 defence of the attacker.

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Have the defenders work quick side-stepping movements to reposition and maintain front position.

The defender should position to see ball and player.

↻ Change It

Down: Have the throwers stationary

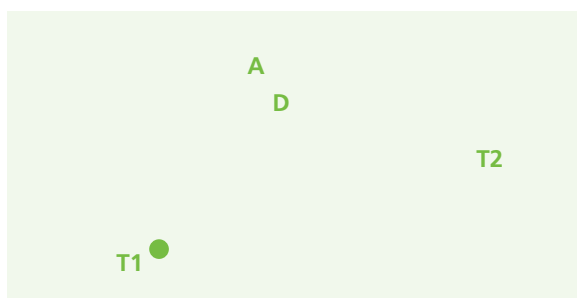
Up: Challenge the defenders to read the front pass and come off the 1v1 to take and intercept

Allow the attacker to make small movements in a limited space.

❓ Questions

Were you effective at intercepting the passes thrown in to the attacker?

Defenders what was your cue to come off the attacker?



Thrower P Attacker A Defender D Ball ●

Down the Line

Objective

To practice lead, pivot and passing techniques.

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Full group work.

Description

Players line up facing down the line.

Leading right

P1 passes to P2

P2 passes to P3

P3 passes to P4

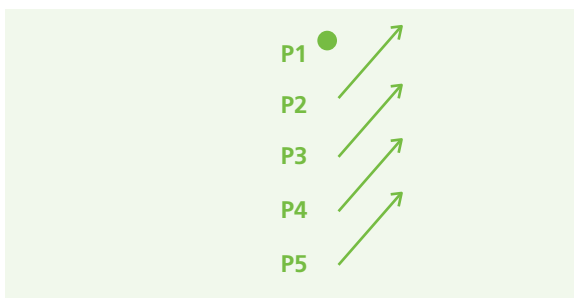
P4 passes to P5

All leads should be angled to the thrower.

The ball returns with the players leading right again until the ball returns to P1.

Repeat 4 times.

Repeat leading to the left. Interchange players and positions in the line.



Player P Ball ●

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tip

Encourage clean ball handling.

Leads should be timed so that the player is receiving the ball as they move into space.

↻ Change It

Down: Reduce the space between the players so that the passes are shorter.

Up: Add a change of direction before leading out to take the pass.

❓ Questions

What is the quickest and most effective passing technique over distance?

NetSetGO Game

Objectives

To practice netball skills in a modified NetSetGO match.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Modified goalposts.

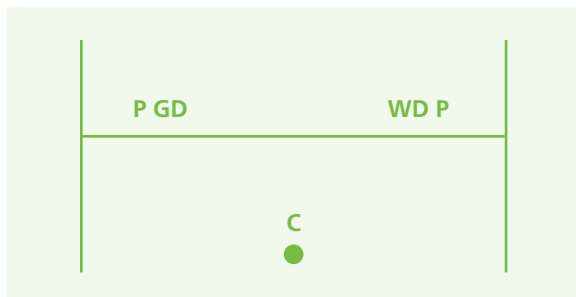
Two sets of bibs.

Group Management

Two even teams.

Description

GD and WD position on the inside of their opponent forcing them to move (1v1 - Wide).



Goal Defence GD Wing Defence WD Ball ●
Center C Player P

! Safety

Define the area appropriate for the number of players.

Reinforce positional areas.

🎯 Coaching Tips

Encourage clean hands, efficient footwork and pivoting skills that allow the player to see multiple options down court.

Give teams time at each centre pass to set up one of the defensive strategies.

↻ Change It

Down: Allow shuffling of the feet and additional possession time.

Up: The attacker at the centre pass may move either left or right.

? Questions

When do you need to be thinking and positioning to ensure you are in place to force your opponent wide?

Were you ready to move when the whistle blew?

Concluding Activity

Objective

To reinforce on skills and challenges in the session.

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and complete a stretching regime.

Go Session Plans

SESSION

7

START OUT (10–15 MIN)

Confuse the Space

Objective

To develop the ability to read and use space efficiently.

Equipment/Area

One third of a netball court.

Group Management

Set up four cones in a random square with four players standing between two ones on all four sides.

Description

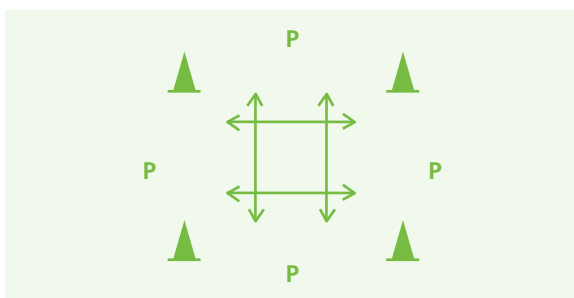
On the call of Go (by another player or by one of the workers).

The workers lead back and across at the same time repeatedly.

The players should not touch each other so they need to keep their head up and use changes of direction to create and use space.

The players need to work at high intensity.

Repeat with short rests between.



Player P

⚠ Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Use quick changes of direction movement patterns and speed to speed work through the changing spaces.

Keep head and eyes up.

Be decisive and maintain straight lines when possible.

Use arms to generate speed.

↻ Change It

Down: Open up the distance between cones to create more space.

Up: Use only angled leads and workers must return to a new space between cones.

❓ Questions

What strategies did you use to avoid contacting other players?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Ball Pick Up

Objective

To practice reacting to a cue with efficient take off steps with direct movement and angles to the ball.

Equipment/Area

Tennis balls.

Netball court or suitable training area.

Group Management

1 tennis ball per player.

Allow sufficient space between pairs to move about freely to retrieve the random movement of the ball.

Description

One player stands with a tennis ball held in each down.

Turned hand with arms raised at shoulder height.

A partner starts approximately 1 metre away.

The thrower lets one of the balls drop to the ground.

The worker must run forward quickly and pick up the ball as soon as possible.

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Use quick take off steps to move to retrieve the ball.

↻ Change It

Down: Move the moving player closer to the thrower.

Up: Drop one ball then the other. The worker must quickly retrieve the two balls.

? Questions

What cues did you use to predict or time your move to pick up the ball?

Cone Moves

Objective

To practice quick light footwork and changes of movement pattern.

Equipment/Area

Four cones/markers set up in a random square.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group in pairs or groups of three (one resting).

Description

Work in pairs with one player working the other initially holding the ball then becoming the thrower

Start at cone 1.

Sprint to cone 2

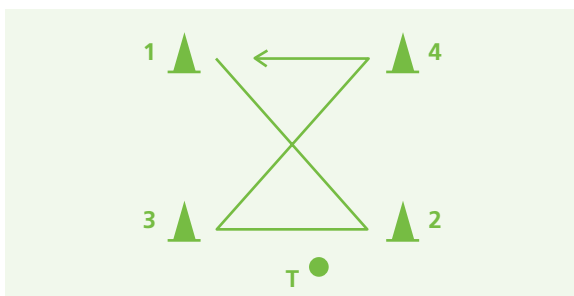
Side step to cone 3

Sprint to cone 4

Side step back to cone 1

Keep head and eyes up seeing the ball at all times

Add a ball thrown in on the move to cone 1



Player P Throwing T Ball ●

! Safety

Define the area appropriate to the numbers.

🕒 Coaching Tip

Use the outside foot to push off and change direction.

Work side steps with feet shoulder width apart.

↻ Change It

Down: Give the players time to change movement patterns and allow for some upper body movement particularly arms waving about.

Up: Add a two-foot jump at cone 4.

? Questions

How could you use different movement patterns and changes of direction to lose your opponent in a game of netball?

Taking an Intercept

Objective

To practice defensive footwork and the ability to read.

Equipment/Area

Two cones/markers per group.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the players into groups of three.

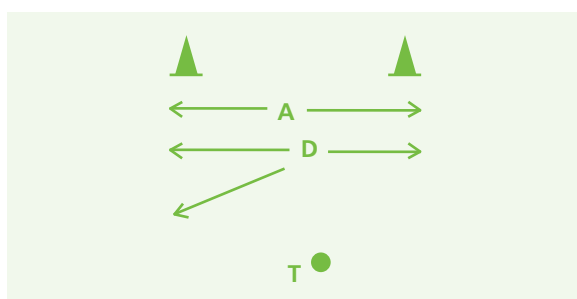
Place sets of two cones out approximately 2 metres apart.

Description

Two players position between the cones, one is the attacker and one the defender with a thrower out in front.

The attacker(A) moves side to side then leads out to take a pass.

The defender (D) shadows the two preparatory moves by the attacker and then moves out with the attacker to take the intercept.



Attacker A Defender D Thrower T Ball ●

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

👁 Coaching Tips

Have the defenders work half way across the body of the attacker keeping their head up seeing both player and the ball.

When moving out to take the intercept the defender must keep moving their feet through the line of the pass rather than stopping at the ball.

🔄 Change It

Down: Have the attacker work slow movements at first then increase speed as the defender gains confidence.

Up: Challenge the defender after taking the intercept to balance and quickly throw the ball back to the thrower.

❓ Questions

Were you able to find a position where you could see both ball and player?

What helped you time your lead to take the intercept?

No Go Zone

Objective

To practice space awareness and movement skills

Equipment/Area

A full netball court or suitable training space

Size 4 netball (or equivalent)

Group Management

Full group

Four cones set out around the transverse area as a 'NO GO Zone'

Description

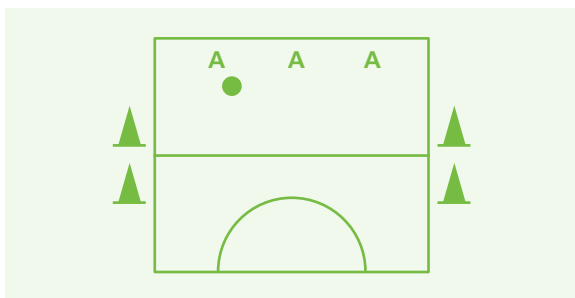
Three players at a time work the ball down to the goal ring.

Any two players move into the ring and work to shoot a goal.

Players may move through the no go zone but no pass can be taken in this area.

This to encourage players to look long through this space.

Groups of three rotate through



Attacker A Ball ●

! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tips

Reinforce attacking movements to create and use space.

Reinforce getting hips and shoulders around to see options down court.

One of the players without the ball should be encouraged to move down the court quickly.

↻ Change It

Down: Reduce the size of the No Go Zone.

Up: Add a defender to the goal circle.

? Question

How did the NO GO zone help or hinder your efforts?

Netball Interchange

Objective

To practice netball skills in a contested situation.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Two sets of bibs.

Group Management

Two even teams.

Description

Teams throw to the right side of their starting position near the far transverse line and sideline.

Three players from each team are positioned on court and work the ball to their end of the court to score a goal (any player may put up a shot).

On the call 'Change' from the coach the ball is put directly down where it is. The three players on court from both teams interchange. (Leave the court via the most direct route).

Three new players come on court and quickly pick up the ball and continue the game.

The rules of netball are observed and any infringement is awarded by the umpire/coach. When a goal is scored the ball is thrown in from the baseline by the opposing team.

⚠ Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

Reinforce attacking movements to create and use space.

Encourage players to apply 1v1 defence and look for opportunities to intercept.

↻ Change It

Down: Allow more than one attempt for goal and allow extended possession time.

A point may be scored by taking possession in the goal circle.

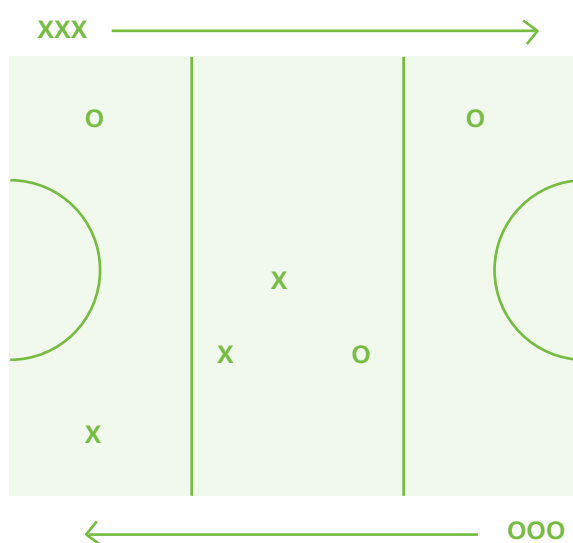
Up: Observe the 4 second possession rule.

Award penalties for infringement to the rules.

❓ Questions

What strategies did you use to get free?

What did you looking for before moving out for intercepting opportunities?



Team1 X Team2 O

Concluding Activity

Objective

To reinforce on skills and challenges in the session

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource

Go Session Plans

SESSION

8

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.

⚠ 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.

Knee lifts.

↻ 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).

❓ Questions

What things did you do to take off quickly?

What things slowed you down?

Pick up, Drop Off

Objective

To develop movement skills

Equipment/Area

Third of a netball court

Group Management

Two or more teams line up behind a transverse line

Description

The first player in each line runs to the next transverse line and then back to join hands with the second player in the team.

These two players run up to the transverse line and back to join up with the third person in the team.

These three players then run up and back.

Continue until all players are linked as the group and complete a lap together. When the team returns to the starting position, they drop off player 1.

The teams continue dropping player off until the last player runs up and back by themselves.

! Safety

Define the area appropriate to the numbers.

🕒 Coaching Tip

Use quick changes of direction, movement patterns and speed to keep together.

↻ Change It

Down: Set up only small groups of players.

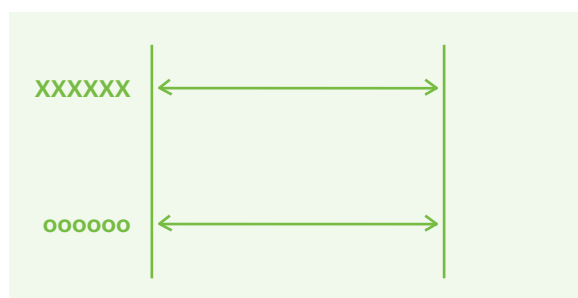
Up: Complete the activity using a variety of movement patterns.

? Questions

What did you do to work effectively when all linked in a group?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.



Team1 X Team2 O

High Ball Balance

Objective

To practice ball control in a dynamic situation.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent) or tennis ball.

Group Management

Set up pairs with a tennis ball or netball.

Description

Two players stand approximately 2 metres apart

Player 1 with a ball and player 2 balancing on one leg

Player 1 throws the ball up above player 2's head.
Player one maintains a balance and stretches up to catch the ball and return it to player 1

Change legs.

When players gain confidence introduce a tap back to the thrower with either the left or the right hand.

Have the player jump up to catch the ball and land on one foot then pass it back.

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick changes of direction movement patterns and speed to speed

↻ Change It

Down: Pass the ball to chest or head height

Up: If the ball is thrown in directly above the worker's head the ball will be easier to retrieve

If the ball is thrown high and slightly off centre then it will be more difficult to hold the balanced position.

❓ Questions

When and where would you need to be able to balance to control a pass above your head?

Cone Wave

Objective

To practice moving around an object using quick footwork.

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Cones .

Group Management

Set up pairs with two cones and one ball.

Cones should be approximately 1 metre apart.

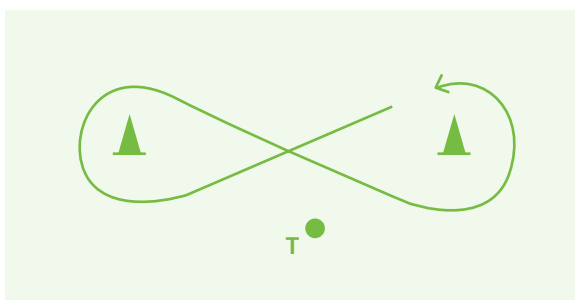
Description

The working player positions in the middle of two cones.

Work a figure 8 around the cones (no passing initially).

Challenge the players to think about which direction it is best to move around the cones to ensure you are provide a lead to the ball.

Add a ball thrown in on the lead forward



Thrower T Ball ●

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step around the cones.

Keep head and eyes up looking at the ball.

↻ Change It

Down: Continue movement around the cones without the ball thrown in.

Up: Encourage players to time the lead and the pass to be executed in the space as the player in leading forward through the middle space.

? Questions

In which direction would it be best to move to receive the ball?

Defence of the Shot - Lean

Objective

To practice defending a shot for goal

Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Modified goalposts.

Group Management

Divide the players into groups of three

Description

An attacker and defender position in space with a receiver out in front.

The attacker (goaler) starts with the ball and positions the ball above the head in a goal shooting position.

The defender moves back 1.2metres keeping eyes up and stretches to extend the right arm over the intended point or release maintaining their balance.

The attacker releases the ball to the receiver as if shooting for goal.

The defender works to tip or disrupt the shooting action of the goaler finishing this action by turning to deny space to contest a rebound.

Repeat leaning with the left arm.

Practice holding the leaning position for 4 seconds.

Players rotate and experience all positions.

Rotate groups to the goal posts

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Have the defenders practice extending up on their toes and lifting the back foot.

Use same opposite arm and foot.

Use same arm and foot.

Ensure the defenders arm does not come up until 1.2m has been established.

↻ Change It

Down: Lean over the shot standing on two feet.

Up: The goaler starts facing away from the defender and tosses the ball re-catches and turns to prepares to shoot for goal. The defender starts up close and then moves back as the goaler turns.

❓ Questions

Which arm and leg combination did you find most effective at leaning over the shot?

Goaling

Objective

To practice goal shooting techniques.

Equipment/Area

A third of a netball court or suitable training space.

Size 4 netball (or equivalent).

Modified goalposts.

Group Management

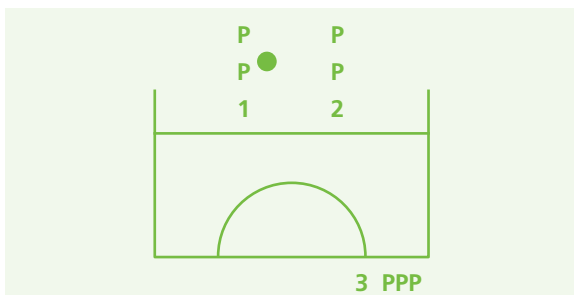
Full group work but could also be set up as two groups working to each end of the court.

Description

Players line up either at the centre third transverse line (lines 1 and 2) or at the baseline (line 3).

A player from line 3 positions in the goal circle.

The first two players from lines 1 and 2 work the ball down to a shot for goal with player 3 who may move out of the circle. The players then ask to cross again and the wolf responds with a different colour.



Player P Ball ●

⚠ Safety

Define the area appropriate for the number of players.

🎯 Coaching Tips

Encourage the goaler to have their feet, hips and elbow pointing towards the post.

The ball should be extended above the head resting on one hand with the other hand at the side for support.

🔄 Change It

Down: Keep the goaler in the goal circle.

Up: Encourage the three players to balance the goal third.

❓ Questions

What are the important things to remember when shooting for goal?

A defender can be added in the goal circle to practice the defence of the shot.

Continuous Cone Run

Objectives

To practice catching and throwing skills

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

The bin or wickets should be approximately about 1m tall.

Group Management

Two even teams

Description

3 cones spaced out along the baseline at various lengths

A run to cone 1 and back is 2 points

A run to cone 2 and back is 5 points

A run to cone 3 and back is 10 points

Team X 1 lines up behind the target(wicket) and come up 'to bat' one at a time.

Team two (O) spread out all over the court.

Team O throw the ball from the designated bowler (B) at the top of the goal circle to the first batter.

The batter must catch the ball, then throws the ball out into a space and must run to one of the three cones and back.

Team O fields the ball then pass it back to the designated. Thrower.

As soon as the ball has been returned the bowler may throw the ball to hit the wicket.

Rules

If the pass is caught on the full then the batter is out. The ball must land on the netball court but then may run off in any direction. If the pass hits the target then the batter is out and the runs do not count

! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tip

Encourage clean hands, and correct throwing technique.

Challenge the players to retrieve the ball as quickly as possible.

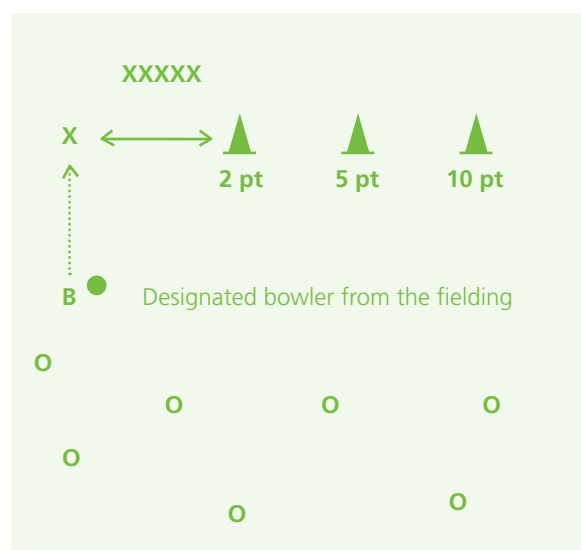
↻ Change It

Down: The bowler must wait until the batter has returned to the front of the wickets.

Up: The bowler throws at the wickets as soon as the ball is returned.

? Questions

How do the skills of this game relate to a game of netball?



TeamX X TeamO O Ball ●

Concluding Activity

Objective

To reinforce on skills and challenges in the session

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and complete a stretching regime.

Go Session Plans

SESSION

9

START OUT (10–15 MIN)

Hats Up, Hats Down

Objective

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

Equipment/Area

One third of a netball court.

Group Management

Set up several cones half facing up and half facing down.

Two teams line up on opposite sides of the centre third. One is nominated as hats up and the other hats down.

Description

On the call GO the first person in each team runs out,

The team that is hats up turn a cone that is down to the up position.

The hats down team turn any up cone to the down position.

After changing a hat, the players run back to their team and tag the next player.

This continues until the coach calls STOP. The team with the most cones facing either up or down is the winner.

Extension: Two players from each team may run at the same time.

A team may not immediately change a cone that has just been turned, a new cone must be selected. Any colour cones may be used.

! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tips

Use quick changes of direction, movement patterns and speed to get to a cone quickly.

↻ Change It

Down: Reduce the playing space.

Up: Increase the playing space.

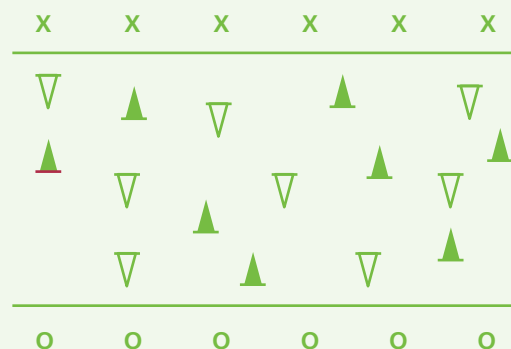
? Questions

What were you watching when a team mates was out changing a cone?

Did you notice any strategies the opposition was using?

👉 Stretch!

Walk through some slow lengths of the court and complete a stretching regime.



Team1 X Team2 O Ball ●

Line Hop with a Ball

Objective

Practice ball control and balance work.

Equipment/Area

Lines of a netball court or additional lines drawn with chalk.

Group Management

Individual work with a ball.

Description

Hop up and down on the spot on a line with the right foot

Continuously bounce a ball on the line with the right hand

- Continuously bounce the ball on the line with the left hand
- Continuously bounce the ball on the line from the right hand to the left hand
- Repeat with the left foot

Hop from side to side across the line with the right foot

- Continuously bounce the ball on the line with the right hand
- Continuously bounce the ball on the line with the left hand
- Continuously bounce the ball on the line from the right hand to the left hand

Repeat with the left foot

! Safety

Define the area appropriate to the numbers.

🎯 Coaching Tip

Use quick changes of direction movement patterns and speed to speed.

↻ Change It

Down: Perform hops in and open space.

Up: With each hop and bounce move along the line.

? Questions

Which was the easier task hopping and bouncing same foot and hand or opposite?

Why might this be the case?

Side Step Over

Objective

To practice quick light footwork

Equipment/Area

6-12 cones/markers per group of players

Netball court or suitable training area

Size 4 netball (or equivalent)

Group Management

Full group or two smaller groups

Description

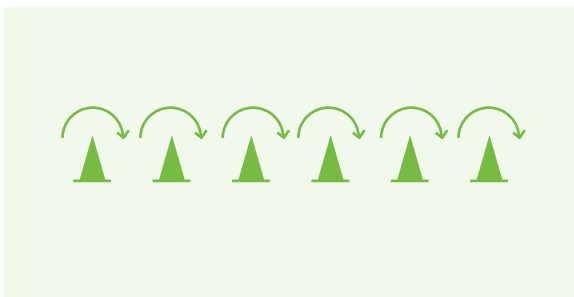
Start at the front of a row of cones standing side on.

Step over the cones leading with the right foot.

Repeat leading with the left foot.

Add a sprint forward at the end of the cones.

Add a pass on the sprint move forward.



! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step over the cones.

Keep head and eyes up rather than looking down at the cones.

↻ Change It

Down: Use one cone and have the less cones and encourage the players to use slow deliberate movements to get the hips lifting and the feet placement efficient.

Up: Add the ball thrown in on the sprint movement early to get the players to keep their head and eyes up.

? Questions

Why do you think it is important to have quick light footwork?

Defending from the Side

Objective

To practice defensive footwork and the ability to read space and communicate retrieval of the ball.

Equipment/Area

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

Group Management

Divide the players into groups of three.

Description

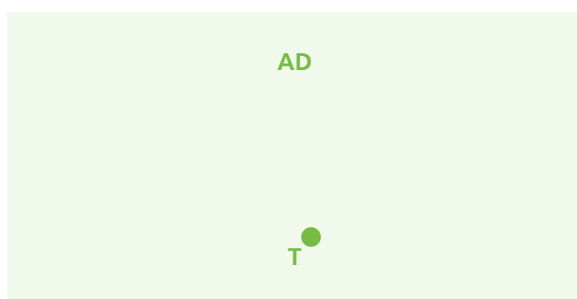
Two players position in the designated space with a thrower out in front.

These two players are defenders (D) and an attacker (A).

The defender positions to the side of the attacker.

The thrower passes the ball to the attacker slightly to the non-defended side.

The defender moves around the attacker to take an intercept.



Defender D Attacker A Thrower T Ball ●

! Safety

Define the area appropriate to the numbers.

👁 Coaching Tip

Have the defenders work close enough to keep the attacker to the side but slightly off to ensure clean movement around the body.

Check shoulder width stance and readiness to move.

Use quick readjustment step to come around.

Work out on an angle to take the ball.

↻ Change It

Down: Throwers pass the ball straight to the attacker.

Up: Have the attackers place one foot forward as the defender comes around (as if moving forward to catch the ball).

? Questions

What was the cue to initiating your movement to take the intercept?

What did you do to avoid contacting the attacker when coming around?

3 vs 3 Keepings Off

Objective

To practice space awareness and movement skills in a contested situation under space restrictions

Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Full group or two smaller groups.

Four cones per group set up in a random square approximately 3 metres square.

Description

Two teams of three position in the designated space with two throwers at each end.

The attacking team work to perform 10 passes without error or loss of possession.

The defenders work 1v1 defence.

If the ball is turn over then roles are reversed.

⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

🎯 Coaching Tips

Reinforce attacking movements to create and use space.

Encourage players to apply 1v1 defence and look for opportunities to intercept.

🔄 Change It

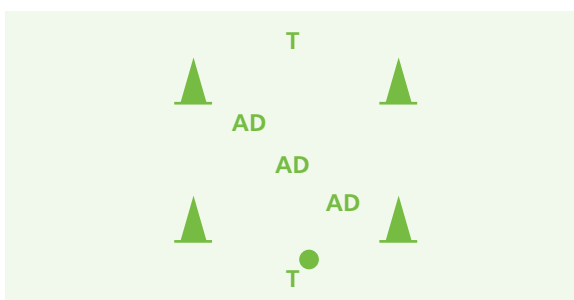
Down: Reduce the number of passes to be taken.

Up: Only passes inside the designated space can be counted in the tally of passes.

❓ Questions

What strategies did you use to get free?

When defending did you position to see ball and opponent?



Attacker A Defender D Thrower T Ball ●

Three point Netball

Objective

To practice netball skills in contested situation.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Two sets of bibs.

Group Management

Two even teams.

Description

Two players from each team are allowed in the goal circle (x2 goalers and x2 defenders).

All other players are free to move about the court as well as those permitted in the goal circle.

The ball is passed between team players and worked so that one of the goalers receives the ball in the goal circle.

This scores 1 point and additional 2 points is awarded if a goal is scored (only one attempt is allowed).

After the attempt whether successful or unsuccessful the opposition team throws the ball in from the baseline.

A pass in the goal circle is allowed.

⚠ Safety

Define the area appropriate for the number of players.

👁 Coaching Tip

Reinforce attacking movements to create and use space.

Encourage players to apply 1v1 defence and look for opportunities to intercept.

🔄 Change It

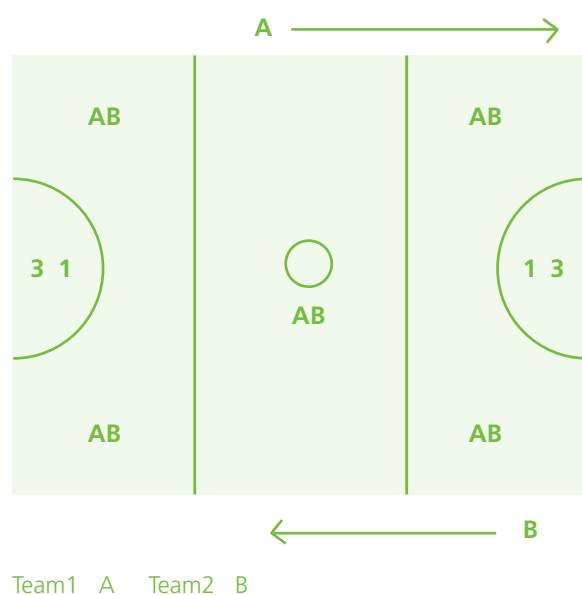
Down: Allow more than one attempt for goal and allow extended possession time.

Up: Observe the 4 second possession rule.

❓ Questions

What strategies did you use to get free?

What did you look for when deciding to go for the intercept?



Concluding Activity

Objective

To reinforce on skills and challenges in the session

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

Go Session Plans

SESSION

10

Sit and Throw

Objective

To develop build upper body strength

Equipment/Area

One netball per two players

Group Management

Partners sit approximately 1 metre apart

Description

Partners sit with legs straight out in front facing each other.

Hold a ball above the head and throw continuously with two hands

- catch two hands and throw with the right hand
- catch two hands and throw with the left hand

Bring the ball down to shoulder height and throw a one-handed shoulder pass.

⚠ Safety

Define the area appropriate to the numbers.

🎯 Coaching Tips

Keep legs out straight and push forward with the upper body.

Arms follow through in the intended direction of the pass.

↔ Change It

Down: Move the players closer together and or allow the players to bend their knees.

Up: Move the players further apart.

❓ Questions

Is it more difficult to throw a ball standing up or sitting down?

Why might this be?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching.

Colour Cone Run

Objective

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

Equipment/Area

Two cones/markers in two different colours.

Netball court or suitable training area.

Group Management

Form two teams and line up outside a third of the.

Netball court (assign a colour to each team).

Two sets of coloured cones are scattered around the third.

Description

The first player in each team runs to a cone of the colour assigned to their team and turns it over to stand on the narrow end.

The player then runs back to the team to tag the next player.

When all the cones have been turned over the team call stop.

Conduct additional contest to

- turn the cones back over
- skip movement out to the cones
- hopping movement
- running backwards

! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

🎯 Coaching Tip

Use quick changes of direction, movement patterns and speed to complete the task efficiently.

↻ Change It

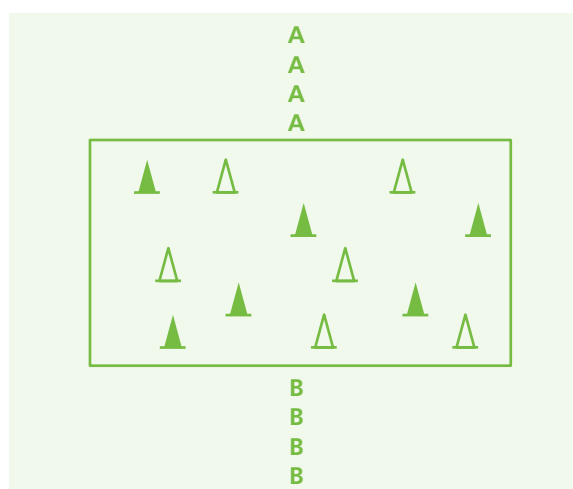
Down: Reduce space.

Up: Increase space or number of cones.

? Questions

How did you go about deciding which pathway you would take to get to a cone?

What movement patterns did you need to use the spaces available and avoid any player contact?



Team1 A Team2 B

Step Overs

Objective

To practice quick light footwork.

Equipment/Area

Two cones/markers per pair of players.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the group in pairs with two cones and one ball.

Description

Work in pairs with one player working at a time.

Start in the middle of the two cones. Step over the right cone with the right foot and place it on the ground on the outside, lift the left foot then place it back in the middle now step the right foot back in to the middle.

Repeat with the left foot on the left side.

As the player steps out a ball is thrown in on the same side as the step.

The player controls the ball back to the thrower with one or two hands as quickly as possible before stepping back in.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tips

Use quick light footwork to step over the cones.

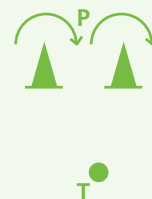
↻ Change It

Down: The player steps out with both feet and catches the ball with two hands.

Up: Encourage players to control the ball back with one hand control (the outside hand).

? Questions

When might you need to be able to control the ball with one hand in a game?



Player P Thrower T Ball

Defend the Space

Objective

To practice defensive footwork and the ability to read space and communicate retrieval of the ball.

Equipment/Area

Four cones/markers per group.

Netball court or suitable training area.

Size 4 netball (or equivalent).

Group Management

Divide the players into groups of three.

Place sets of four cones in a square approximately

2 metres apart.

Description

Two players position in the designated space with a thrower out in front.

These two players are defenders (D) and should work

together to retrieve all passes thrown in to the space.

The defenders should start off-line with a player positioned front and back.

The thrower passes the ball in anywhere in the space.

Players their position and call who is going for the ball.

! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

🎯 Coaching Tip

Have the defenders work close enough to cover the centre space between them to force the ball wide or high.

Check shoulder width stance and readiness to move.

↻ Change It

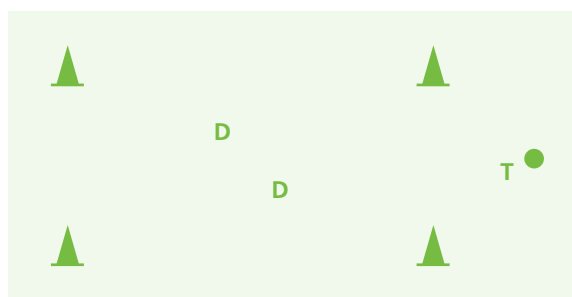
Down: Place the cones closer together.

Up: Challenge the players to retrieve the ball as quickly as possible (no bounce or after only one bounce).

? Questions

Defenders, what words did you find most effective to use when communicating with each other?

What defending positioning was the most effective?



Defender D Thrower T Ball ●

Contesting a Space

Objective

To practice netball skills in a restricted space.

Equipment/Area

Four cones/markers per group.

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Group Management

Groups of three .

Description

Two players, a defender (D) and an attacker (A) with a thrower out in front.

The attacker works to take 6-8 passes anywhere in the designated space.

The defender works 1v1 skills to gain possession.

Players rotate and experience all positions.

! Safety

Reinforce the importance of making sure the player is ready to receive the ball.

Coaching Tip

Attackers work to create and use space.

Defenders practice front and side defending positions.

↻ Change It

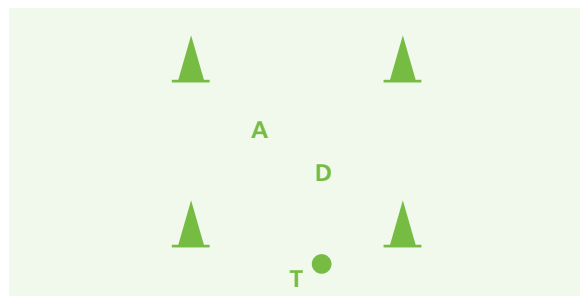
Down: Increase the space.

Up: Challenge the defenders to win 3-4 possessions.

? Questions

What attacking movement did you use to get free?

What defensive positioning and movements did you use to gain possession?



Attacker A Defender D Thrower T Ball ●

NetSetGO Game

Objective

To practice netball skills in a modified NetSetGO match.

Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Modified goalposts.

Two sets of bibs.

Group Management

Two even teams.

Description

GD positions on the inside of their opponent forcing them to move wide and the WD on the outside forcing their opponent in.

C to put hands over the inside space to force the ball high and give extra time for the WD to intercept or the option is not possible therefore giving the GD extra time to intercept the pass to the GA.

! Safety

Define the area appropriate for the number of players.

Reinforce positional areas.

🎯 Coaching Tips

Encourage clean hands, efficient footwork and pivoting skills that allow the player to see multiple options down court.

Give teams time at each centre pass to set up one of the defensive strategies.

↻ Change It

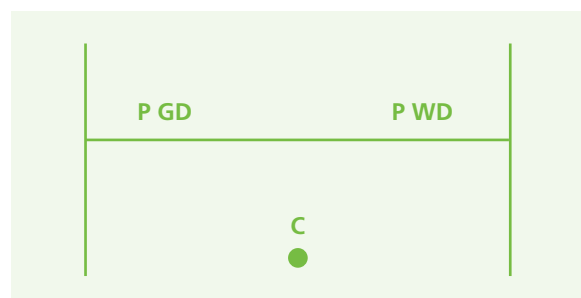
Down: Allow shuffling of the feet and additional possession time.

Up: The attacker can move either left or right.

? Questions

When do you need to be thinking and positioning to ensure you are in place to force your opponent wide?

1v1 - One in one out



Goal Defence GD Wing Defence WD Ball ●
Center C Player P

Concluding Activity

Objective

To reinforce on skills and challenges in the session

Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.



ACTIVITY TYPE

Coaching Points

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>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>Hopping</p> <ul style="list-style-type: none"> ✓ Hopping leg bends on landing and straightens to push off ✓ Arms bent and swing forward as support leg pushes off ✓ Opposite leg bent and swings in rhythm with hopping leg ✓ Head stable, eyes focused forward <p>Skiping</p> <ul style="list-style-type: none"> ✓ Shows a rhythmic step-hop ✓ Lands on ball of the foot ✓ Knee bends to prepare for hop ✓ Head and trunk stable, eyes focused forward ✓ Arms relaxed and swing in opposition to legs 	<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"> ✗ 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"> ✗ Hopping leg not bent on take off or landing ✗ Arms stationary <p>Skiping</p> <ul style="list-style-type: none"> ✗ Lack of rhythm in step – hop movement ✗ Lack of arm movement

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

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 weight 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

COACHING POINTS

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

COACHING POINTS

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

COACHING POINTS

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

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