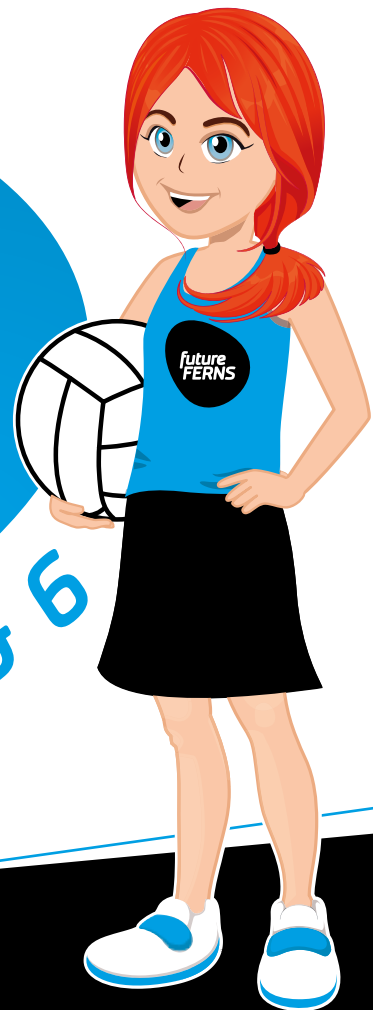




NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Woolworths 
futureFERNS



COACHING RESOURCE

Proudly
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Welcome

Woolworths futureFERNs [players in Years 1 – 8] represent almost 50 percent of the registered Netball players in the country.

*These players are the cradle of the sport and Netball New Zealand regards this programme as a priority, to such an extent that we undertook a review of the junior Netball programme in 2012, to find more ways to enhance players' experience of the game. Our findings have led to a number of modifications to our programme, including the change of name to **Woolworths futureFERNs** and the emphasis for players to AIM HIGH.*

Woolworths futureFERNs progresses players through modified formats of Netball, meeting their needs to ensure lifelong participation. The aim is to develop their Netball skills and 'physical literacy' through the provision of quality experiences, support and opportunities.





This level introduces Netball to 5 to 6 year olds. The aim is to develop fundamental movement and ball skills. The 20-minute game that follows the initial skill session is played on one third of a full-size court, by teams of four, with the emphasis on equal participation. Modified equipment is used.



The focus for this age group is to develop further skills, while still playing on a reduced court size with modified equipment. The format promotes lots of scoring, lots of touches on the ball and fun for all participants. With five players in each team and rotating positions, this ensures everyone has an equal chance to develop.



Netball continues to be modified for players of this age. The focus is on learning and continued development of fundamental movement and basic Netball skills. The 6v6 game is fast and provides players with lots of touches on the ball to enhance skill development, engagement and enjoyment.



Players have developed a considerable understanding of the game, and are now playing seven-a-side. The emphasis is on converting fundamental movement skills to foundation Netball skills. Performance, challenge and 'playing' are key motives for this age group. Ensuring positional rotation and playing at least half a game will give each player the opportunity to participate and develop.



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Foreword

Welcome to **Woolworths futureFERNs** and thank you for supporting Netball New Zealand's exciting new junior Netball programme which encourages players to AIM HIGH.

Much research and development has gone into creating the unique **Woolworths futureFERNs** programme which offers modified games of Netball that caters to the needs and abilities of our children as they grow.

Woolworths futureFERNs has been designed especially for New Zealand children to continue to develop core Netball skills in a supportive and fun environment with their friends, encouraging long-term participation and a lifelong love of the game.

The game grows as the children grow.

Our intention is for **Woolworths futureFERNs** to encompass all levels of junior Netball in New Zealand, acknowledging that Netball is a complete sport – great to participate in, great to contribute to, great to follow and great to enjoy as a spectator.

Many thanks for participating and assisting with the **Woolworths futureFERNs** programme.



Jennie Wyllie

Netball New Zealand CEO



Woolworths futureFERNs

Woolworths futureFERNs is Netball New Zealand's official junior Netball programme for Years 1 to 8 children.

Netball New Zealand has revamped junior Netball after considering the findings from the Junior Netball Review, academic research, methods used in other sports, feedback from pilots run in Netball Centres throughout the country and findings from local research.

Children are not mini-adults and it is important to meet their needs, taking into consideration their physical, cognitive, spiritual and social abilities.

The **Woolworths futureFERNs** programme is focused on igniting a lifelong love of the game.

Woolworths futureFERNs provides progressive development stages for players new to Netball.

The emphasis has been placed on developing the fundamental movement skills, introducing the basic Netball skills and providing a game that grows with the players.

This resource has been developed to assist the Year 5 & 6 coaches throughout the season.



Woolworths futureFERNs

Year 5 & 6

Woolworths futureFERNs Year 5 & 6 provides young Netball stars with the opportunity to continue their development of fundamental movement skills and the foundation Netball skills through play in activities and modified Netball. The development of and success in any sport requires a solid core of foundation skills.

The focus is on continued 'learning' of Netball as junior players will have an increased enthusiasm to learn but still want to have fun and experience the game with their friends. There is continued development and consolidation of movement skills and the introduction of some technical and tactical concepts that are relevant to the development of the game. Socially, children at this stage are more independent but like organised group activities.

Netball continues to be modified for this age group. The focus is on player rotation to prevent early specialisation of positions.

Players are continuing to develop physically, technically and socially so it is important to give them the opportunity to play a wide range of positions on the court, regardless of their physical attributes. As the Silver Ferns squad demonstrates, it is very useful for a player to be competent in more than one position so children should be encouraged to play in attacking, midcourt and defensive roles throughout the season of play. 'Deliberate Play' and 'Teaching Games for Understanding' (TGFU) should play important roles as both require players to make quick decisions and develop skills in a game-like context which has been shown to develop skills effectively. Players should have lots of touches of the ball and be involved actively to develop their skills in the best possible way.

Woolworths futureFERNs Year 5 & 6 players are able to learn how to play Netball in a fun and safe environment. Since fundamental movement skill development at this stage is still seen as paramount, it is essential that all players are given equal opportunities and develop the skills that will support their involvement in Netball

for years to come. The game provides players with the opportunity to develop their skills and introduces tactical situations. It is designed to meet the stage-appropriate needs of these young players. It is fun, includes a high volume of participation, maximises the number of touches on the ball and provides players with more success. Rotating players at this stage of development is vital. Since children develop at different rates at this age, we are not sure which position each will be more likely to play in the future; therefore, we must equip each player with a broad base of skills. We should remember, also, that when our team has the ball, we are all on attack and, when the opposition has the ball, the whole team is on defence.

In a player's developing years, it is critical that they are exposed to as many experiences as possible.

"Athletes who experience a relaxed and fun approach emerge more balanced and well-rounded than those who do not. This increases their chances of reaching elite levels in their sports. Youth who try a number of sports and specialize at older ages reach higher performance levels than those who specialize early." This quote highlights that a player with a more rounded skill set develops a higher level of physical literacy.

This resource has been produced to assist the development of Year 5 & 6 **Woolworths futureFERNs** players. It focuses on developing the basic skills, which are the foundation stones of a great Netball player. The programme is sequential, developing a series of skills, each one building on the other skills. The activities included help to improve the appropriate fundamental skills for this stage of development.

¹ Istvan Balyi, Richard Way and Colin Higgs, Long-term Athlete Development, Human Kinetics, 2013.

Overview of Woolworths futureFERNS for Year 5 & 6 Players (9-10 year olds)

Playing Format	Year 5 & 6
Game format	6 v 6
Game Day format	4 x 8-minute quarters
Goal height	2.6 metres
Ball size	Size 4 ball
Umpire	Umpire
Use of whistle	Whistle
Rules of play: <ul style="list-style-type: none"> · Time with the ball · Footwork · Defending player 	<ul style="list-style-type: none"> · Ball can be held for up to 5 seconds · The player must not reground the first grounded foot · Must retreat 1 metre
Substitutions	Substitutions can be made at an interval or when play has stopped for injury or illness
Rotations	Players to rotate to ensure equal opportunities in all positions
Court size	Full court
Start of play	The Centres from the two teams use Paper, Scissors, Rock game to determine who will start with the ball, at the beginning of every quarter. Play starts from the centre circle on the whistle. After a goal is scored, play restarts with the non-scoring team having the centre pass.
Player participation time	Minimum of half a game
Competition set-up	<ul style="list-style-type: none"> · Competition with focus on all-round development of all players and equal opportunities to play in all positions · Scores are taken and teams are graded · No competition ranking or results tables · No representative teams
Weekly participation	<ul style="list-style-type: none"> · Training time should not exceed competition time · Approximately 45-60 minutes per session · One-two sessions (including game) per week



How to use this Resource

This resource offers a 10-session plan, which introduces players to a different skill and a tactical aspect each week.

The skills and tactics are introduced in a progressive manner, building on the foundation skills. It is important to remember that Rome wasn't built in a day and the coach should focus on the skills and tactic taught each week during game time. It is important that to avoid reacting to something that wasn't working during last week's game and spend the next practice focusing on improving that. Focus on developing all-round player development and, each week, see the improvements in the individuals and the team.

For each skill, there are a number of coaching points listed. It is important to focus on only two or three coaching points when learning a new skill.

For each tactical situation, there are also a number of related game principles. Once again focus only on the one or two game principles which are most pertinent for the player or team.

The weekly sessions focus on:

Week	Skill focus	Tactical focus
Week 1	Movement skills – jump, landing and stable body position	Spatial awareness
Week 2	Ball skills – passing variety	Centre pass – attack
Week 3	Movement skills – pivoting	Centre pass – attack
Week 4	Shooting	Court balance
Week 5	Attack – methods of getting free	Through-court attack
Week 6	Defence – one on one	Centre pass – defence
Week 7	Intercepting and stopping	Through court - defence
Week 8	Jump and land	Through court - attack from throw-ins
Week 9	Defence of shot, rebounding	Through court - attack from turnovers
Week 10	Skills revision	Fun game

These session plans have been developed based on the NNZ Player Development Guidelines that were current at the time of writing.

Warm-up

Warming up is important for everyone prior to physical activity, regardless of age, ability or level of play.

Warming up before playing Netball prepares the body, heart and mind for the upcoming activity. Netball players require a high degree of fundamental movement competency, skill and physical capability to cope with the movement patterns that are performed repeatedly within Netball.

Due to the nature of the game [explosive, powerful movements, repeated landings and the restrictive nature of the footwork rules], Netball has a high inherent injury risk.

The NetballSmart Dynamic Warm-up helps to prevent common Netball injuries. This type of warm-up, when used two or three times a week, has shown to lead to a decrease of lower limb injuries by a minimum of 40 per cent.

The NetballSmart Dynamic Warm-up is developed specifically for Netball and aims to enhance performance and prevent injuries in all age groups and levels of Netball as well as induce the physiological responses necessary in a warm-up.

The NetballSmart Dynamic Warm-up is tiered and includes strengthening, running warm-up, dynamic preparation/dynamic stretches, and Netball-specific movement preparation [jumping, landing and agility]. This approach helps an athlete to develop the movement skill and strength necessary for Netball as well as prepare the body to train/play.

An effective coach will play a key role in enhancing performance and injury prevention by using the NetballSmart Dynamic Warm-up for every training and game.

Warming up has many benefits such as:

- increasing blood supply to the heart and working muscles
- making the muscles more pliable
- preparing the mind and body for physical activity
- practising movement patterns that occur frequently during the game
- increasing body temperature
- assisting with injury prevention
- improving fundamental movement skills.

Also, warming up may reduce post-activity muscular soreness and stiffness.

While younger players may be more flexible than those more senior, it is important to include good neuromuscular practices [stimulating both the neural system and the muscles to improve co-ordinated movement] early as these will establish familiarity with these routines and may increase the likelihood of their inclusion throughout future participation as players, coaches or umpires.

NetballSmart Dynamic Warm-up

A **Woolworths futureFERNs** NetballSmart Dynamic Warm-up routine for training should last for 15 minutes and include the following four parts **A, B, C, D**.

In some exercises there are two levels. Each athlete does only one level at a time. An athlete/team should work at the level they can achieve, however with a view to progressing as they improve. Hence the warm-up has a progressive nature.

A. STRENGTHENING

Netball is a strength-based sport and developing the necessary leg strength and control to jump and land well for performance and safely for injury prevention is important. Starting young with the basics allows the players to start developing the necessary strength and control for Netball. Balancing, jumping and landing take strength and control and are fundamentals of Netball.

B. RUNNING WARM-UP

Activities which 'begin slowly' and at low intensity, and which gradually increase. In this phase, individuals will experience increased body temperatures and ranges of movement and, also, they will begin to sweat slightly. This phase should last around five minutes.

C. DYNAMIC PREPARATION

Movements that prepare the body more specifically for those which will be performed during the following Netball game/skills session. Dynamic preparation also helps to move muscles through a full range of motion [ROM] and maintain the increase in body temperature which was achieved during the aerobic phase of the warm-up, and improves strength.

D. NETBALL SPECIFIC PREPARATION

A progression to higher-intensity activity, which involves quickening up activities such as fun sprints, fast footwork and Netball-specific exercises. These include activities such as jumping, landing, stopping, dodging, etc. This phase should last up to 5 minutes on Game Day and at practice sessions.

A **Woolworths futureFERNs** NetballSmart Dynamic Warm-up for Game Day should last 15 minutes and includes only parts **B, C,** and **D** from the above.

Refer to www.netballsmart.co.nz for the videos of all the NetballSmart Dynamic Warm-up exercises.



	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part A: Strengthening	1. The Bench - static i. Static Bench on forearms (or hands) and feet, lift pelvis off ground	3 x 10–20 seconds
	2. Balance i. Single leg stance - hold the ball ii. Single leg standing - throwing ball with partner	i. 2 x 10–20 seconds each side ii. 2 x 10–20 seconds each side
Part B: Running Warm-up Place 3 cones out evenly between base line and centre court	3. Running straight ahead. Run to centre of court and back. Repeat. You can vary direction of running path as it happens in a netball game.	2 x 15 metres
	4. Skipping. Skip to centre court and back	2 x 15 metres
	5. Butt kicks and jog. Butt kicks to first cone, jog to second cone, butt kick to third cone and back	2 x 15 metres
	6. Running – Circling Partner. Run to first cone, side shuffle inwards towards and around partner and back out to cone. Run to next cone and repeat. Continue length of 15m and back.	2 x 15 metres
	7. Running - quick forwards and backwards sprints. Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back	2 x 15 metres
Part C: Dynamic Preparation	8. Squats i. Demi Squats ii. Squatting with a partner	10 10
	9. Lunges i. Demi Lunges ii. Lunges	5 each side 5 each side
	10. Jumping and landing i. Vertical jumps and land on 2 feet in good stable body position [SBP]	5
	11. Jumping, turning and landing i. Vertical jump and turn 90 degrees and land in stable body position [SBP] ii. Vertical jump and turn 180 degrees and land in stable body position [SBP]	5 each side 5 each side
Part D: Netball Specific Preparation	12. Running and stopping. Run to first cone (60 -70% speed) and stop in SBP. Continue length of 15m and back.	2 x 15
	13. Running, plant and cut. Jog 3-4 steps ahead, plant on one foot and cut off foot. Repeat length of 15m and return.	2 x 15 metres

A – Strengthening

1. The Bench-Static

- Support yourself on your forearms and feet. Place sweatshirt under elbows or do on hands like model 2.
- Your elbows are directly under your shoulders
- Draw your shoulder blades in towards your spine so that they lie flat against your back.
- Pull in your stomach and gluteal muscles and hold the position for 10–20 seconds.



2. Balance

i. Single-leg stance – hold the ball

- Stand on 1 leg and hold the ball in front in both hands or stand in pairs facing each other and both hold the ball.
- Bend knee and hip a little so upper body leans slightly forwards.
- When viewed from the front, hip, knee and foot of supporting leg are in a straight line.
- Hold your raised leg slightly behind your supporting leg.
- Hold 10–20 seconds. Do 2 each side.



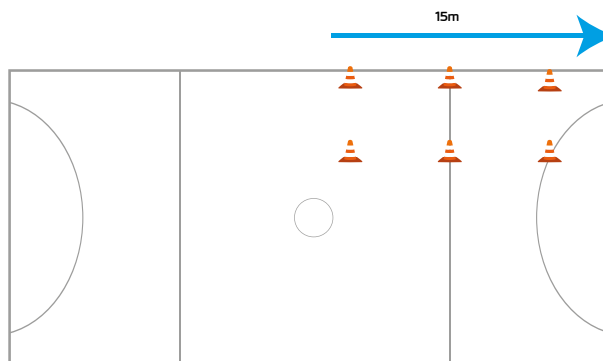
ii. Single-leg stance – throwing ball with partner

- Stand on 1 leg, 2 or 3 metres away from partner. Bend knee and hip a little so upper body leans slightly forwards.
- When viewed from the front, hip, knee and foot of supporting leg are in a straight line.
- Hold raised leg slightly behind supporting leg.
- Keep balance while throwing the ball to one another.
- Continue for 10–20 seconds
- Do 2 each side



B – Running Warm-up

This is where the Game warm up starts and the practice warm up continues. Place 2 cones and sticks out every 3 metres on court as shown. There are six running warm up components. Do each component.



3. Running – straight ahead

- Run to the middle cone and back, keeping upper body straight. Hips, knees and feet should be aligned. Vary direction as happens on the Netball court.
- The key points are:
 - » Don't let knees buckle inwards.
 - » Make a bit more effort on the way back.
- Repeat twice.



4. Skipping

- Skip to the centre court (last cone) and back, keeping upper body straight.
- The key points are:
 - » Don't let knees buckle inwards.
 - » Make a bit more effort on the way back.
- Repeat twice.



5. Butt kicks and jog

- Butt kick to the first cone, kicking your feet up to butt. Keep the body upright and knees in line with the hips.
- Jog to second cone.
- Butt kick to the third one.
- The key points are:
 - » Keep body straight and upright.
 - » Don't let knees buckle inwards.
- Repeat twice.



6. Running – circling partner

- Run forwards as a pair to the 1st set of cones.
- Shuffle sideways at a 90-degree angle towards partner, shuffle an entire circle around one other, and then back to the 1st cone.
- Concentrate on bending hips and knees slightly and carry body weight on the balls of feet.
- Do not let knees buckle inwards.
- Jog to the next cone and repeat the exercise.
- When reach last cone, turn and repeat on the way back.



7. Running – quick forwards and backwards sprints

- As a pair, run quickly to the second cone then run backwards to the first cone, keeping hips and knees slightly bent.
- Repeat this, running 2 cones forwards and 1 cone in reverse. Do 2 x 15m.
- Make sure you keep upper body straight.
- Hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.



C – Dynamic Preparation

8. Squats

i. Demi-Squats

- Stand in pairs facing each other with feet shoulder-width apart.
- Do a small squat (hips back and with a bend in hips and knees).
- Keep knees in line with feet.
- Hold head upright, look at each other and keep back straight.
- Do 10 of these.



ii. Full squat with a partner

- Stand in pairs facing each other with feet shoulder-width apart.
- Hold onto each other's hands.
- Do a squat (push hips back and bend in hips and knees).
- Keep knees in line with feet.
- Bend until hips are at 90 degrees and thighs are parallel with the ground.
- Hold head upright, look at each other and keep backs straight.
- Do 10 of these.
- The sticks (as illustrated in the picture below) can assist the players understanding of knee in line with foot.



9. Lunges

i. Demi-Lunges

- Stand with feet shoulder-width apart.
- Do a small half-lunge forward, maintaining feet shoulder-width apart. Push back to starting position.
- Keep knees in line with feet.
- Hold body upright and with back straight.
- Do 5 demi-lunges on each leg.
- The sticks (as illustrated in the picture) can assist the players understanding of knee in line with foot.



ii. Lunges

- Stand with feet hip-width apart and hands on hips.
- Lunge forwards slowly at an even pace. During lunge, bend hips and knees until leading knee is flexed to 90 degrees.
- Hip, knee and foot should be in a straight line.
- Bent knee should not extend beyond the toes.
- Keep upper body straight and strong, and pelvis horizontal.
- Lunge towards the last cone and back.
- Do 5 lunges on each leg.
- The sticks (as illustrated in the picture) can assist the players understanding of knee in line with foot.



10. Jumping and landing

- Stand with feet hip-width apart and hands by sides.
- Slowly bend hips, knees and ankles until knees are flexed/bent.
- Lean upper body forwards slightly. Look up.
- Hold this position for 1 second, then jump and land. Land with hands in the catching position.
- While jumping, straighten whole body and extend arms above head.
- Land softly on the balls of feet, bending slowly in hips, knees and ankles. Ensure knees do not buckle inwards on jumping or landing.
- Do 5 of these.



11. Jumping, turning and landing

i. Vertical jump with a 90-degree turn and land in an SBP

- Feet hip-width apart and hands by sides.
- Slowly bend hips, knees and ankles until knees are flexed/bent.
- Lean upper body forwards slightly. Look up.
- Hold this position for 1 second, then jump, turn 90 degrees in the air and land. Land with hands in the catching position.
- While jumping, straighten whole body and extend arms above head.
- Land softly on the balls of feet, bending slowly in hips, knees and ankles. Ensure knees do not buckle inwards on jumping or landing.
- Bent knee should not extend beyond the toes on jumping or landing.
- Do 5 each side.



ii. Vertical jump with a 180-degree turn and land in an SBP

- Stand with feet hip-width apart and hands by sides.
- Slowly bend hips, knees and ankles until knees are flexed/bent.
- Lean upper body forwards slightly. Look up.
- Hold this position for 1 second, then jump, turn 180 degrees in the air and land. Land with hands in the catching position.
- While jumping, straighten whole body and extend arms above head.
- Land softly on the balls of feet, bending slowly in hips, knees and ankles. Ensure knees do not buckle inwards on jumping or landing.
- Bent knee should not extend beyond the toes on jumping or landing.

Do 5 jumps on each side.



D – Netball Specific Preparation

12. Running and stopping

- Run to 1st cone at 60-70 percent speed and perform a 1-2-foot/2-foot landing.
- Make sure upper body is straight.
- Hips, knees and feet should be aligned. Ensure that knees do not buckle in when stopping.
- Run to each cone and stop. At the last cone, turn and repeat on the way back to the start.
- Make sure each stop is properly controlled.



13. Running – plant and cut

- Jog 4 to 5 steps straight ahead.
- Plant on the left leg and cut to change direction to the right and accelerate again.
- Do not let knees buckle inwards as you plant and cut.
- Place the foot under your centre of gravity – not out to the side.
- Run 4 steps and decelerate and plant the right foot and accelerate to the left.
- Repeat the exercise until reaching the last cone; turn and repeat on the way back.
- Make sure the upper body is straight.
- On plant and cut, do not let body sway to side of planting leg.
- Hips, knees and feet should be aligned.



Cool-down

Cooling down is the first and most important step in the recovery process and should last 5 to 10 minutes at junior levels. Effective cool-down processes will allow individuals' body temperatures to decrease, will reduce post-exercise soreness and will restore muscle length and joint range of motion (ROM).

Just like the warm-up, the cool-down process should consist of three phases (3, 2, 1):

3 – Light Aerobic Exercise

This phase should start as soon as the game or skills session is complete. Exercises and activities in this phase should begin at a moderate pace and decrease to a walking pace. This phase should last up to 5 minutes.

2 – Fluid and Food

Hydration practices should start as soon as the cool-down process begins. Individuals need to ensure they have full drink bottles for use during this phase and that they continue sipping water when performing cool-down exercises and activities. Post-exercise nutrition is essential also in the cool-down process. It is important to eat appropriate food after exercise to replace energy and assist with muscle repair.

1 – Static Stretching

Each static stretch should be held for 10 to 15 seconds to a point of tension but never pain. A range of static stretching examples can be found in all NetballSmart resources. Static stretching will assist with decreasing individuals' heart rates and body temperatures and is important also to restore muscle length, to increase flexibility and to reduce post-exercise soreness.

This phase should last up to 5 minutes and include all main muscle groups.

Ongoing recovery strategies are also important following activity. This may include injury assessment and management when relevant.

Information provided in this section has been based on the most current best practices at the time of publication.

1 – Static Stretching

Long Calf Stretch

- Take a step back with one leg.
- Bend the front knee and keep the back leg as straight as possible with both feet flat on the floor.
- Turn your back foot inwards slightly.
- Hold 10 seconds.
- Do 2 each side.



Short Calf Stretch

- Take a short step back.
- Place your weight in your back foot.
- Keep both heels on the ground and turn the back foot inwards slightly.
- Bend the back knee forwards in line with the middle toe of the back foot.
- Hold 10 seconds.
- Do 2 each side.



Triceps/Shoulder Stretch

- Extend one arm upwards, keeping the body in a neutral position (picture 1).
- Bend the extended arm and place your opposite hand on your elbow (picture 3).
- Place one hand between your shoulder blades (rear view).
- Pull your elbow so that one hand moves down your spine between your shoulder blades (rear view).
- Keep your body upright throughout this stretch with your stomach pulled in without arching your back.
- Hold 10 seconds.
- Do 1 each side.



Quadriceps Stretch

- Keeping your back straight hold one foot (with your hand over your shoelaces).
- Pull your heel towards your buttock.
- Keep both knees in line with each other and your hips facing forward.
- Hold 10 seconds.
- Do 1 each side.



Week 1: Movement Skills

Objective

To enable a player to stop/land in a stable body position [SBP] preventing stepping and injuries.

To introduce the awareness of space – passing angles, timing of movements and decision-making.

Equipment

- 2 balls between 3 players, if possible
- Cones/Spots

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Stable Body Position

A stable body position [SBP] is the foundation stone of Netball skill development. It is from this position that we pass, shoot and commence our attacking and defensive moves. If we are able to land in an SBP quickly, it will allow us to pass or shoot sooner.

Stable Body Position

Coaching Points

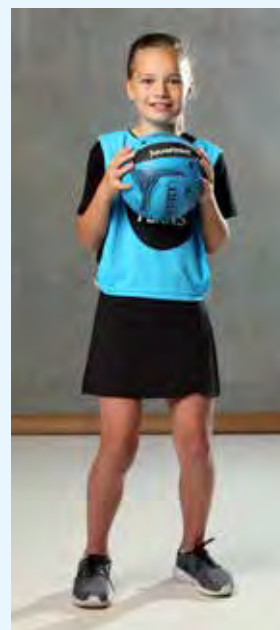
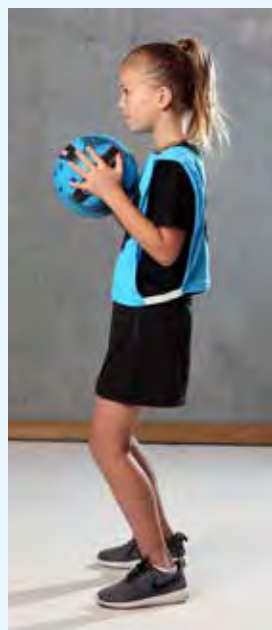
- ✓ Feet shoulder-width apart
- ✓ Bend at knees and hips
- ✓ Knees in line with feet
- ✓ Shoulders level
- ✓ Equal distribution of weight
- ✓ Head and eyes up
- ✓ Land softly in sequence – toes, heels, knees

Skills Errors

- ✗ Feet too wide
- ✗ Feet side by side
- ✗ One foot in front of the other
- ✗ Shoulders/Weight forward
- ✗ Legs straight
- ✗ Knees not over toes

Prompts that may assist skill development

- “Check your feet – how wide apart are they?”
- “Feet, knees, back, butt, head.”



Jump, Turn, Catch and Land

No. of players: In pairs

Area: Within one-third

Equipment: Ball, cone per group

Aim: To encourage and provide opportunities for players to practise landing in an SBP.

- Worker stands 2 metres away and at a 90° angle.
- Passer throws ball to worker, who jumps in the air to catch the ball, turns 90° and lands in an SBP.
- Extension: Worker runs out to a cone, then runs backwards to be in line with the passer, jumps 90° in the air, lands in an SBP as catching the ball.
- Repeat until each player has landed 5 times.



Around the World

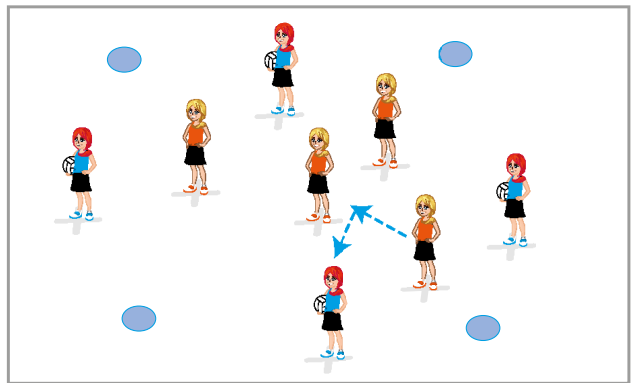
No. of players: Whole group

Area: Within one-third

Equipment: 4 balls, cones/spots

Aim: To practise running and landing in an SBP.

- Four players, with a ball each, stand on the outside of the area.
- The remaining players stand inside the area.
- The players inside move around and run towards the passer on the edge of the area to receive a pass.
- The player receiving the pass must land in an SBP before passing the ball back to the passer.
- Aim is to receive as many passes from as many different passers in 30 seconds.
- Reminder: Reinforce key SBP and landing coaching points.





Outside Leg

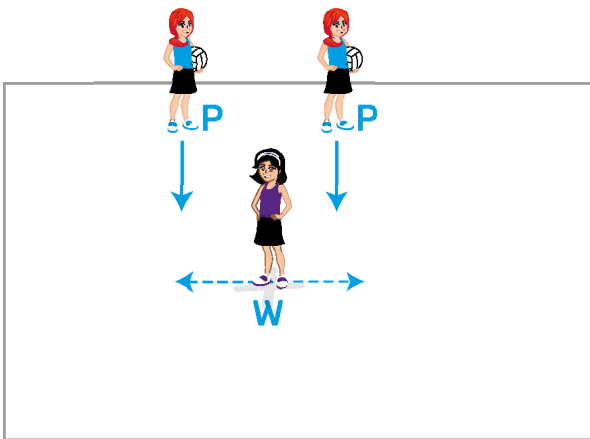
No. of players: Groups of 3

Area: 3 x 3 metres

Equipment: 2 balls per group

Aim: To land on your outside leg in a strong SBP, ensuring the knee is in line with the foot.

- Passers have a ball each.
- The worker [W] runs either to the left or the right, landing on the outside leg as they receive the pass from the corresponding post.
- If the player runs to the right, they land on the right leg first and then on the left leg in an SBP. Bend in hips and knees with knee in line with feet.
- Pass ball back to the post.
- The W then runs to the left, landing on their left leg first and grounding the other foot to achieve an SBP, with the knee in line with the foot.
- Repeat the movements focusing on landing strongly on the outside leg.
- Change the W frequently.



Goal Bounce

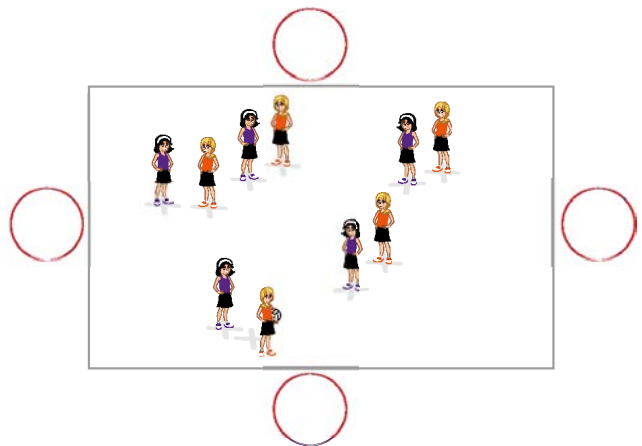
No. of players: 2 groups of equal size [4 on 4]

Area: Half of one-third of the Netball court

Equipment: 1 ball, bibs and 4 hula hoops

Aim: To pass the ball from a balanced position between your group towards a hula hoop then successfully bounce the ball in the hula hoop to score a goal.

- Four hula hoops are placed outside the third as goals.
- One team wears bibs.
- One team passes the ball between each other, attempting to score a goal by bouncing the ball into the hula hoop.
- The players practise landing and passing from SBPs.
- The opposition gains possession after a goal, a loose ball or an infringement.



Technical Development - Spatial Awareness

Pass Left, Move Right

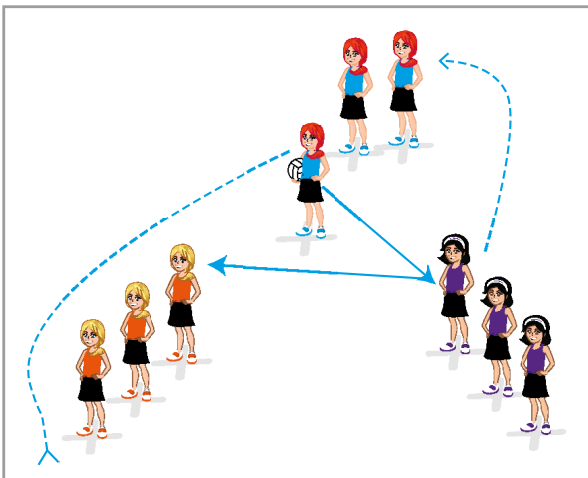
No. of players: Whole group divided into three corners

Area: Within one-third of the Netball court

Equipment: 1 ball, three spots/cones

Aim: To practise creating space by passing in one direction and then moving in the opposite direction.

- Divide the group behind the three corners.
- The player with the ball passes to their left then moves to their right to join the back of that line.
- All players continue to pass left and move right.



Cool-down

- Players slowly jog to touch a rubbish bin, goalpost, gate, etc. Decrease the speed of movement to a walk.
- Food and Fluid: Encourage players to drink some water
- Static Stretching

Touch Down

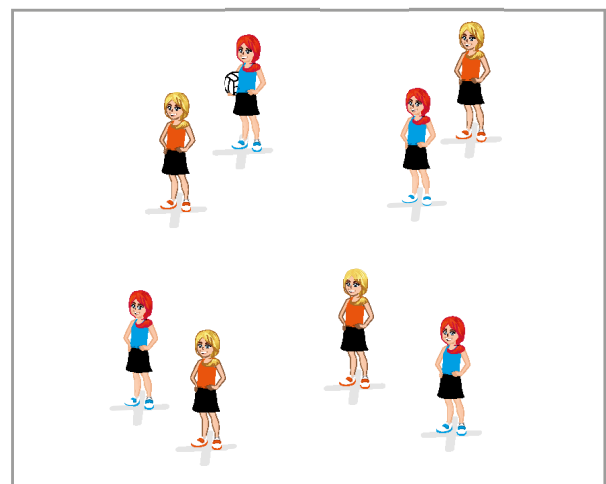
No. of players: Whole group divided into two teams

Area: One-third of the Netball court

Equipment: 1 ball

Aim: To develop spatial awareness.

- Using one-third of the Netball court, the group is divided into two teams.
- Two players, one from each team, use Paper, Scissors, Rock to establish which team starts with the ball.
- Each team is allocated a sideline.
- The objective of the game is for the team to pass the ball around, utilising the space, to get the ball to the sideline and touch down to score 2 points.
- Ensure good landing technique [SBP].
- If the ball is intercepted or an error occurs, the opposition then passes the ball towards its sideline.
- Once a touchdown is made, the opposition team throws in.



Week 2: Ball Skills

Objective

To develop a variety of passing options and an awareness of which passes are appropriate in different situations.

To introduce the principles of centre pass attack.

Equipment

- 1 ball per player or 1 ball between 2
- Cones/Spots
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Ball Skills – Pasing Variety

Q. How many different ways can you pass a ball?

What is the best pass to use when passing to someone who is close to you? Or to someone who has a defender in front of them?

Notes



Chest Pass

This two-handed pass is released at chest height and is ideal for a short, sharp passing option.

Coaching Points

- ✓ Two hands behind the ball with thumbs and fingers in 'W' shape
- ✓ Elbows bent and relaxed by sides
- ✓ Transfer weight forward onto the front foot as the pass is released
- ✓ Follow through with arms and fingers in the direction of the pass
- ✓ As the player transfers weight forward, ensure feet remain shoulder-width apart

Skills Errors

- ✗ Elbows at shoulder height
- ✗ Hands form a diamond shape on the ball
- ✗ Ball release from palms
- ✗ Follow-through not in the direction where pass should be caught
- ✗ No weight transfer
- ✗ One hand dominates
- ✗ Feet too close together

Prompts that may assist skill development

- "What shape are your hands making on the ball?"
- "If you want the pass to travel faster or further, what can you do?"



Bounce Pass

To beat the defence, this pass is received below the defender's arms. Also, it is useful if the player is being marked closely; they can step forward and release a bounce pass.

Coaching Points

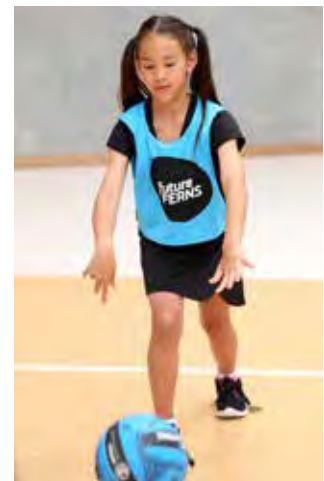
- ✓ Step forward and bend on opposite leg
- ✓ Release ball from hip height
- ✓ Push ball forwards and downwards
- ✓ The ball should touch the ground approximately two-thirds of the distance to the receiver and the follow-through needs to be in this direction
- ✓ The pass should be received lower than hip height

Skills Errors

- ✗ No weight transfer
- ✗ Ball released from shoulder height
- ✗ Ball bounced too close to receiver
- ✗ Ball bounced too high

Prompts that may assist skill development

- "How far between you and the receiver should the ball bounce?"
- "If the ball is bouncing too high up for the receiver, what could you change?"



Shoulder Pass

This fast, accurate pass is used to cover a long distance. It engages a large number of muscles within the body and this gives the ball the power to travel longer distances.

Coaching Points

- ✓ Ball held in two hands at shoulder height
- ✓ Elbows bent and shoulder turned
- ✓ Step forward on opposite leg
- ✓ Transfer weight from back leg to front leg as ball is released
- ✓ Feet should be shoulder-width apart
- ✓ Arms almost straight as the ball is released with fingers pointing in the direction of the pass
- ✓ Ball should be placed in the space in front of the receiver

Skills Errors

- ✗ Same leg as shoulder
- ✗ No weight transfer
- ✗ No follow-through

Prompts that may assist skill development

- *“Imagine that you are playing t-ball or softball. Opposite leg forward, hands on the side of the ball up by the shoulder.”*

Overhead Pass

This fast, accurate pass is used to cover a long distance. It engages a large number of muscles within the body and this gives the ball the power to travel longer distances.

Coaching Points

- ✓ Ball held in two hands near forehead
- ✓ Elbows bent
- ✓ Step forward transferring weight from back to front foot
- ✓ Arms almost fully straighten as ball is released in the direction of the receiver’s space

Skills Errors

- ✗ No weight transfer
- ✗ No follow-through
- ✗ Ball floats in an arch

Prompts that may assist skill development

- *“Where should your follow-through go?”*



Ball Control

No. of players: Whole group

Area: Within one-third

Equipment: 1 ball each or 1 ball between 2 players

Aim: To develop familiarity, confidence and ball control.

- Each player has a ball, or there is one ball between two, to practise the following ball control activities:
- Hot potato – push the ball across the front of the body alternating from left hand to right hand.
- Waist circles – ball circles the waist; change direction.
- Figure of eight – in a squatting position, [as identified in the warm-up] the ball is taken around the legs in a figure of eight; change direction.
- Knuckle bones – ball is flicked into the air and caught on the back of hand.
- Hop – hop forwards backwards over line bouncing ball on the line; change sides.
- 180 – throw ball into air, turn 180 degrees and catch.
- Ball over head – throw ball over head and catch behind; then throw from back and catch in front.
- The ultimate challenge – throw ball over head and catch behind, at ankle height, between your legs.



Next Pass

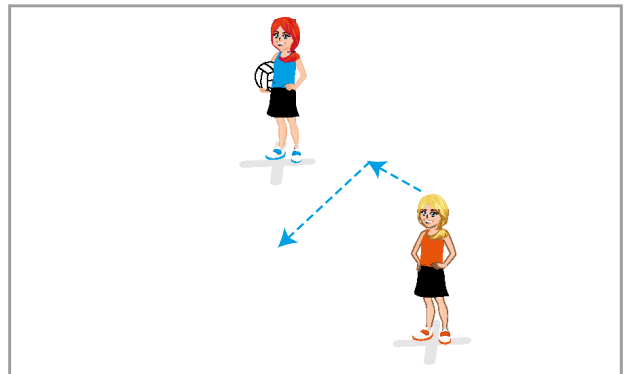
No. of players: In pairs

Area: Within two-thirds of the Netball court

Equipment: 1 ball between 2 players

Aim: To practise different pass options, passing a different pass from the one received.

- The player with the ball passes to partner and then runs to a space to receive another pass.
- Players must pass a different pass from the one they received.
- Ensure players land/stop in an SBP.
- Encourage players to experiment – which pass works best when the partner is close, and when they are running away...
- Extension – add a defence.





C.O.B.S

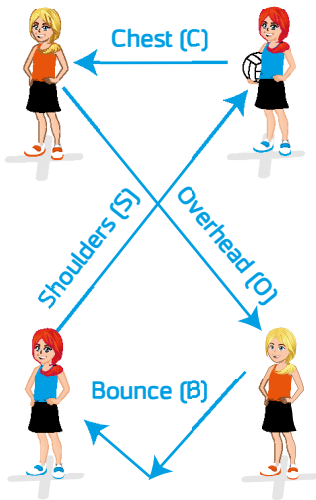
No. of players: Whole group

Area: Within one-third

Equipment: 1 ball, 4 spots

Aim: To practise four key passing options.

- Players are divided into four corners.
- Once players have passed the required pass, they run clockwise to join the back of the line that they throw to.
- How many correct passes are made in 30 seconds?



Connect Five

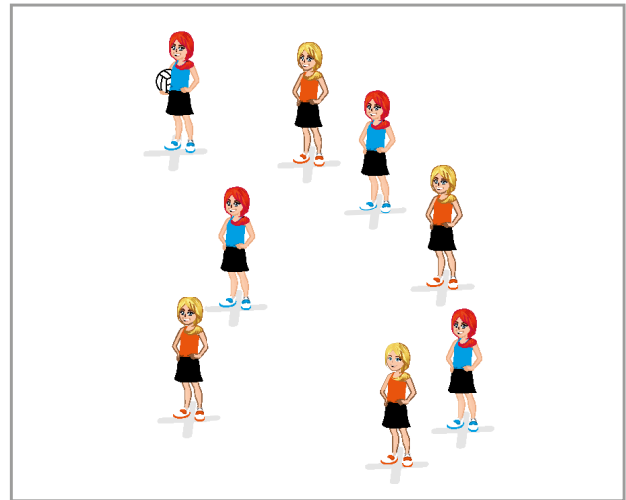
No. of players: Whole group divided into 2 teams

Area: One-third of the Netball court

Equipment: Bibs and a ball

Aim: To select the most appropriate pass to beat the defender to allow your team to score a point for every five consecutive passes they make.

- Divide the players into two teams of equal size.
- The attacking team scores a point when it makes five consecutive passes without the ball being intercepted or tipped by the defenders.
- Possession changes if there is an intercept, an infringement or the ball goes out of court as stated in the Netball rules.
- Look to use the pass that will beat the defender.
- First team to 5 points.



Tactical Development - Centre Pass

Centre Pass - Attack

The following game principles will assist players at the centre pass:

- Encourage the attacking players to vary their starting positions behind the line.
- The attacking players behind the line communicate so that only one player provides a passing option for the C and the other provides an option for the 2nd or 3rd pass/phase.
- The defence supports the centre pass, providing a passing option.
- C lets the ball go confidently within 5 seconds after the whistle.
- Attacking players prepare early to ensure an option is available when the whistle is blown.
- Receive the centre pass as close to the transverse line and as close to middle of the court as possible.
- At least two passing options available, ensuring the WD and GD back up.
- Receiver of 2nd pass is close to the goal circle.

Cool-down

- Players slowly jog around on the lines of the Netball court. Two walking taggers can move around on the lines also, swapping with anyone they tag. Decrease the speed of movement to a walk.
- Food and Fluid
Encourage players to drink some water.
- Static Stretching

Point a Square

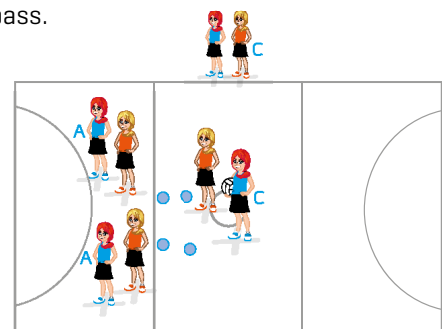
No. of players: Whole group with 3 defenders

Area: Half a Netball court

Equipment: 1 ball, spots/chalk, bibs

Aim: To develop the principles of centre pass – attack, receiving the ball close and central on the transverse line.

- Use spots or chalk to mark out a square at the transverse line as below.
- Three players wear bibs as they defend the centre pass. Other players set up as detailed in the diagram below.
- The objective is for the attackers to receive the ball in the square, close and central.
- The attackers work together to create space and only one attacking player crosses the line to receive the first pass while the other player cuts back to receive the second pass.
- If the centre pass is caught in the square, the attacking team scores one point. If it is caught outside the square, it receives no points.
- How many points can the attacking team score from five centre passes?
- Swap roles frequently with the centres swapping at each centre pass.



- Now extend the play from the centre pass to the goal circle.
- Allow the players to practice, having the centres from the sideline enter play after the centre pass has been caught.

Week 3: Movement Skills

Objective

To develop the ability to receive the ball and turn on the first grounded foot to face own goal while maintaining a stable body position.

To allow the players to make up their own centre pass move, applying the principles of the centre pass, building confidence and decision-making.

Equipment

- 1 ball per player or 1 ball between 2 players
- Cones/Spots or chalk
- Bibs
- 2 hula hoops

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Pivoting

When the ball is delivered to your space, pivoting outward follows the natural flow of the body and allows you to turn quickly and protect the ball from the defence. Pivot on your first grounded foot.

Pivoting

Coaching Points

- ✓ Land in a stable body position
- ✓ Weight is on the ball of the first grounded foot
- ✓ Lift other foot and re-ground it to maintain balance and assist in turning
- ✓ Keep body upright with head up and knees bent throughout pivot
- ✓ Hold ball close to the body when pivoting and positioned ready to throw
- ✓ Pivot away from the defender
- ✓ Be able to turn in both directions – inwards and outwards
- ✓ Turn the head to initiate the pivot

Skills Errors

- ✗ Landing on the wrong leg
- ✗ Pivoting with a straight leg
- ✗ Spin rather than use other leg to assist the turn
- ✗ Pivoting before ball is secure



Prompts that may assist skill development

- “What part of the foot do you pivot on?”
- “Pivot 1, 2” – referring to the use of the non-grounded foot to assist the pivot.
- “In which direction should you pivot? And why?”

Pivot Tag

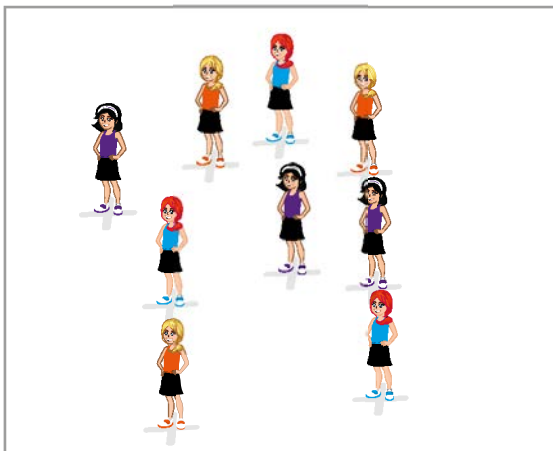
No. of players: Whole group

Area: One-third of the Netball court

Equipment: Bibs

Aim: To avoid being tagged or, once tagged, pivot in a controlled manner to the left and the right.

- Three groups of equal size: each group is assigned a colour, e.g. purple, blue and orange.
- Coach calls a colour, e.g. orange, and the members of that team become the taggers.
- Other groups move around the area in order to avoid being tagged.
- When a player has been tagged, they must pivot 180 degrees in one direction before they are free to move again.
- The members of the tagging team aim to tag all players before they can finish pivoting.
- Coach to change the tagging team at any time.



Pivot Ball

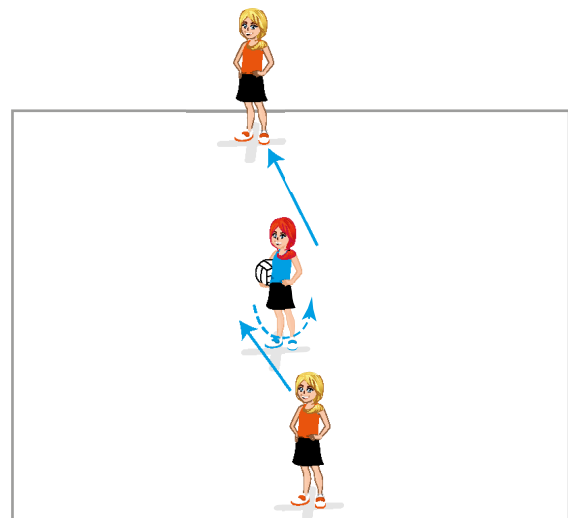
No. of players: In groups of 3

Area: Within one-third of the Netball court

Equipment: 1 ball per group

Aim: To practise pivoting to the left and the right.

- In groups of three with a ball.
- Passer throws ball to the worker who catches the ball and pivots to pass it to the other passer.
- The worker then receives the ball back and pivots to pass to other passer.
- Change positions regularly.





Pivot Forward

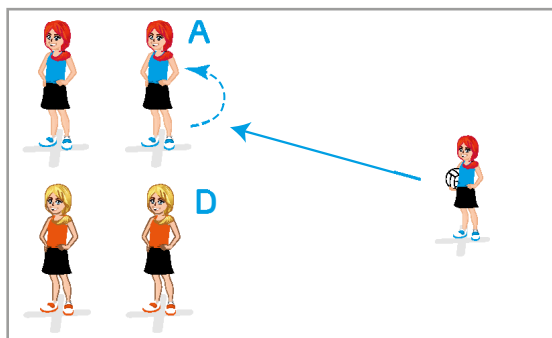
No. of players: In groups of 5

Area: Within one-third of the Netball court

Equipment: 1 ball per group

Aim: To practise pivoting on your outside leg away from the defender.

- First two players, one attack and one defence, run forward.
- Passer passes to the attacker who lands on their outside leg, e.g. in diagram, their left leg, then pivots left to pass back to next attacker.
- Then A and D return to the back of the opposite line.
- Defence is applying only minimal pressure, e.g. could be defence with no arms. Then increase the pressure as the players feel comfortable landing on the outside leg and turning away from the defender.
- Change the side of the attackers to ensure the players practise pivoting left and pivoting right.



End Ball

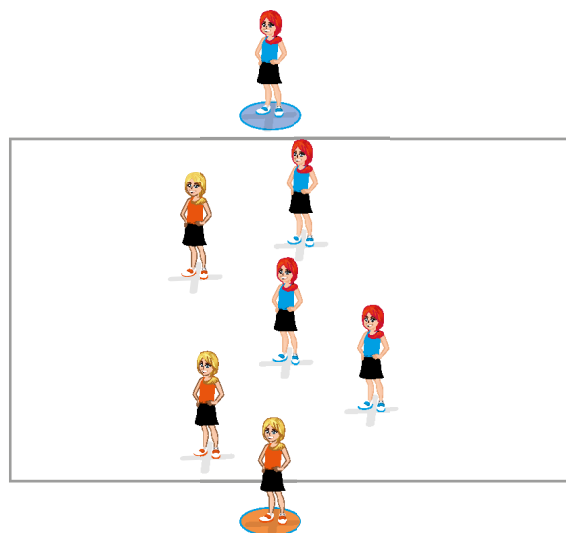
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, bibs, 2 hula hoops

Aim: To practise pivoting in a modified game situation.

- Divide the players into two teams of equal size; one team wears bibs.
- Each team selects one player who stands in the hula hoop at the team's end.
- Two players, one from each group, use Paper, Scissors, Rock to determine which group starts with the ball.
- The attacking team passes the ball towards its player in the hula hoop.
- If the attacking team passes the ball successfully to its player in the hula hoop, the opposing team takes a throw-in from behind the goal line.
- Rotate end player frequently.
- Remind players to land in an SBP when receiving the ball.



Tactical Development - Centre Pass - Attack

L Step

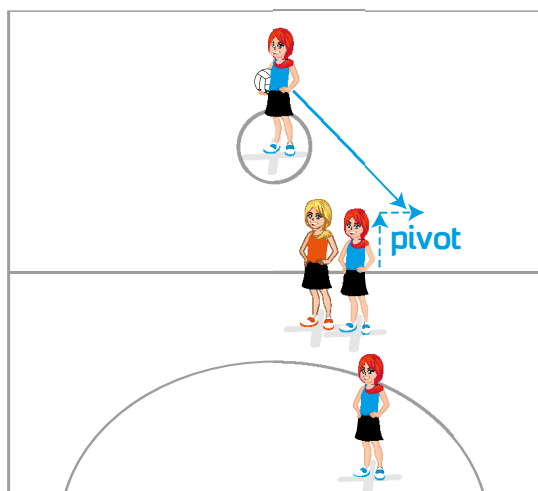
No. of players: In groups of 4

Area: Half a Netball court

Equipment: 1 ball, spots/chalk, bibs

Aim: To implement the pivot at the centre pass.

- Two players stand at the line, one will be the attacking player and one will be the defender. The third player will act as the Centre and will pass to the attacker while the fourth player will act as the shooter.
- The attacker steps across the line with the leg closest to the defender.
- The Centre passes the ball to the space.
- The attacker then steps across onto their outside leg to receive the ball and pivots away from the defender to pass to the shooter.
- Practise on the left and the right.
- Swap roles.



Centre Pass Challenge

No. of players: Whole group - split in half

Area: A Netball court

Equipment: 2 balls, bibs

Aim: To encourage the players to create some centre pass options implementing the principles of the centre pass.

- Split the group in half.
- Each group is to discuss and come up with a centre pass attack 'move'.
- Discuss with the players how the two centres rotate taking the centre pass, where to stand on the sideline and when they can enter play.
- Each group practises its move and then tests it out against the other group.
- Discuss/Recap what makes a centre pass effective.

Cool-down

- Players spread out in one-third of the court and, on call, walk fast, walk at medium speed, walk slowly, barely move until players are moving very slowly and they circle arms with deep breathing.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Week 4 - Shooting

Objective

To provide the players with the opportunity to practise the correct shooting technique in a controlled environment with slight increases of pressure.

To provide quick passing options and endeavour to maintain court balance.

Equipment

- 1 ball per player or 1 ball between 2 players
- Cones/Spots or chalk
- Bibs

Coaching Points

- ✓ Body well balanced and facing the goal
- ✓ Feet shoulder-width apart
- ✓ Ball on finger pads of one hand, fingers spread
- ✓ Other hand on the side of the ball as a support only
- ✓ Hold ball directly above the head, arms fully extended by ears
- ✓ Eyes looking at the goal
- ✓ Bend elbows and knees to set up shot
- ✓ Drop hand while lower arm (elbow to shoulder) remains in position
- ✓ Straighten body in a sequential movement of legs then arms, with the ball released when at full extension
- ✓ Release the ball with a smooth, fluid action following through right to the finger tips
- ✓ Wrist and fingers flick the ball with a gentle spin to the ring
- ✓ Follow through with hands/wrist

Skills Errors

- ✗ One foot in front of the other
- ✗ Feet too close
- ✗ Ball held and released from chest height

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12-23]

Skill Development: Shooting Technique



- ✗ Two hands behind the ball
- ✗ Eyes looking at the ball rather than the goal
- ✗ Elbow too far from ear
- ✗ Ball dropped behind head
- ✗ Not enough knee bend
- ✗ Whole arm drops not just hand
- ✗ No flow as movement is not sequential
- ✗ Shooting action involves only the legs
- ✗ Shooting action involves only the arms
- ✗ Poor balance, weight too far forward
- ✗ No wrist action/flick
- ✗ Ball doesn't have enough height - more knee bend

Prompts that may assist skill development

- "What should you focus on when you are shooting?"
- "What shape does the ball make when you shoot?"
- "Which finger is last to touch the ball when you are shooting?"

Shooting Technique

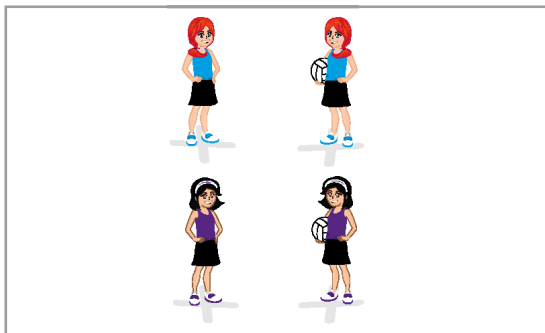
No. of players: In pairs

Area: One-third of the Netball court

Equipment: 1 ball between 2 players, elastic tied between the goalposts or a fence of similar height

Aim: To practise developing a sequential shooting technique.

- Players pair up – one ball between two.
- Tie the elastic from one goalpost to the other (or two adults hold it). The elastic starts at a low height and is raised slowly until it is the height of the goalpost they are using in a game [2.6 metres].
- Pairs 'shoot' to each other over the elastic.
- Encourage players to use a high release point and shoot higher than the elastic.



Shooting Rhythm

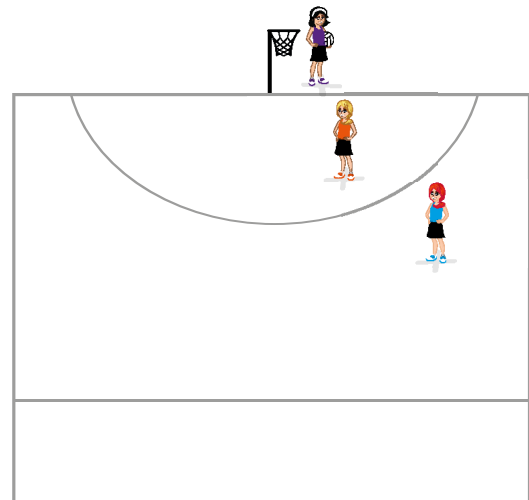
No. of players: Groups of 3

Area: In and around the goal circle

Equipment: 1 ball between 3 players

Aim: To practise shooting after having to run and receive the ball and then set for the shot.

- The first player runs into a space in the goal circle to receive a pass from the passer, balances and shoots.
- The defender attempts to intercept the pass and, if unsuccessful, then defends the shot at goal.
- The defender retrieves the ball and becomes the passer. The shooter becomes the defender and the passer the shooter.





Twenty-one

No. of players: 2 groups of equal size

Area: Goal third of the Netball court

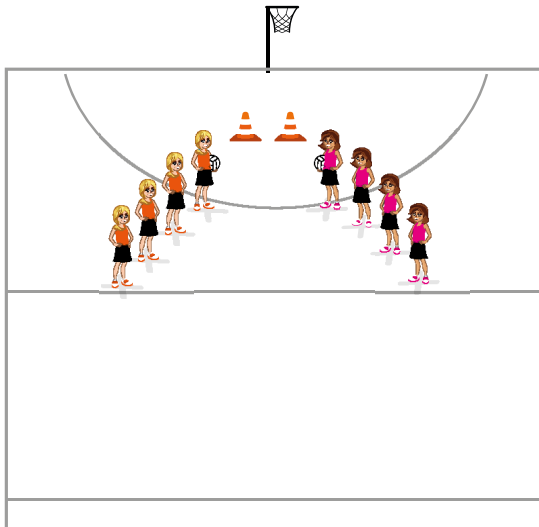
Equipment: 2 balls, 2 cones

Aim: To be the first group to accumulate 21 points, scoring 2 points if your first shot is successful or 1 point if you catch the rebound before it hits the ground and then shoot a successful shot.

- Players in the group take turns to attempt a shot at goal.
- If the player is able to catch the rebound before it touches the ground, the player takes a second shot.
- The winners are the first group to accumulate 21 points.

Scoring:

- Successful shot = 2 points
- Catch rebound on the full and shoot successfully = 1 point



Circle Permit

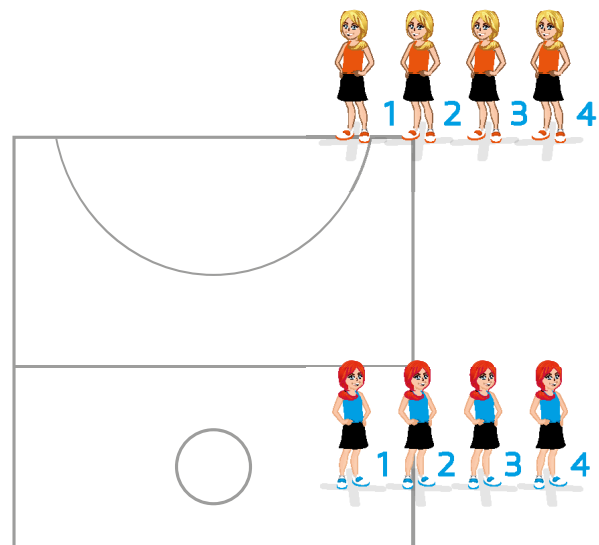
No. of players: 2 groups of equal size, numbered

Area: Netball court

Equipment: 1 ball

Aim: To score a goal before the other team does.

- Players are numbered and then each group assembles behind its transverse line.
- The coach calls a number and those players run in to collect a ball from the centre circle.
- The other players spread out.
- All players must receive a pass and the only player permitted to be in the goal circle is the player whose number was called and who collected the ball to commence play.
- The 'called' player receives the ball and attempts a shot at goal. After a successful shot, the ball is returned to the centre circle for play to recommence.



Tactical Development - Court Balance

Court Balance

The following game principles will assist players to develop court balance and through court attack.

- All movements need to be definite, sharp and quick, short in distance down court or towards the circle edge.
- Prepare early to assist in getting free from your defender.
- Pivot fully when catching a ball to look towards the goalpost for the next passing option.
- The player at the front is the eyes and needs to move decisively while the player at the back is the balancer.
- Think of the court as a ship; if players all crowd on one side or in a section of court, the boat will tilt/sink. Try to keep the boat/court level.

Cool-down

- Players spread out in one-third of the court and, on call, walk quickly, walk at medium speed, walk slowly, barely move until players are moving very slowly and they circle arms with deep breathing.
- Food and Fluid
Encourage players to drink some water.
- Static Stretching

Grids

No. of players: Whole group

Area: One third of the Netball court

Equipment: 1 ball, spots/chalk, bibs

Aim: To practise creating and maintaining a balanced court.

- Divide the third into grids as shown.
- Each player stands in a grid, working to spread out over the court as much as possible.
- One of the players adjacent to an empty grid moves into this grid freeing up their grid.
- The players keep moving continually to fill the next empty space.
- Encourage definite movements and quick resetting if two players move into the same empty grid
- Add in a ball. The ball is passed into the empty grid with a player moving into the grid to receive it. If a player moves too soon into the empty grid, the passer will need to see which grid is now empty.
- Land in an SBP.



Week 5: Attack

Objective

To use a dodge in a restricted area to displace the defender, driving forward into the free space to receive the ball.

To introduce through-court attack, building on the spatial awareness and court balance principles of play.

Equipment

- 1 ball per player or 1 ball between 2
- Cones/Spots or chalk
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Dodge/Change of Direction

A dodge is ideal to use when you have only a small space and you need to lose the defender. Move quickly and assertively into the free space to receive a pass.

A change of direction uses longer movements to displace the defender. Encourage players to meet the ball and move in front of the defender if possible.

Coaching Points

- ✓ Stand in a stable body position
- ✓ Bend knees, shift weight from one foot to the other away from the intended receiving location to make the defender follow
- ✓ Suddenly change direction by pushing off strongly on the outside leg, e.g. to go to the right, the outside leg will be the left foot, turn hips and move
- ✓ Use strong arm movements to assist speed of movement
- ✓ Move towards the ball using short, sharp steps
- ✓ Extend arms to receive the pass

Skills Errors

- ✗ Feet too far apart
- ✗ No transfer of weight
- ✗ Hips sag, body not upright
- ✗ Dodging movement not quick enough – more like a sway
- ✗ Eyes and head down
- ✗ Drive off inside leg
- ✗ Practising dodge only on one side ['good side']



Prompts that may assist skill development

- “Move right, receive left.”
- “Move left to receive on the right.”

All Against One

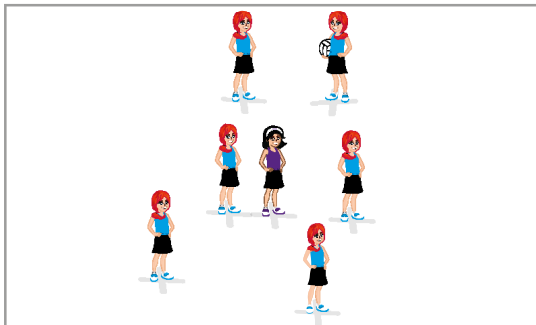
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball

Aim: To avoid being tagged by the rest of the team by dodging.

- One player is nominated to be the dodger.
- All other players work together, passing the ball around trying to tag the dodger.
- The player making the tag must be in possession of the ball
- All Netball rules apply, e.g. ball must be released within 5 seconds, footwork rule, etc.
- When the tag is made, that player quickly drops the ball and becomes the new dodger (unless they have had a turn already, in which case, it may be passed to someone else).



Continuous Touch

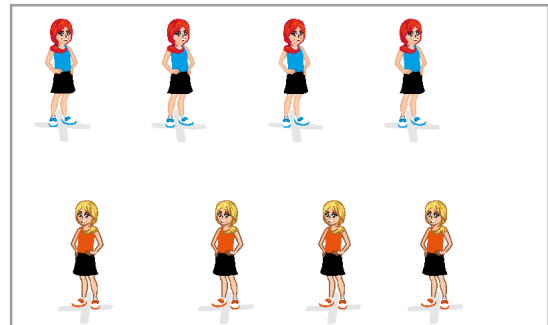
No. of players: 2 groups of equal size

Area: One-third of the Netball court

Equipment: Nil

Aim: The objective on attack is to cross the line as many times as possible.

- In two teams of four to six players – one team is on attack and the other is on defence for a specified period of time, e.g. 2 minutes.
- The object of the game on attack is to cross the line as many times as possible.
- If a touch is made by the defence, the attacker must return to their line before they can attack again using dodges, etc. to beat the defence.
- If a player crosses the line, they then return to their line before they attack again.



Find the Space

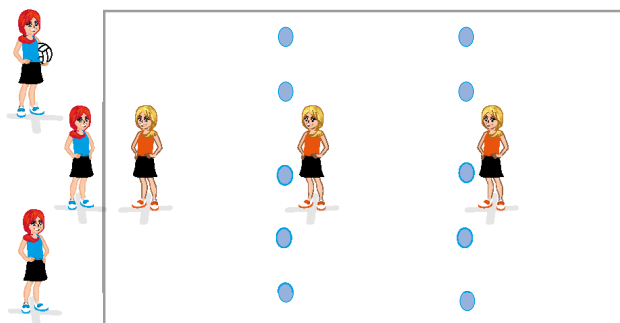
No. of players: In groups of 3

Area: One-third of the Netball court

Equipment: 1 ball, spots

Aim: To develop attacking skills against limited defence.

- Divide the third into three areas. A defender stands in each area.
- Three attackers start at the sideline and attempt to make three passes in each area without the defender touching/intercepting the ball.
- The defenders can defend only in their area.
- The attackers score 1 point for each successful pass and 2 bonus points if they use a dodge to get free for the pass.
- Ensure all landing/stopping is in an SBP.
- Swap roles.



Fives

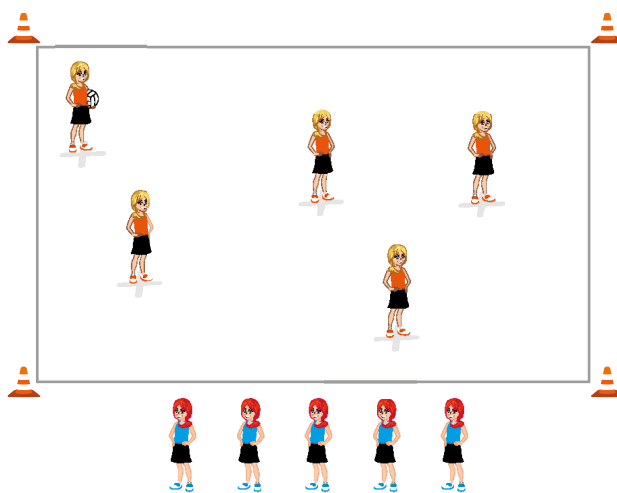
No. of players: 2 groups of 5

Area: 5 x 5 metres

Equipment: 1 ball, cones

Aim: For your group to continue to get five passes as the defence pressure grows. On every fifth successful pass, another defence enters the area. Use your dodges to beat the defence.

- The orange group starts inside the area, while the blue group lines up outside the area.
- The ball is passed between the members of the orange group, who work to complete five successful passes.
- Ensure all landing/stopping is in an SBP.
- Once five passes have been achieved, one player from the blue group is added as defence.
- The orange group works to complete another five passes.
- If successful, another player from the blue group is added to increase the pressure of the defence.
- Continue until all players from both groups are involved.
- If a turnover occurs, the groups swap roles and the activity restarts.



Tactical Development - Through-court Attack

Through-court Attack

Note: Refer to the game principles for court balance and through-court attack on page 41.

No. of players: Whole group

Area: A Netball court

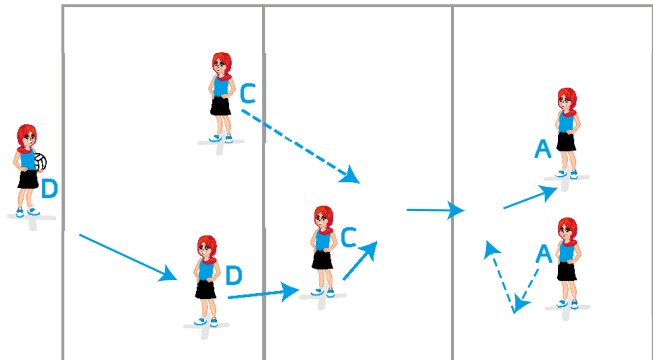
Equipment: 1 ball

Aim: To practise bringing the ball through the court from a back-line throw-in.

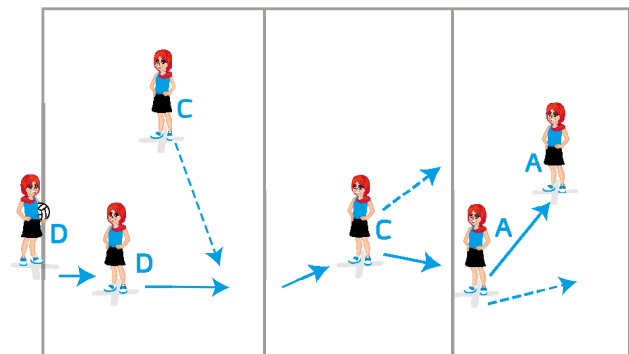
Below are two options that can be used to provide a framework on which to build team strategies and cohesion.

Practising through-court play enables the players to gain knowledge of spaces available to them and develop an appreciation of their team-mates' movements and a basic structure to fall back on in pressured situations. Allow players to rotate through a couple of positions. Encourage the players to provide at least two passing options for each pass. Ensure all landing/stopping is in an SBP.

Option 1 :



Option 2 :



Cool-down

- Players spread out in one-third of the court and, on call, walk quickly, walk at medium speed, walk slowly, barely move until players are moving very slowly and they circle arms with deep breathing.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Week 6: Defence

Objective

To develop the ability to stay close to the opponent, the confidence to contest the pass and then the ability to retreat in 2nd phase.

To develop the confidence and ability to defend the centre pass in a one-on-one situation.

Equipment

- 1 ball per player or 1 ball between 2 players
- Cones/Spots or chalk
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Defence – one on one

One-on-one defence moves through four phases: '0' phase is the preparation and reading of the ball and players as the play comes closer; '1st' phase is defending the player as they go for the ball; '2nd' phase is defending the player with the ball; and; '3rd' phase is restricting the player movements after the ball is released. The focus at this stage of development is on contesting 1st phase and retreating 1 metre in 2nd phase.

Coaching Points

- ✓ Stand in a stable body position
- ✓ Body angled slightly to sight ball and opponent
- ✓ Arms close to sides of body
- ✓ Quick footwork
- ✓ Move towards the ball using short, sharp steps
- ✓ Think about where the passer is likely to pass the ball
- ✓ Quickly retreat to 1 metre from the passer's first grounded foot
- ✓ Knees bent ready to move or jump
- ✓ Body slightly angled

Skills Errors

- ✗ Standing flat (directly in front of attacker) and not able to sight the attacker
- ✗ Focused on the ball only
- ✗ Legs straight and no bend at hips
- ✗ Feet too close together or too far apart
- ✗ Moving head continually to see attacker and ball

Prompts that may assist skill development

- "Quick feet."
- "One more step."
- "Use your outside arm."
- "Look down first to check distance, then arms up."



Shake the Shadow

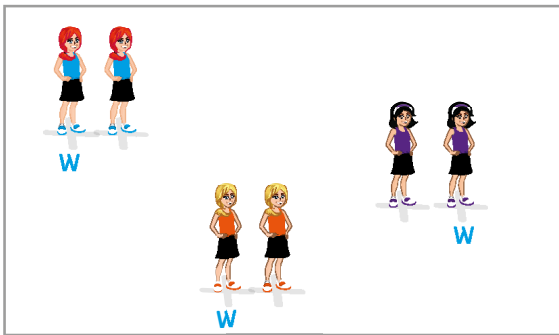
No. of players: In pairs

Area: One-third of the Netball court

Equipment: Nil

Aim: To try and stay as close to the worker as possible, being their shadow.

- One player is the worker [W] and moves around, trying to shake the other player, who is sneaking around behind them trying to keep up.
- At any stage, the player can tap the W on the shoulder.
- Once tapped, W stops and turns around to face the player who retreats to take up a 1-metre defensive position.
- Coach blows whistle at varying times. Players must stop in an SBP.



One on One

No. of players: Groups of 3

Area: Within one-third of the Netball court

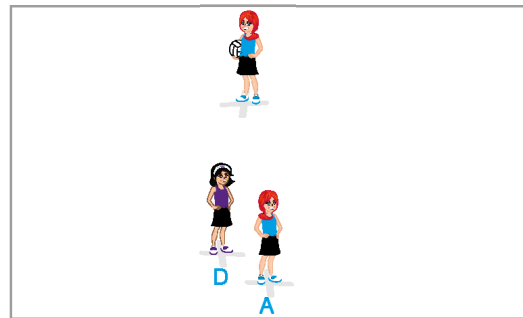
Equipment: 1 ball between 3 players

Aim: To stay close enough to the attacker to allow the defender to contest the pass to the attacker.

- In groups of three, each with a ball.
- One defender [D] with a bib on.
- The defender shadows the attacker [A].
- The Passer [P] says 'go' and A tries to move into a space and get away from the shadowing D.
- P throws the ball ahead of A's outstretched arms.
- A lands/stops in an SBP.

Challenge:

Restrict the area in which they can run.



Line Up

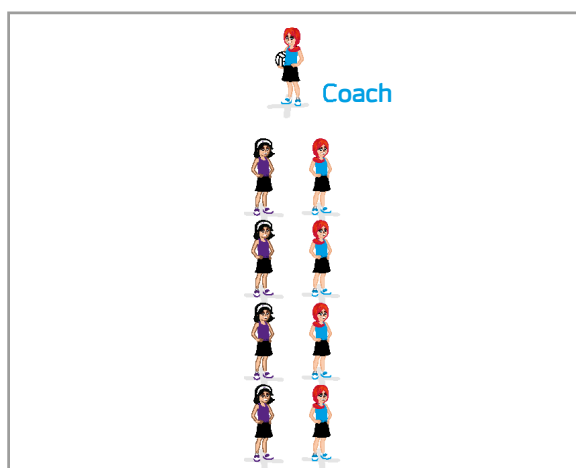
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, bibs

Aim: To try and stay as close to the worker as possible, being their shadow.

- Players pair up.
- The purple team is initially on defence.
- The coach starts with the ball and passes to the first attacker who then pivots and passes to the next player, passing all the way to the other end.
- The defence tries to pick up an intercept or tip.
- Once the ball has reached the other end – the players swap roles and the purple team brings the ball through on attack.



Three on Three

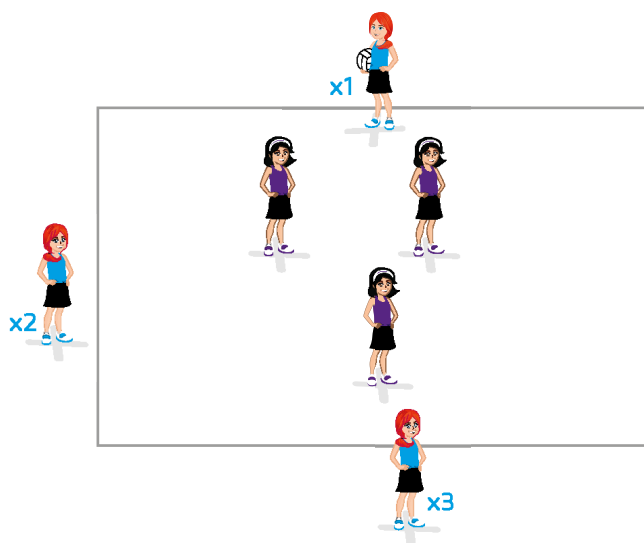
No. of players: Groups of 3

Area: Half of one-third of the Netball court

Equipment: 1 ball, spots, bibs

Aim: To try and put pressure on the attackers to force infringements or gain possession of the ball.

- One team starts on defence.
- X1 starts with the ball. On 'go' the other two Xs enter the space and the ball is passed to one of them, landing in an SBP.
- X1 then enters the grid and, between these three attackers, they are trying to make 10 passes to score 1 point.
- If the defence team gets an intercept, they score 1 point and go to the back of the line and the attackers become the defenders.
- First team to score five points.



Tactical Development - Centre Pass - Defence

Centre Pass - Defence

The following game principles will assist players when defending the centre pass:

- All players need to communicate and work together to delay the release of the centre pass or deny passing options.
- Force the attackers high and wide, therefore decreasing and limiting the passing options, forcing an error.
- The defence unit of C, WD and GD should vary defensive starting position.
- Own GA and WA are very important because they prevent easy passes to GD and WD, also filling the forward space.

Cool-down

- Here, There, Where: Coach indicates where the players will move: "here" – move towards the coach; "there" – coach indicates in which direction to move; "where" – jog on the spot. Speed of this activity should reduce from jogging pace to walking pace.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

One-on-one Defence at the Centre Pass

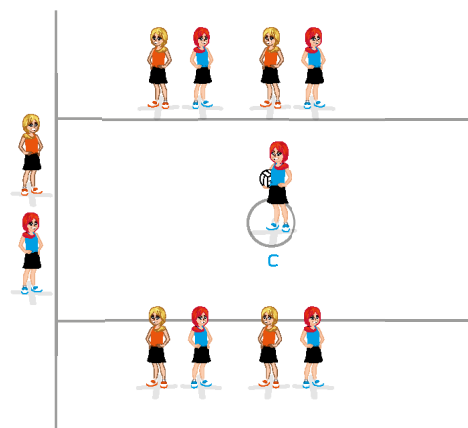
No. of players: Whole group

Area: A Netball court

Equipment: 1 ball, bibs

Aim: To practise one-on-one defence at the centre pass.

- All team members defend their own opposition players by one-on-one defence.
- The WD and GD may both restrict their opponents to a similar space, e.g. both into the middle or defending on the inside, restricting the attackers to receiving the ball and allowing them to contest this long pass.
- The attacking team scores 1 point for receiving the centre pass and 1 point for a successful goal; the defence scores 2 points for an intercept or turnover.
- Swap positions regularly.



Week 7: Interceptions

Objective

To provide players with the opportunity to practise intercepting, and landing in an SBP in control and pass.

To develop team cohesion and the ability to work together on through-court defence.

Equipment

- Long skipping rope – optional
- 1 ball between 3 players
- Cones/Spots or chalk
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Interceptions

Note: A great fun activity to help players read cues to develop timing is to use a long skipping rope and have two players [or parents] rotate the rope consistently. The players have to work out the timing, to be able to run through the rope without the rope touching them.

Coaching Points

- ✓ Start in a stable body position
- ✓ Body angled slightly to sight ball and opponent
- ✓ Read the passing options and the cues that the passer sends out
- ✓ Anticipate the direction of the pass
- ✓ Quick footwork
- ✓ Focus on the ball
- ✓ Use outside arm if coming around an attacking player
- ✓ Land on outside leg and quickly balance up
- ✓ Quick recovery if attempt unsuccessful

Skills Errors

- ✗ Misreading the cues
- ✗ Moving too early
- ✗ Body angle too flat
- ✗ Head down
- ✗ Shut eyes as they come close to the ball
- ✗ Lunge/Take a big step
- ✗ Inability to land balanced
- ✗ Using inside arm causing contact

Prompts that may assist skill development

- *“Look at the passer and see what they do before they release the ball.”*
- *“Back yourself.”*
- *“Make your first step forward.”*
- *“Where is the ball at its highest point when it is being passed?”*
- *“Mark ball side to force a longer diagonal pass.”*



Read the Intercept

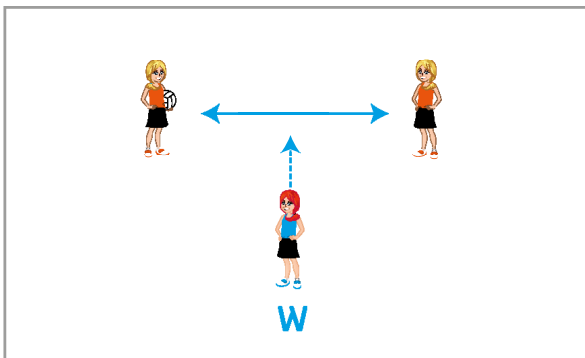
No. of players: In groups of 3

Area: Within one-third of the Netball court

Equipment: 1 ball between 3 players

Aim: To read the timing of release and run in and intercept the ball.

- Two players stand 3 metres apart and pass continually.
- Each worker [W] stands back from the players and attempts to intercept the ball, landing in an SBP.
- To extend the W, they should stand further away from the players.
- Vary the starting position of the W, e.g. stand behind and away from one of the players.
- Encourage players to use their outside arms, i.e. the arms furthest away from the attackers.



Island Ball

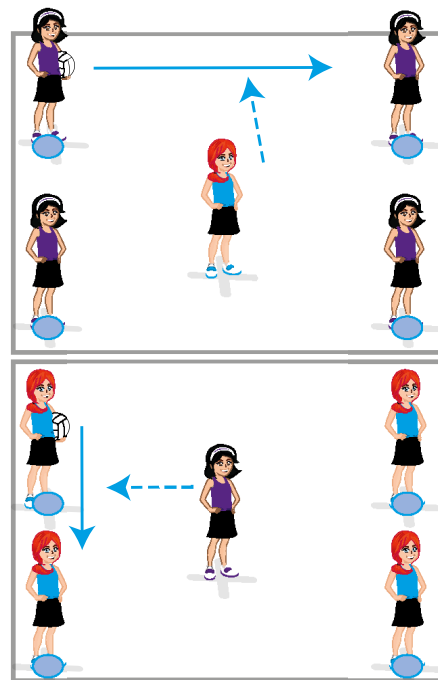
No. of players: Whole group

Area: 3 x 6 metres

Equipment: 2 balls, spots, bibs

Aim: To try to gain an intercept from the opposition and then pass it to your team.

- Divide the area in half and place spots in each corner.
- Two teams of five set up as in diagram.
- Each team places a defender in the middle of the opposition's island.
- Each team has a ball and passes the ball between its members from their spots.
- The team member on defence is looking to gain an intercept. If successful, the ball is passed to their team-mates. It is possible then for a team to be passing around two balls.
- Success is taking an intercept and landing in an SBP.
- Change the defending player frequently.



Thrill

No. of players: Whole group

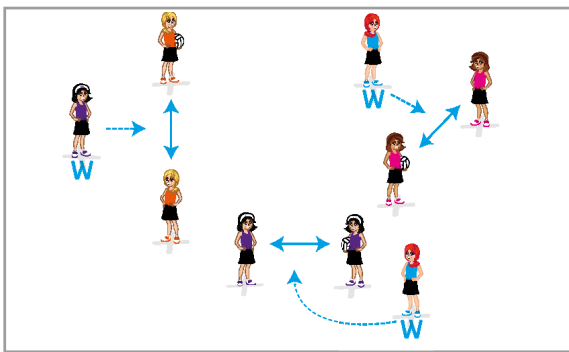
Area: One-third of the Netball court

Equipment: 3 or 4 balls

Aim: To move continuously within the area, reading the passes and running through to take the intercept and land in an SBP.

Once you have caught three or five intercepts, change roles with a passer.

- In pairs, the passers pass continually.
- The workers [Ws] move around the area, taking intercepts.
- Rotate players once five intercepts have been taken.
- Feel the ‘thrill’ of the intercept.



Scouts

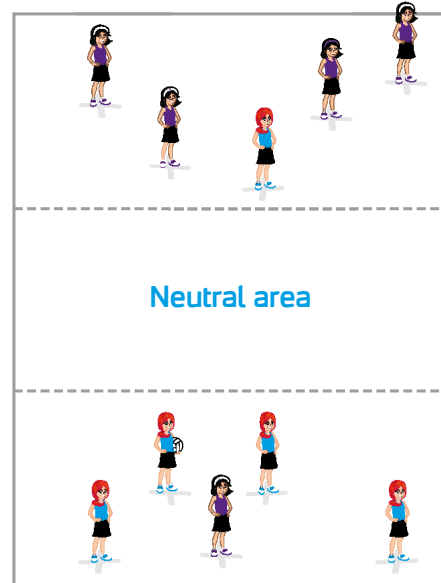
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, bibs, spots

Aim: To pass the ball to your scout without the opposition intercepting it, to allow your team to grow its defensive unit on the opposition’s space.

- Players divided into two equal teams and placed within one-third of the court.
- One player from each team is sent out as a scout into the opposition’s area.
- The aim of the game is for each team to get the ball to their scout.
- If a scout intercepts a pass, that team can send another scout into the opposition’s area.
- Two players, one from each team, meet in the neutral space and use Paper, Scissors, Rock to decide who has the ball first.
- Points are awarded: 1 point for each successful pass to a scout and 2 points for an intercept.



Tactical Development

- Through Court -

Defence

Through Court - Defence

The following game principles will assist players to develop through court - defence.

- All team members must work together to build the pressure and force opposition players into errors.
- Defending the attackers one on one means that one person is in charge of pressuring another person so that they make mistakes with either their throwing, decision-making or catching.
- Keep bodies angled to see ball, opponent and others around. The head should be in a position so the eyes can scan as widely as possible to see everything on court as well as your direct opponent.
- Mark 'ball side' which forces the opponents to have to use a longer diagonal pass, which increases the risk of error.

Cool-down

- Players start near the centre circle. On the call of "goal line", "transverse line", the players jog to stand on the line. If "change" is called, they jog to the opposite line.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Diagonal Passes

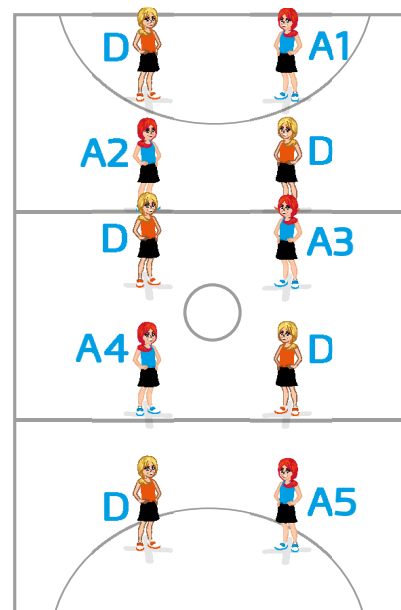
No. of players: 2 teams of equal size

Area: A Netball court

Equipment: 1 ball, bibs

Aim: To defend to promote the diagonal pass and work together to achieve the intercept or turnover.

- Players line up in pairs down the length of the court as shown, with defenders on alternate sides of each attacker.
- A1 passes the ball to A2, then to A3 and so on.
- Each time a defender forces an error, their team receives 1 point.
- If the attacking team maintains possession, it receives 1 point.
- Swap roles.



Week 8 – Jump and land

Objective

To continue to develop the players' ball skills focusing on passing accuracy and passing to space. To provide the players with the opportunity to develop balanced through-court attack play from throw-ins.

Equipment

- 1 ball between 2 players
- Cones/Spots or chalk
- Bibs

Warm-up

NetballSmart Dynamic Warm-up (refer to pages 12–23)

Skill Development: Passing to Space

Passing to the receiver's space allows the receiver to turn fully and look down court and makes it harder for the defenders to intercept. It is important that all passes are delivered to the space.

Coaching Points

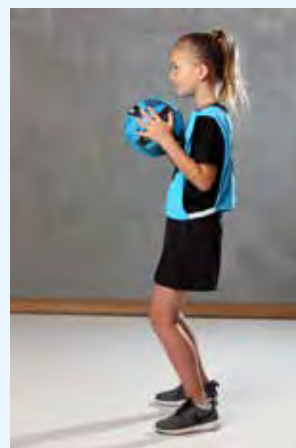
- ✓ Place the ball in front of the moving receiver
- ✓ Receiver receives ball at full stretch
- ✓ Select appropriate pass for the situation
- ✓ Step into pass
- ✓ Move to space after passing

Skills Errors

- ✗ Ball placed at or behind the receiver
- ✗ Pass too high or too low
- ✗ Receiver moves too soon
- ✗ Passer then follows the ball

Prompts that may assist skill development

- "Have confidence; let it go."



Square Pass

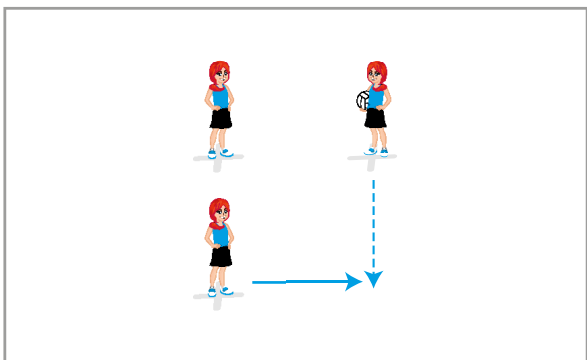
No. of players: Groups of 3

Area: 1 x 3 metres

Equipment: 1 ball between 3 players

Aim: To pass accurately into the space in front of the moving player.

- Each player, in turn, runs towards the 'empty' corner to receive a pass, lands/stops in an SBP.
- Pivot to face the 'new empty corner' and pass to the next player.
- Encourage players to work on their timing, so they arrive just on time, allowing the passer to put the ball into their space.
- Reinforce landing/stopping in an SBP.



Order Ball

No. of players: In groups of 4 or 5

Area: One-third of the Netball court

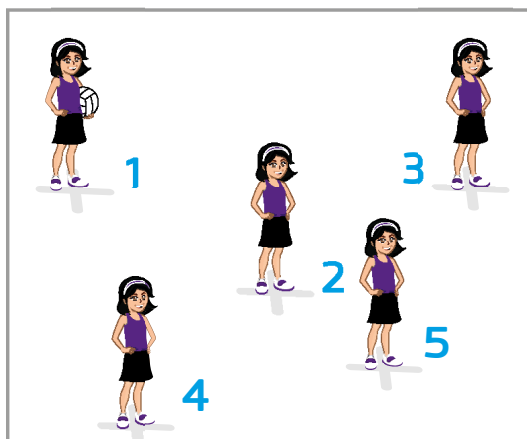
Equipment: 1 ball per group

Aim: To pass the ball in number order, passing into the receiver's space.

- Player one [1] starts with the ball. Player two [2] moves to a space from which to receive a pass and then passes to Player three [3] using a different pass.
- Once Player five [5] receives the ball, they decide the order in which the passing will occur by either passing to Player four [4] [counting down] or Player one [1] [counting up].
- Reinforce landing/stopping in an SBP.

Challenge:

- Add defence one at a time.



In and Out

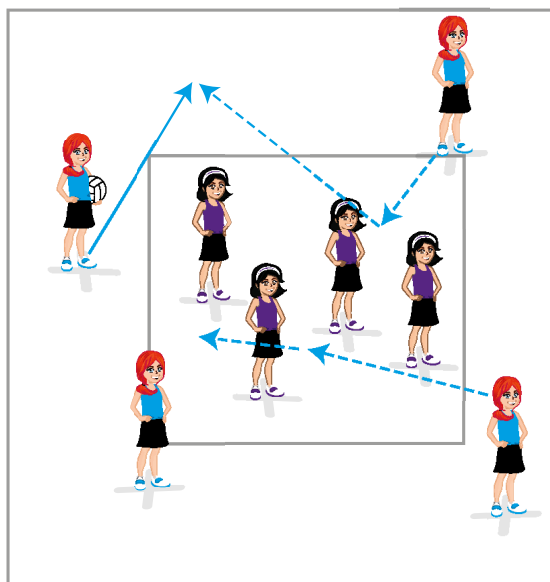
No. of players: 2 teams of equal size

Area: Half of one-third of the Netball court

Equipment: 1 ball, bibs, spots

Aim: To accurately pass into the space in front of the moving player.

- One team starts inside a square [defenders – purple].
- The other team starts outside the square with the ball [attackers – blue].
- Any one attacking player runs into the square then runs back out of the square anywhere to receive a pass.
- Defenders may move out of the square only to try and intercept the pass, but can make it hard for the attacker to drive out of the square to receive the pass.
- Attackers ensure that they pass into the space of the receiver to beat the defender. Receiver lands in an SBP.
- 1 point scored for each successful intercept and 1 point for five passes received by the attackers.
- Swap roles.



Down the Line

No. of players: 2 teams of equal size

Area: Two-thirds of a Netball court

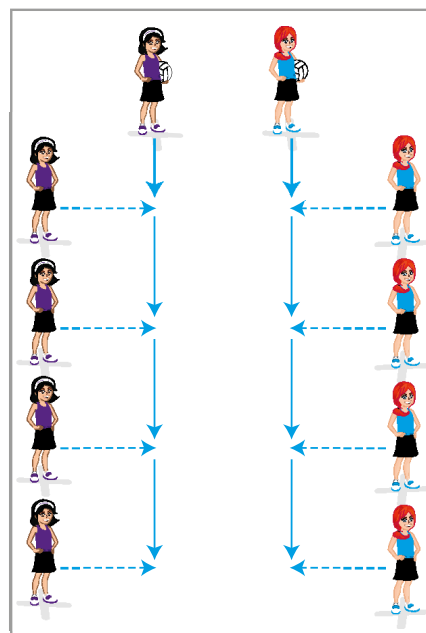
Equipment: 1 ball per team

Aim: To pass the ball down the line with speed, accuracy and great timing.

- The ball starts at one end with the first person about 3 or 4 metres to the left of the line. The second player runs to receive a straight pass from the first person as does each player in turn.
- The two lines compete for speed and accuracy.
- Starter begins to the right of the line on alternate games.
- Change the people at the ends of each line regularly.
- Reminder: Reinforce landing/stopping in an SBP and pivot technique.

Challenge:

- Make two movements, e.g. run left then right before receiving the ball.



Tactical Development - Throw Ins

Through Court - Attack from Throw-ins

The following game principles will assist players to develop through court – attack from throw ins.

- All movements need to be definite, sharp and quick, short in distance down court or towards the circle edge.
- Prepare early to assist in getting free from your defender.
- Pivot fully when catching a ball to look towards the goalpost for the next passing option.
- The player at the front is the eyes and needs to move decisively while the player at the back is the balancer.
- Think of the court as a ship; if players all crowd on one side or in a section of court, the boat will tilt/sink. Try to keep the boat/court level.
- Avoid being level [side by side] or directly in front or behind your own team-mates.
- Use the full width and length of the court.

Cool-down

- Link Tag – two taggers. Everyone walks around. When tagged by a tagger, link onto their elbow to assist with tagging. Keep going until all players have been tagged.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Throw-in options

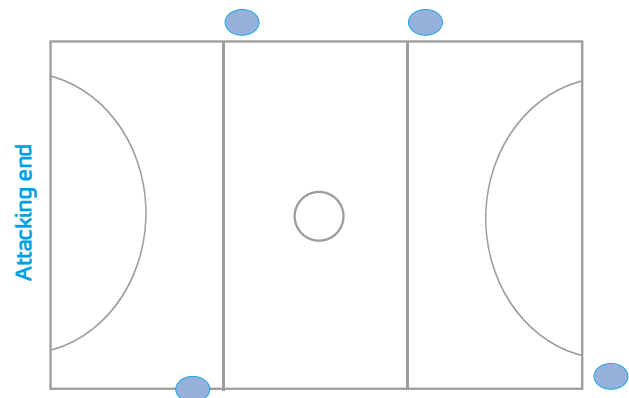
No. of players: 2 groups of equal size

Area: A Netball court

Equipment: 2 balls, bibs, spots

Aim: To allow the players the opportunity to create a strategy for throw-ins from various positions on court.

- Place spots at various positions around the edges of the court.
- Allocate one or two spots to each group.
- The group must come up with a strategy – who would be ideal to take the throw-in and why? What are the passing options? How can we maintain court balance? What if a passing option is shut down by the opposition? What is another option?



Week 9: Defence of the Shot/Rebounding

Objective

To introduce the players to the specialist skills of defence of the shot and rebounding.

To introduce through-court attack from a rebound or turnover.

Equipment

- 1 ball per player or 1 ball between 2
- Cones/Spots or chalk
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development: Defence of the Shot /Rebounding



Defence of the shot - Lean

Coaching Points

- ✓ Defend the pass into the shooter
- ✓ Quickly retreat 1 metre from the first grounded foot of the shooter
- ✓ Maintain good body balance throughout
- ✓ Assess the shooter's timing of release of shot
- ✓ Hold lean, in balanced position, for up to 5 seconds
- ✓ After lean, player turns body to put the shooter on their back, screening them out

Skills Errors

- ✗ Arms before distance
- ✗ Unable to maintain balance
- ✗ Not aware of the distance

Prompts that may assist skill development

- Look down first – to ensure that you sight the 1-metre requirement – then arms up.
- Bend the knee to help maintain balance.

Rebounding

Coaching Points

- ✓ In preparation for jumping to retrieve missed shot, bend knees and ankles
- ✓ Drive arms up to take ball at full stretch
- ✓ Land with feet shoulder-width apart to provide a steady base
- ✓ Turn and face up court
- ✓ Look for a quick and effective outlet pass

Skills Errors

- ✗ Defending the shot but forgetting to screen
- ✗ Attacker slips round the side of the defender
- ✗ Mistime the jump for the rebound
- ✗ Off-balance on landing
- ✗ Knees not bent, delaying transitions

Prompts that may assist skill development

- Drive straight up.
- Sight two passing options and pass to the best option.

Screen

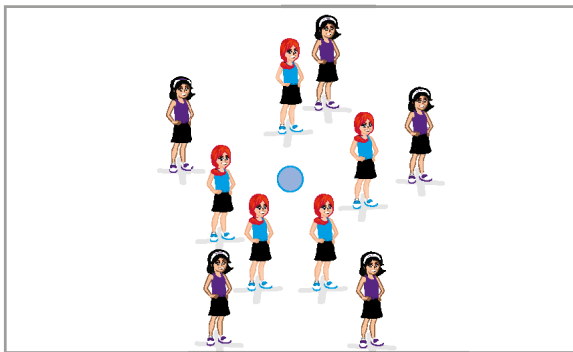
No. of players: Whole group

Area: Within one-third of the Netball court

Equipment: 1 ball

Aim: To practise screening out the opposition, [squat position] maximising the area around the ball.

- Divide group in half and set up as in the diagram.
- The blue team runs anticlockwise around the ball and the purple team runs clockwise around the blue team.
- On coach's call "now", the purple team sets up to shoot and the blue team sets up to defend the shot.
- Coach then calls "rebound" and the blue team aims to keep out the purple team, which is trying to touch the ball.
- Repeat three times then swap roles.



Lean, Pivot, Squat

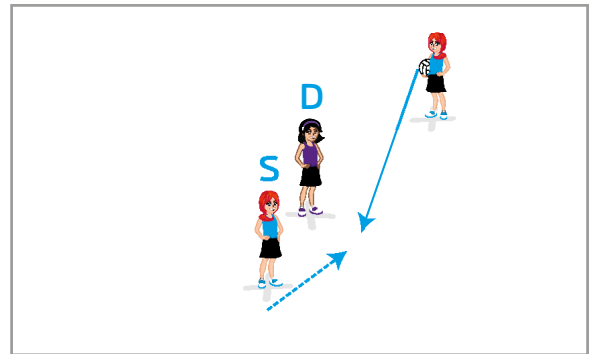
No. of players: Groups of 3

Area: In and around the goal circle

Equipment: 1 ball between 3 players

Aim: To allow the defenders time to practise the movement pattern required moving through the transition from defence of shot, screen to rebound.

- Form in groups of three: a shooter, passer and defender.
- The passer throws the ball to the shooter, who is driving towards the post.
- The defence player retreats by 1 metre and defends the shot, [lean] then pivots to screen the shooter away [in a squat] to take the rebound.





Blob

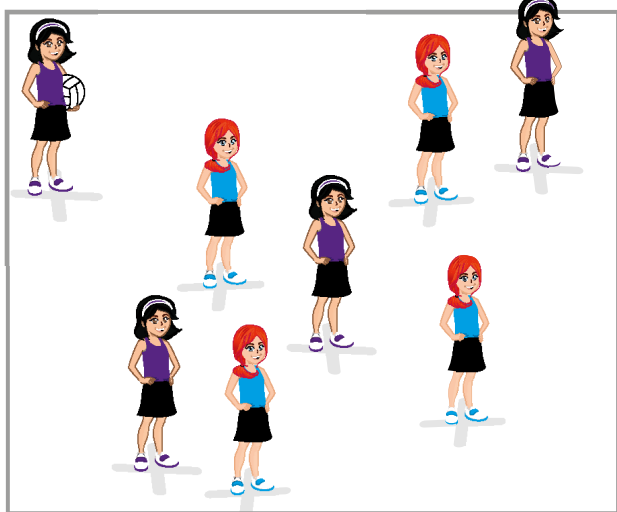
No. of players: 2 groups of equal size

Area: One-third of the Netball court

Equipment: 1 ball

Aim: To pass the ball in number order, passing into the receiver's space.

- One team starts with the ball (attackers).
- They must pass to each other by using a shooting action.
- The defending team practises its defence of the shot, trying to tip the ball.
- Three consecutive passes = 1 point.
- If the pass is intercepted or tipped on passing, the passer has to bob down and not take part until a point has been scored (they are blobbed).
- Once two players from the team are blobbed, the game is over and the defenders become attackers.



Back over Half

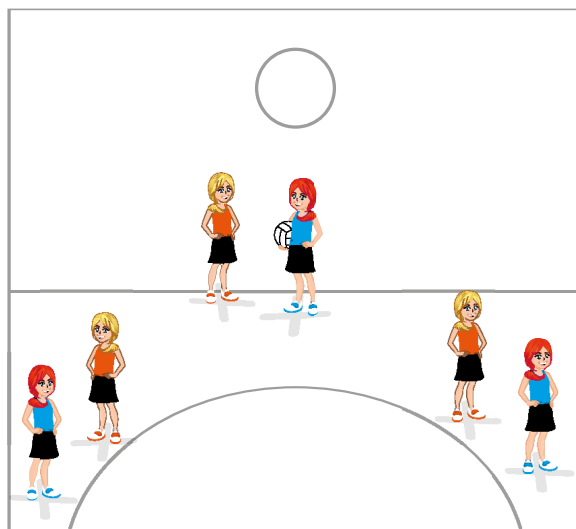
No. of players: 2 teams of equal size

Area: Two-thirds of the Netball court

Equipment: 1 ball, bibs

Aim: To be the team that scores most points, from successful shots and winning the ball when on defence, and taking it back over half before passing it back to the goal.

- Divide group into two teams.
- Only two attacking players and two defending are allowed in the goal circle at any time.
- Game starts with Paper, Scissors, Rock at halfway to determine which team starts with the ball.
- The attacking team has to complete at least five passes before a shot can be put up. The defence must defend the shot.
- If the defence wins the ball, they must pass the ball back to halfway before they can pass down to the goal.
- If a shot is successful, Paper, Scissors, Rock is played again.



Tactical Development - Attack from Turnovers

Through Court - Attack from Turnovers

Turnovers can happen at any stage during a game and in any area of the court when an opposition player steps, the ball is deflected or intercepted, or the pass misses the target and the ball rolls loose. If your team secures a turnover, ideally, it will transition quickly from being on defence to attack or, if possession is lost, transition immediately from attack to defence.

Cool-down

- Follow the leader. Each team member has 30 seconds of being the leader doing a range of movements. Remember to decrease the pace of the activity to walking.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Turnover Ball

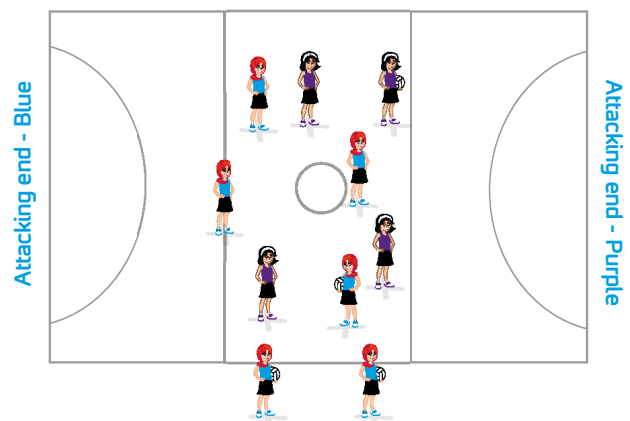
No. of players: 2 groups of equal size

Area: A Netball court

Equipment: 4 balls, bibs

Aim: To provide players with the opportunity to transition quickly from/into attack mode and try to be the first team to score a goal.

- Two players stand on the outside of the court with a ball each.
- Each team is on court with a ball.
- Each team passes the ball between its team-mates, waiting for the players on the sideline to throw the turnover balls simultaneously into the centre third.
- Each team retrieves one ball and then passes the ball quickly towards its attacking end and tries to be the first team to score a goal.



Week 10: Skills Revision

Objective

As this is the last practice, have fun with the team. To reflect on the skills the team has learnt and developed this season, completing a fun skills circuit. To play a fun game, e.g. Frisbee Netball.

Equipment

- 1 ball between 2 players
- Stopwatch
- Cones/Spots or chalk
- Bibs
- Eggs – might need a grass surface – optional activity
- Frisbee

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–23]

Skill Development

Within the fun skills circuit, the foundation skills – movement, ball, attack, defence and shooting skills – will be included at the stations.

Notes



Station One – Ball to Target

Aim: To allow the players to practise their pivots and then their passing to hit a target.

- Tie/Fix a bib to a fence or a wall.
- The worker drives forward to receive the ball, then pivots and releases the ball immediately, trying to hit the bib.

How many times can you hit the target out of 10?

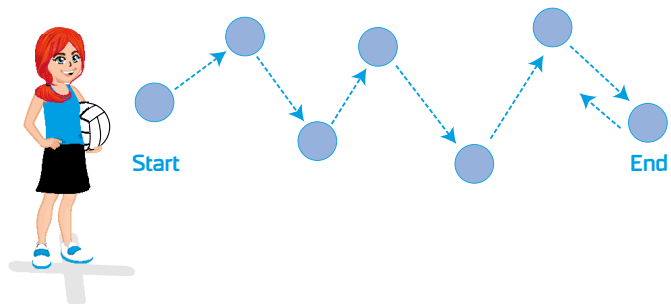


Station Two – Zigzag

Aim: To allow the players to test their speed and agility.

- Place five spots at various distances from the goalpost.
- The players start at the beginning and keep zigzagging to the end and then back to the start until 20 seconds are up.

How many spots can you touch in 20 seconds?

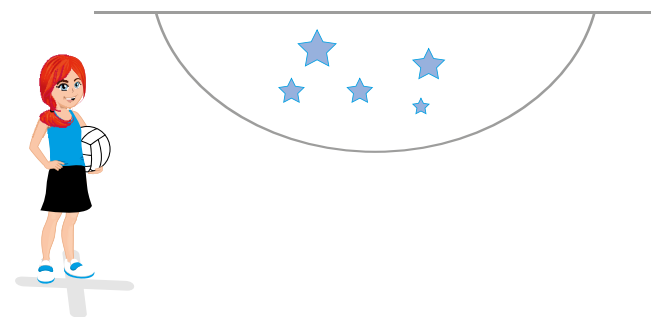


Station Three – Shooting Stars

Aim: To allow the players to practise shooting from a variety of distances.

- Place five to 10 spots at various distances from the goalpost.
- Each player takes 10 shots then swaps.

How many successful shots can you shoot out of 10?





Station Four – Ball Routine

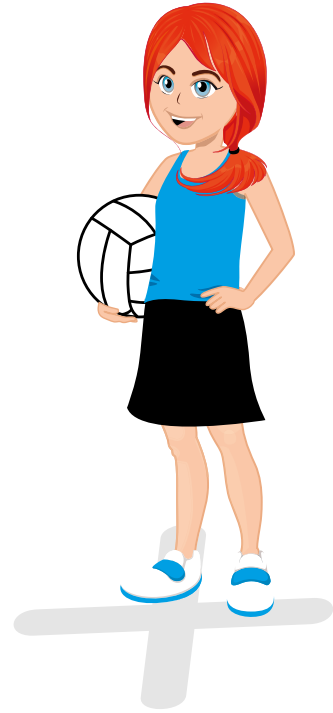
Aim: To help develop ball co-ordination and allow the players to test their skills.

Each player:

- Starts with feet slightly apart, knees slightly bent and body upright
- Steps left foot forward
- Passes the ball around left leg
- Put feet together again
- Passes the ball around both legs
- Puts right foot forward
- Passes the ball around right leg
- Puts feet together again
- Passes the ball around both legs
- Now passes the ball around the waist.

This is a complete routine!

How many times can you complete this routine in 30 seconds?

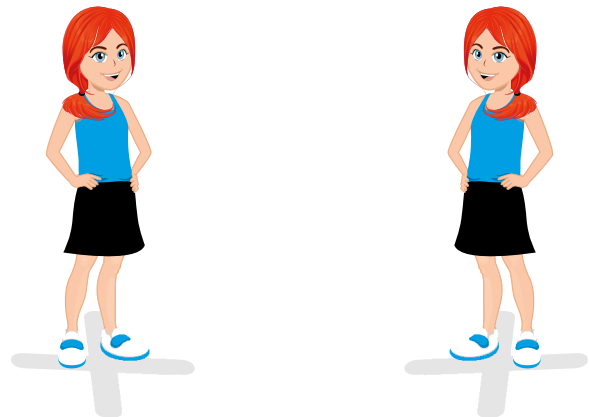


Station Five – Egg Catching

Aim: To have fun with the players and focus on passing accuracy.

- Partners stand one step apart and pass the egg.
- If the egg is caught, the players each take a step back.
- The egg is passed.
- If the egg is caught successfully, the players each take a step back.
- The players continue until the egg isn't caught or the players think this is as far as they can go.

Who can pass the egg the furthest without breaking it?





Station Six – Tails

Aim: To try and avoid the partner of a player removing the player's tail by using fast feet and dodging actions.

- Mark out a 5 x 5-metre area the players must stay within.
- One player tucks a bib in their pants/shorts/skirt.
- The other player tries to grab the bib.
- If the player successfully grabs the bib, they quickly return it and the activity continues.

How many times can you grab the bib in 20 seconds?



Frisbee Netball

- Allow the players to practise throwing a Frisbee.
- Divide group into two teams.
- The rules of Frisbee Netball are the same as the Netball rules with only one rule difference: instead of scoring a goal, the Frisbee must touch/hit the goalpost.
- If the Frisbee goes out of court, there is a throw-in by the opposing team.

Cool-down

- In pairs, players stand facing each other on opposite sidelines. Coach calls "high five". The players jog in and meet in the middle giving a high five, then return to their line. Other calls could include "low ten", "do-si-do", "box step" or "sawing wood".
- Food and Fluid: Encourage players to drink some water.
- Static Stretching



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PO Box 99710, Newmarket, Auckland 1149 | Central Park Building 5, Level 4/666 Great South Road, Ellerslie, Auckland 1051
Telephone: +64 9 623 3200 | Email: info@Netballnz.co.nz | NetballNZ.co.nz