



NETBALL
NEW ZEALAND
POI TARAWHITI AOTEAROA

Woolworths 
futureFERNS



Year 7 & 8



COACHING RESOURCE

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

This resource has been developed to assist the Year 7 & 8 coaches throughout the season.



Woolworths futureFERNs

Year 7 & 8

Woolworths futureFERNs Year 7 & 8 provides young Netball stars with the opportunity to convert their fundamental movement skills to foundation Netball skills and refine their understanding of the game principles. The development of and success in any sport requires a solid core of foundation skills.

The focus for this age group is the transition from the 'learn' to the 'participation' stage. This level needs to cater for a wide range of skill levels and aspirations, as players develop at differing rates, whilst also having different aspirations from performance to social.

Enjoyment and fun are still key drivers for participation but, at the same time, performance, challenge and improvement are often key motivators. To ensure children have the opportunity to apply their skills and stay motivated, competitive events are recommended but the emphasis is still on improving skill and tactical development.

At this point, the pathway may begin to split to recognise a development/talent pathway and a social pathway. It is critical that Netball continues to cater for all players and must acknowledge that players will move from one pathway to another. As a result, two competition pathways are proposed:

- [1] A development/traditional pathway – 7-a-side standard Netball format
- [2] Introduction of recreational Netball – targeted at social participation or at those new to Netball [currently in development].

Diversification of sporting opportunities is still encouraged and enables each child to develop a broad range of sport skills. It may be tempting to specialise at this age but this should be avoided as this can be detrimental as we now understand that it is more important for young people to master basic movement skills as well as sport-specific skills, as these underpin physical literacy. Premature specialisation promotes one-sided development and increases the likelihood of injury and burn-out.

This resource has been produced to assist the development of Year 7 & 8 **Woolworths futureFERNs** players. It focuses on developing the basic Netball skills, including the specialist skills of shooting, defence of shot and rebounding, which are the foundation stones of a great Netball player. The programme is sequential, developing a series of skills and tactics, each one building on the other. The activities included help to improve the appropriate fundamental skills and tactics for this stage of development.



Overview of Woolworths futureFERNS for Year 7 & 8 Players (11-13 year olds)

Playing Format	Year 7 & 8
Game format	7 v 7
Game Day format	4 x 10-minute quarters
Goal height	3.05 metres
Ball size	Size 5 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 3 seconds · The player must not reground the first grounded foot · Must retreat 0.9 metre
Substitutions	Substitutions can be made at an interval or when play has stopped for injury or illness. Continue to provide opportunities for players to play a variety of positions
Court size	Full court
Start of play	Play starts from the centre circle on the whistle
Player participation time	Minimum of half a game
Competition set-up	Competition with focus on all-round development of all players and equal opportunities to play in all positions
Weekly participation	<ul style="list-style-type: none"> · Training time should exceed competition time · Approximately 60 minutes per session · Two to three 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 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	Centre pass – attack
Week 2	Ball skills – passing variety	Centre pass – attack
Week 3	Movement skills – turning fully	Through-court attack
Week 4	Attack – methods of getting free	Circle communication – feeding the circle
Week 5	Defence – one on one	Centre pass – defence
Week 6	Defence – intercepting and SBP landing	Through court – defence
Week 7	Specialist skills – shooting, defence of shot	Circle communication – triangles
Week 8	Ball skills – passing to space	Through court – attack from throw-ins
Week 9	Attack – front cut	Circle communication – shooters circle movement
Week 10	Specialist skills – screening out and rebounding	Circle communication – defence inside goal circle



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 has been developed specifically for Netball and is based on the Fifa 11+ warm-up. It is evidence based and aims to enhance performance, meet this physiological needs of a warm-up and prevent common Netball injuries.

This type of warm-up when used two-three times a week can decrease lower limb injuries by 40 per cent.

The NetballSmart Dynamic Warm-up is tiered and includes strengthening, aerobic 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].

A **Woolworths futureFERNs** NetballSmart Dynamic Warm-up for Game Day should last 15 minutes and includes only parts B, C, and 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 5 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.

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.

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 i. The Bench-static – static bench on forearms [or hands] and feet. Lift pelvis off ground. ii. The Bench – alternate leg lifts [hold each 2 seconds]. Continue for 20 – 30 seconds.	i. 3 x 20-30 sec ii. 3 x 20 – 30 sec
	2. Hips – Sideways Bench i. Sideways Bench – static on elbow [or hand] and knee on ground or leg straight, top leg out straight. Lift pelvis and maintain this position. ii. Sideways Bench – on elbow [or hand] and legs out straight, raise and lower hips.	i. 2 x 20-30s ea side ii. 2 x 20-30 s ea side
	3. Hamstrings i. Beginner Nordic hamstring or Single leg Romanian Dead Lift [RDL]	3-5 or 5 each leg
	4. Balance i. Single leg stance – hold the ball [or imagine holding ball]. Progress to moving ball around back. ii. Single leg standing throwing ball with partner	i. 2 x 30 sec ea side ii. 2 x 30 sec ea side
Part B: Running Warm-up Place 3 cones out evenly between base line and centre court.	5. Running straight ahead Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.	2 x 15 metres
	6. Running hip out Run to first cone, stop lift knee forwards and rotate knee out to side and put foot down. Run to next cone and repeat with other leg.	2 x 15 metres
	7. Butt kicks and skipping Butt kick to first cone [kicking feet up to butt], skip to next cone, butt kick to third cone. Continue for length of 15m and back.	2 x 15 metres
	8. 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
	9. Running – Shoulder contact Run to cone, side shuffle to the middle, jump shoulder to shoulder contact. Land in good stable body position. Continue length of 15m and back	2 x 15 metres
	10. 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

	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part C: Dynamic Preparation	11. Squats i. Squats ii. Squat, calf raise and body extension iii. Single leg squat iv. Combination of all three	i. 10 ii. 10 iii. 5 each leg iv.
	12. Walking Lunges i. Walking lunges ii. Walking lunges and calf raise	i. 5 each side ii. 5 each side
	13. Jumping and landing i. Vertical jump and land on 2 feet in a stable body position [SBP] ii. Lateral jump – jump sideways 1 m off one leg and land on other leg	i. 5 ii. 5 each side
	14. Jumping, turning and landing i. Vertical jump and turn 90 degrees and land in SBP ii. Vertical jump and turn 180 degrees and land in SBP	i. 5 turns each side ii. 5 turns each side
Part D: Netball Specific Preparation	15. Running and stopping Run to first cone at 75- 80% speed and stop. Use either a double foot or 1-2 foot landing. Continue length of 15 m and back stopping at each cone.	2 x 15m
	16. Running - plant and cut Run at 80-90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 m and back	2 x 15m
	17. Prop, Prop and stick Prop from one foot to other and other and then “stick” final landing for 2 seconds in a stable body position.	15m and jog back

Part A – Strengthening

1. The Bench

i. The Bench – Static

- Support body on elbows or on hands and feet.
- Lift upper body, pelvis and legs until body is in a straight line from head to foot.
- Keep back straight and butt down. Elbows are directly under shoulders.
- Do not sway or arch back. Pull shoulder blades back and together.
- Do 3 benches holding for 20–30 seconds.



ii. The Bench – alternate leg

- Support body on elbows or on hands and feet.
- Lift upper body, pelvis and legs, ensuring a straight line from head to foot.
- Keep back straight and butt down. Elbows or hands are directly under shoulders. Shoulder blades back and together against spine.
- Do not sway or arch back. Lift 1 leg slightly off ground. Do not move body or lift butt.
- Hold 2 seconds. Continue alternate leg lifting for 20–30 seconds. Do 3 each side.



2. Hips – Sideways Bench

i. Sideways Bench – Static

- Keep back straight and prop body on elbow on sweatshirt or on hand.
- Bend bottom leg, if necessary, or keep leg straight.
- Lift pelvis off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Keep pelvis stable and do not let it tilt downwards.
- Hold pelvic lift for 20–30 seconds.
- Do 2 each side.



ii. Sideways Bench – raise and lower hips

Keep back straight and prop body on elbow on sweatshirt or on hand.

Bottom leg straight [or bent if necessary]

- Lift pelvis off ground.

Upper shoulder, hip and upper leg should be in a straight line.

Lower hips to the ground and raise them back up again.
Repeat for 20–30 seconds.

- Do 2 each side.



3. Hamstrings

i. Beginner Nordic Hamstrings or single leg Romainian Dead Lift (RDL)

- Kneel on a soft surface/sweatshirt, knees hip-width apart and crossing arms across chest. Partner kneels behind and, with both hands, grips lower legs just above the ankles.
- Body completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with hamstrings.
- Return to upright – do 3–5 of these.



OR single-leg Romanian Dead Lift (RDL)

- Holding ball/stick. Head up and back straight.
- Front leg knee bent 20 degrees. Whilst keeping back straight, bend forward at the hip and return to upright.
- Do 3 – 5 on each leg.



4. Balance

i. Single-leg stance – hold the ball

- Start by standing on 1 leg and holding the ball in front of body in both hands.
- Bend knee and hip a little so upper body leans slightly forwards.
- Keep balance and hold body weight on the ball of the foot for 30 seconds, then change legs and repeat.
- This exercise can be made more difficult by lifting heel slightly off the ground, or passing the ball around waist.
- 2 sets of 30 seconds on each leg.



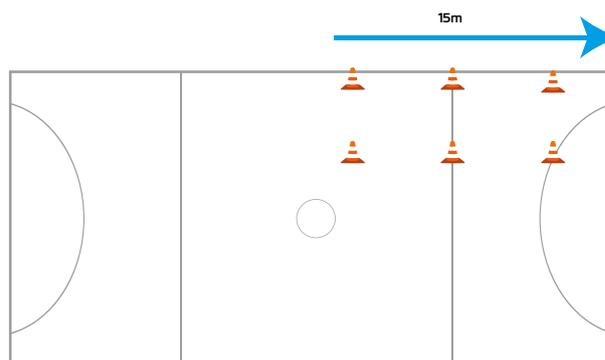
ii. Single-leg stance – throwing ball with partner

- Start by standing 2–3 metres apart from partner, balancing on 1 leg.
- Bend knee and hip a little so upper body leans slightly forwards.
- Keep balance and throw ball to partner.
- Continue for 30 seconds then change legs and repeat
- Do 2 each side.



Part 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.



5. Running

i. Running – straight ahead

- Keep upper body straight. Hips, knees and feet should be aligned.
- Vary direction as happens on the Netball court.
- Run to halfway/centre court and back. Repeat.



6. Running – hip out

- Jog to the 1st cone.
- Stop and lift knee forwards. Rotate knee to the side and put foot down.
- Make sure body remains upright, pelvis horizontal and core engaged – a solid and strong core is needed in Netball.
- Hip, knee and foot of the supporting leg should be aligned.
- Don't let the knee of supporting leg buckle inwards.
- When reach the last cone, turn and repeat on the way back to the start.



7. Butt kicks and skipping

- Butt kick to the first cone, kicking heels up to butt. Keep the body upright and knees in line with the hips.
- Skip to the 2nd cone. Keep body upright and core strong.
- Repeat sequence out to last cone and back.
- Hip, knee and foot of the supporting leg should be aligned.



8. 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 each other.
- Look straight ahead.
- Shuffle sideways back out to the 1st cone.
- Concentrate on bending hips and knees slightly and carry body weight on the balls of the feet.
- Run to next cone and repeat.
- When reach the last cone, turn and repeat on the way back.
- Keep movements crisp and sharp.



9. Running – shoulder contact

- Jog to the 1st cone.
- Shuffle sideways at a 90-degree angle towards partner.
- In the middle, jump sideways towards partner to make shoulder-to-shoulder contact.
- Land on both feet with hips and knees bent and don't let knees buckle inwards.
- Shuffle back to the 1st cone.
- Then jog to the next cone and repeat the exercise.
- When reach the last cone, turn and repeat exercise on the way back.



10. Running – quick forwards and backwards sprints

- In pairs, 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 backwards.
- Make sure upper body is straight.
- Hips, knees and feet should be aligned.
- Do not let knees buckle inwards.
- Turn at last cone and repeat on way back.



Part C – Dynamic Preparation

Squatting and lunging are fundamental movement patterns in Netball. They need to be practised and mastered to make landing and stopping efficient (for performance) and safe (for injury prevention). Jumping and landing are natural progressions from squatting and lunging.

Jumping and landing needs to be practised in the warm-up so that the athlete is prepared for the jumping and landing components of the game.

There are two or three progressions. Start your athletes/team at the level they are capable of performing and progress as your athletes improve. Always monitor quality of movement.

11. Squats

Focus on one level, or once the athletes are proficient with the squat component of the warm-up they may include elements of all three levels. i.e. four squats, four squats, calf raises and body extensions, and two single squats. Or, four squats, calf raises and body extensions and six single leg squats.

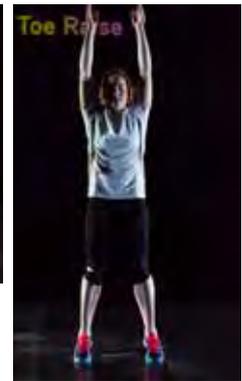
i. Squats

- Stand with feet hip-width apart and hands out in front.
- Bend in hips, knees and ankles until knees are flexed to 90 degrees.
- Ensure knees are in line with feet.
- Do not let knees buckle in.
- Lean upper body forwards slightly.
- Straighten and slowly lower body again.
- Do 10 squats.



ii. Squats, calf raises and body extension

- Stand with feet hip-width apart and hands out in front.
- Bend in hips, knees and ankles until knees are flexed to 90 degrees.
- Ensure knees are in line with feet.
- Do not let knees buckle in.
- Lean upper body forwards slightly.
- Straighten and slowly lower body again then stretch up onto toes and extend arms above head.
- Do 10 squats.



iii. Single leg squats

- Stand on one leg. Hold raise leg slightly behind the supporting leg.
- Slowly bend in hip and knee, ensure knee is in line with foot. Bend knee to 90-degrees if possible.
- Lean upper body forward slightly and keep it stable.
- Straighten up again.
- When viewed from the front the hip, knee and foot are in a straight line.
- Do not let knee buckle inwards and bent knee should not extend beyond the toes.
- Do 5 of each.



12. Walking Lunges

i. Walking Lunges

- Stand with feet hip-width apart and hands on hips.
- Lunge forwards slowly at an even pace.
- 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.



ii. Walking lunges and calf raise

- Stand with feet hip-width apart and hands on hips.
- Lunge forward slowly at an even pace.
- 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.
- Bring feet together at the end of the lunge and rise up on toes.
- Do 5 lunges on each leg.



13. Jumping and landing

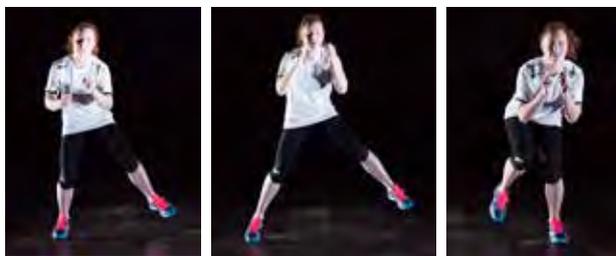
i. Vertical jump and land on two feet in a stable body position (SBP)

- Stand with feet hip-width apart
- Slowly bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for 1 second, then jump and land.
- Land with hands in the catching position.
- Straighten whole body and extend arms above head during jump.
- Land softly on the balls of the feet and slowly bend hips, knees and ankles as far as possible. Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps.



ii. Lateral jump – jump sideways 1 metre off one leg and land on other foot

- Stand on 1 leg. Bend hips, knee and ankle slightly and lean upper body forwards slightly.
- Do not let knee buckle inwards
- Jump approximately 1 metre to the side from 1 leg to other leg.
- Land gently on the ball of the foot and bend hips, knee and ankle. Do not let knee buckle inwards.
- Hold this position for about 1 second and then jump onto the other leg.
- Keep upper body stable and facing forwards with pelvis horizontal.
- Repeat for 30 seconds or do 2-5 each leg



14. Jumping, turning and landing

i. Vertical jump and turn 90 degrees and land in an SBP

- Stand with feet hip-width apart.
- Bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for 1 second then jump and turn 90 degrees in the air and land.
- Control body in the air – use core.
- Land with hands in the catching position.
- During jump, straighten whole body.
- Land softly on the balls of the feet and slowly bend hips, knees and ankles as far as possible.
- Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps in each direction.



ii. Vertical jump and turn 180 degrees and land in an SBP

- Stand with feet hip-width apart.
- Bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for 1 second then jump and turn 180° in the air and land.
- Control body in the air – use core.
- Land with hands in the catching position.
- During jump, straighten whole body.
- Land softly on the balls of the feet and slowly bend hips, knees and ankles as far as possible.
- Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps in each direction.



Part D – Netball Specific Preparation

This component of the warm-up progresses the athlete to Netball specific activity, running, cutting and stopping and is the final preparation before ball drills.

Stopping is fundamental in Netball and should be practised before the game or training starts. Often, the first ball an athlete receives requires the athlete to stop.

In addition, you should factor a stopping activity into the first Netball activity.

Planting and cutting is an important movement pattern in change of direction and dodging.

Control on one leg is very important for injury prevention.

15. Running and stopping

- Run to first cone at 75–80 percent speed and perform a 1-2-foot/2-foot landing.
- Make sure upper body is straight and upright.
- Hip, knees and feet should be aligned.
- Do not let knee buckle in when stopping.
- Run to each cone and stop. Reach the last cone, turn and repeat on the way back to the start.
- Make sure each stop is properly controlled [remember a player has 3 seconds with the ball].



16. Running – plant and cut

- Jog 4 or 5 steps towards cone.
- Plant on the left leg and cut to change direction to the right, and accelerate again.
- Do not let knees buckle inwards as plant and cut.
- Place the left leg under the centre of gravity – not out to the side.
- Sprint for 5 to 7 steps at 80–90 per cent of maximum pace. Then decelerate and plant on the right foot and cut to change direction to the left. Repeat the exercise until reaching the last cone, turn and repeat on the way back.



17. Prop, prop and stick

- Stand on left leg, prop forward and to the right landing on the right leg.
- Bend in the hip and knee on landing. Keep the body upright and do not let the knee buckle inwards. Ensure landing is soft.
- Immediately prop to the left and land on the left.
- Bend in the hip and knee on landing. Keep the body upright and do not let the knee buckle inwards. Ensure landing is soft.
- Immediately prop to the right and land on the right.
- Bend in the hip and knee on landing. Keep the body upright and do not let the knee buckle inwards.
- Ensure landing is soft.
- Hold this landing with control for 3 seconds.
- Continue forward until the last cone. Jog back.



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 that 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 long 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.



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.



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 2].
- 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.



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.



Week 1:

Movement Skills

Objective

To enable a player to stop/land in a stable body position [SBP] while receiving the ball at full extension.

To introduce the centre pass – attack game principles.

Equipment

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

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–31]

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 apart
- ✗ 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.”



Attacking the Ball

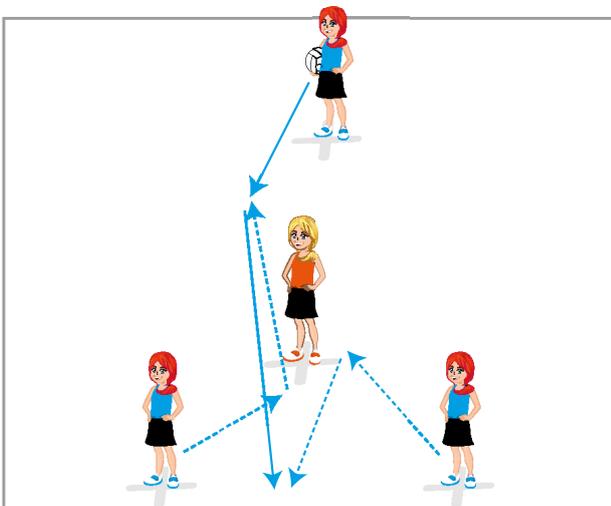
No. of players: Groups of 4

Area: 5 x 5 metres

Equipment: 1 ball, 2 cones per group

Aim: The two attacking players work to receive 1st phase and 2nd phase ball, receiving the ball at full extension and landing in an SBP.

- Two attacking players stand opposite each other, defender in the middle just in front of them.
- The two attacking players run in – one from each side – and attempt to get free for the pass.
- The passer passes to the free attacker, passing into their space to allow them to receive the ball at full extension, landing in an SBP.
- The defender tries to intercept the pass, landing in an SBP.
- The non-receiving passer then cuts back to receive the next pass from the other attacking player.
- Players change sides and roles frequently.



Race Ball

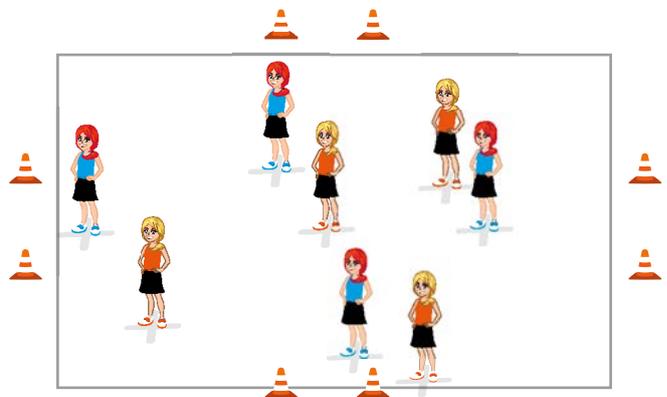
No. of players: 2 groups of equal size

Area: Half of one-third of the Netball court

Equipment: 1 ball, bibs and 8 cones

Aim: To score more goals than the opposition does, focusing on running and catching the ball at full extension, landing in an SBP and then stepping to any goal to score a point.

- Four goals are created outside the third with cones.
- One team wears bibs.
- The coach throws a loose ball into the area and the first team to collect the ball starts on attack.
- This attacking team passes the ball between each other, attempting to score a goal by landing in court with the ball and then stepping between the goal [cones].
- The players practise landing and passing from SBPs.
- The opposition gains possession after a goal, a loose ball or an infringement.
- All Netball rules apply.



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 Centre and the other provides an option for the second or third pass/phase.
- The defence supports the centre pass, providing a passing option.
- C lets the ball go confidently within 3 seconds after the whistle.
- Attacking players prepare early to ensure an option is available when the whistle is blown.
- Receiver of the centre pass is as close to the transverse line and as close to the middle of the court as possible. Ensure player lands in an SBP.
- At least two passing options are available, ensuring the WD and GD back up.
- Receiver of second pass is close to the goal circle.

Cool-down

- Players slowly jog two lengths and then walk two more lengths of the court.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Square to Square

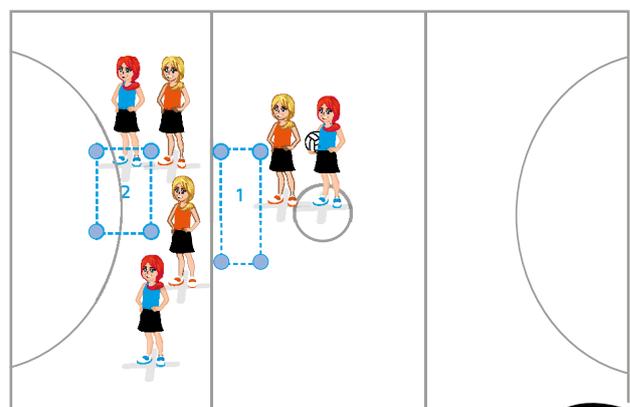
No. of players: 2 groups of equal size

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, and 2nd phase ball close to the goal circle.

- Use spots or chalk to mark out two squares – one at the transverse line and the other at the top of the goal circle.
- One team wears bibs as it defends the centre pass.
- Other players set up as detailed in the diagram below.
- The objective is for the attackers to receive the first pass in square 1 and the second pass in square 2.
- 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 square 1, the attacking team scores one point and then another point if the other receiver catches the ball in square 2. If it is caught outside of the squares, no points are awarded.
- How many points can the attacking team score from five centre passes?
- Swap roles.



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

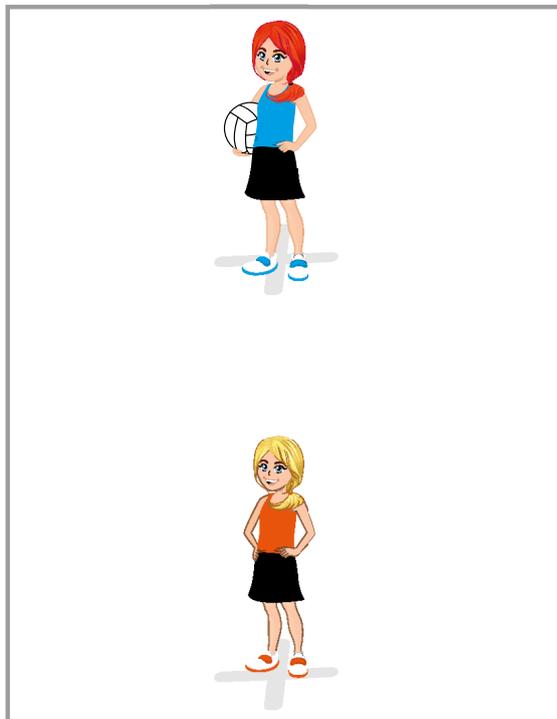
No. of players: Whole group

Area: Within one-third

Equipment: 1 ball between 2 players

Aim: To identify passing options and the best times to use them.

- In pairs, with a ball moving around within one-third.
- Each pair experiments to see how many different passes they can discover from the sublime to the ridiculous.
- Bring the group back together and allow the players to identify the passing options. Ask them when each pass might be used in the game.



C.O.B.S.

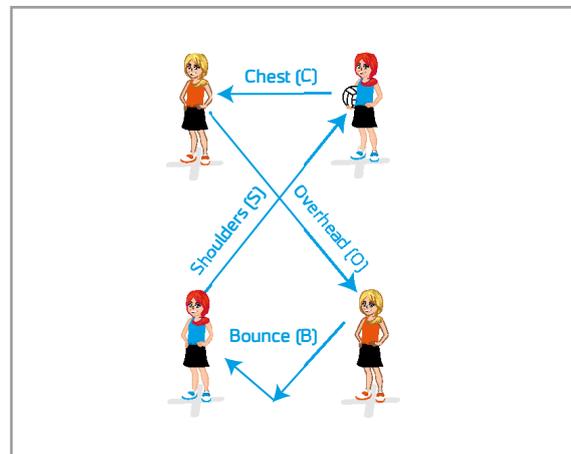
No. of players: Whole group

Area: Within one-third

Equipment: 1 ball, 4 spots

Aim: To practise four key passing options.

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





Choice Ball

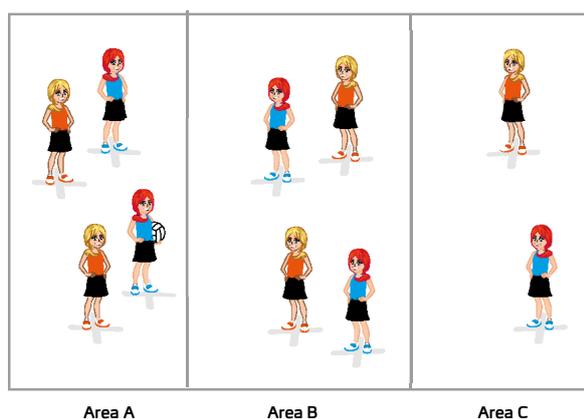
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, spots, bibs

Aim: To use a variety of passes to maintain possession of the ball and score the most points in a given time.

- Divide the area in three – areas A, B and C.
- The attacking team is awarded points for each pass passed from area A to B [1 point] and A to C [5 points] but not from area B to A or B to C or C to B.
- Each team decides how many players it will have in each area.
- The attacking team starts with the ball in area A. They have 1 minute to score as many points as they can.
- If the defensive team intercepts the ball, the intercepting player places the ball on the ground immediately.
- The players or coach/manager keep a tally of the points.
- After 1 minute, allow the other team a turn to try and beat the score.
- Once both teams have had a turn, allow the teams 1 or 2 minutes to decide on a game plan to beat their last scores.
- Repeat the activity.



Connect Five

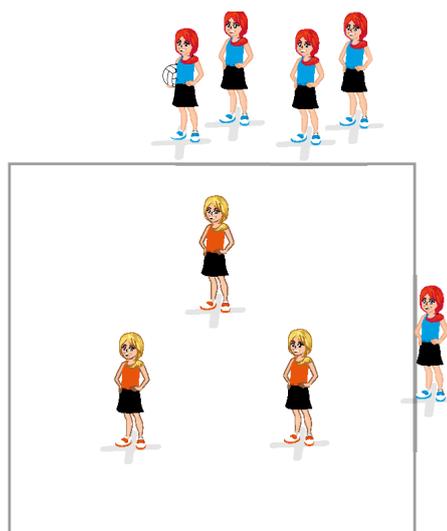
No. of players: Whole group

Area: 5 x 10 metres

Equipment: Bibs, spots/cones, 1 ball

Aim: To select the most appropriate pass to beat the defenders to allow your pair to get the ball successfully to the other side.

- Three players wear bibs and stand inside the area.
- One attack player stands on the sideline to be used as required to help the attacking players get through the area.
- The remaining players line up in two lines outside the area at one end.
- The first two attacking players start with the ball.
- The attacking players pass and cut, using a variety of passes to beat the defender and can also pass to the attacking player on the sideline if the other attacking player isn't free.
- Ensure players land in an SBP.
- The first pair returns to the back of the attacking line if the defenders gain possession of the ball or they get to the other side successfully.
- Change roles frequently.
- All Netball rules apply.



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 Centre and the other provides an option for the second or third 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.
- Receiver of the centre pass is as close to the transverse line and as close to the middle of the court as possible.
- At least two passing options are available, ensuring the WD and GD back up.
- Receiver of second pass is close to the goal circle.

Cool-down

- Each player slowly jogs a letter of their name in each third. Decrease the speed of movement to a walk.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

CP Strategy

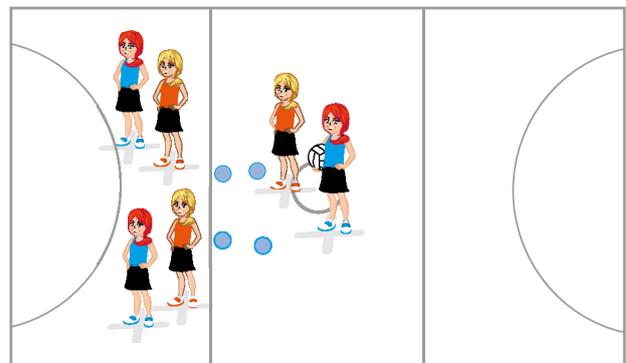
No. of players: Whole group – split in half

Area: A Netball court

Equipment: 2 balls, bibs

Aim: To encourage the players to create some centre pass strategies to enhance the team's opportunities to score off its own centre pass successfully.

- Split the group in half.
- Each group is to discuss and come up with a centre pass attack 'move'.
- Each group practises its move and then tests it out against the other group.
- Discuss/Recap what makes a centre pass effective.



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?”



Turning Fully

Turning in the Air

Coaching Points

- ✓ Run towards the direction of the pass
- ✓ Bend slightly at the knees, hips and ankles, weight forward over toes
- ✓ Push strongly off
- ✓ Drive arms up to catch the ball at full extension
- ✓ Turn head, shoulders and hips quickly to face towards the goal, turning away from the defender
- ✓ Land in a stable body position, cushioning the landing by bending at the knees, hips and ankles
- ✓ Be able to turn in both directions – inwards and outwards

Skills Errors

- ✗ Not turning fully
- ✗ Weight too far forward on landing
- ✗ Turning into the defender

Prompts that may assist skill development

- “Which body parts do you need to turn quickly to ensure you turn fully?”
- “Think of your tummy button as your centre of gravity. If you bend your knees on landing, you take your tummy button closer to the ground; that way, you will be more stable.”
- “Remember you have just practised this in the warm-up minus the ball.”



Going High, Going Low

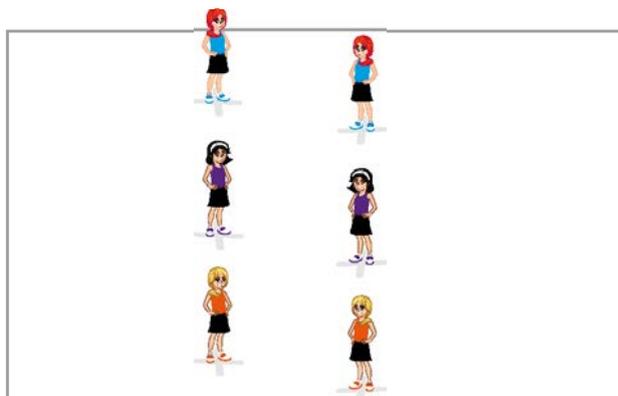
No. of players: In pairs

Area: Within one-third of the Netball court

Equipment: Nil

Aim: To practise turning fully, either pivoting or turning in the air.

- In pairs, players stand a few metres apart, facing each other, slightly off centre.
- On a call from the coach or designated player, the players run towards their partners. If the call is "Going high" the pairs high five with their closest hands then turn fully away from their partners, and land in an SBP.
- If the call is "going low" the partners would give each other 'five' at chest height and then pivot away from their partners.
- Ensure players practise turning on both sides.



Turn Away

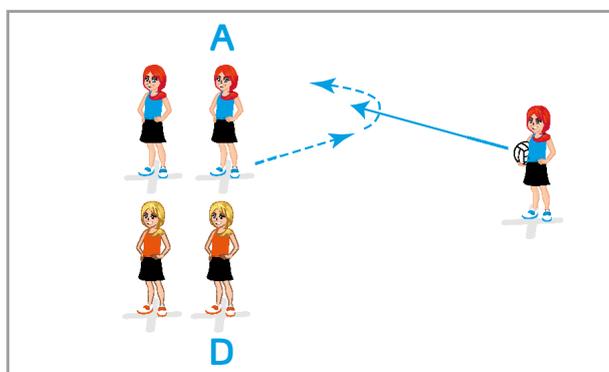
No. of players: In groups of 5

Area: Within one-third of the Netball court

Equipment: 1 ball per group

Aim: To practise turning fully away from the defender.

- First two players, one attack and one defence, run forward.
- Passer passes to the attacker: a flat pass initially.
- The attacker receives the ball, landing 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 lines.
- After players have practised pivoting on their outside legs, ask the passer to pass a high ball to the attacker to allow the attackers to practise turning fully away from their defenders.
- Defence players apply only minimal pressure initially, e.g. could be defence with no arms and then increase the pressure as the attackers become more proficient.
- Change the side of the attackers to ensure the players practise turning left and turning right.



Line Up

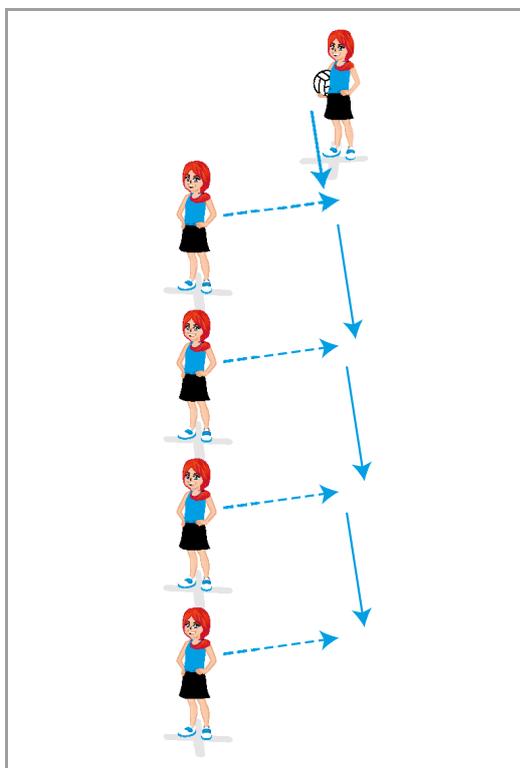
No. of players: In groups of 5

Area: Within two-thirds of the Netball court

Equipment: 1 ball per group

Aim: To drive towards the ball, turning fully 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 lines.
- 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

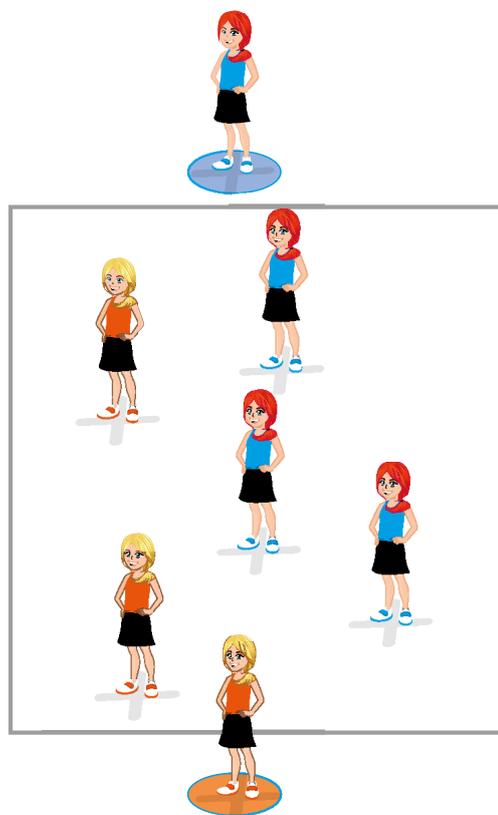
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 ball, bibs, 2 hula hoops

Aim: To practise turning fully 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.



Tactical Development - Through Court

Through Court - Attack

The following game principles will assist players in through-court attacking situations:

- 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.
- Turn fully when catching a ball to look towards the goalpost for the next passing option and land in an SBP.
- 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 fast, walk at medium speed, walk slowly, barely move until players are moving very slowly and circling arms with deep breathing.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Rugby Netball

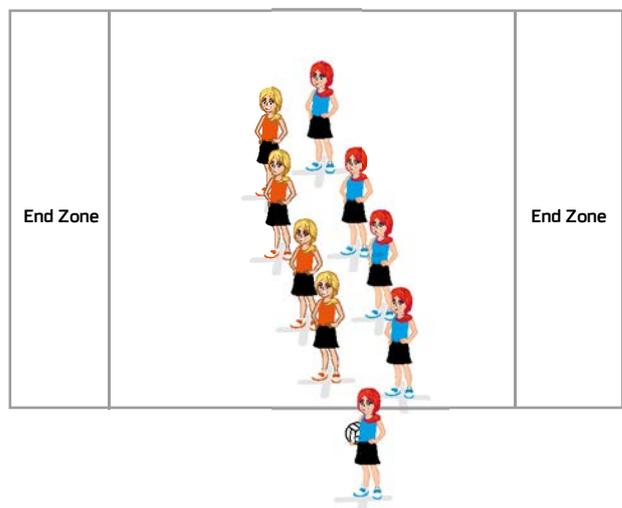
No. of players: Whole group – split into two teams of equal size

Area: A Netball court

Equipment: Bibs, spots/cones and 1 ball

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

- Mark off two end zones.
- The game starts with a line-out at halfway.
- The team that wins the line-out must then spread out and pass the ball down the court, scoring by touching the ball down in the end zone.
- After a try is scored, the game restarts with a line-out at halfway.
- If there is a turnover, play continues with the opposing team in possession of the ball.
- Encourage players to engage the principles of court balance during the game, e.g. when a player has passed the ball, they take off quickly to provide a square passing option for the receiver – pass and drive left or right until level with the passer.
- Now take the game to a full-court situation from a back line throw-in. Encourage players to balance the court, pass and support.



Week 4: 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 assist players to understand the game principles relating to circle communication and feeding the goal circle.

Equipment

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

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–31]

Skill Development: Dodging

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.

Dodging

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 leg, 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.”



Tails

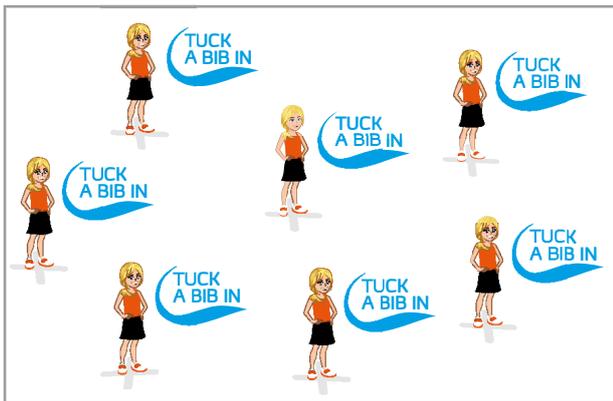
No. of players: Whole group

Area: One-third of the Netball court

Equipment: 1 bib per player

Aim: To protect your own bib whilst trying to 'rob' others' bibs.

- Each player tucks a bib into their shorts/skirt/leggings/track pants.
- Players move around trying to 'rob' the bibs of other players while trying to protect their own.
- Start with all players walking and increase the intensity by changing the movement.
- If a 'tail' is robbed, the player tucks it in with their other 'tail'.
- Who can rob the most tails in an allocated time?
- Encourage players to use quick, short, sharp changes of movement to protect their bibs.



Free Cone

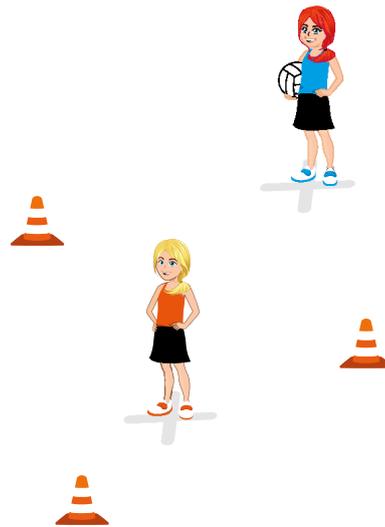
No. of players: In pairs

Area: Within one-third of the Netball court

Equipment: 3 cones, 1 ball per pair

Aim: To use a method of getting free at one cone and receive the ball at the other cone.

- In pairs, set up three cones in a triangle.
- One player has the ball and stands outside the triangle.
- The other player starts within the area and experiments with the methods of getting free, using one method at the cone and driving towards another cone to receive the ball.
- Change roles frequently.
- Add defence and the attacker must displace the defender in the triangle to receive the ball outside the triangle.



D.A.D

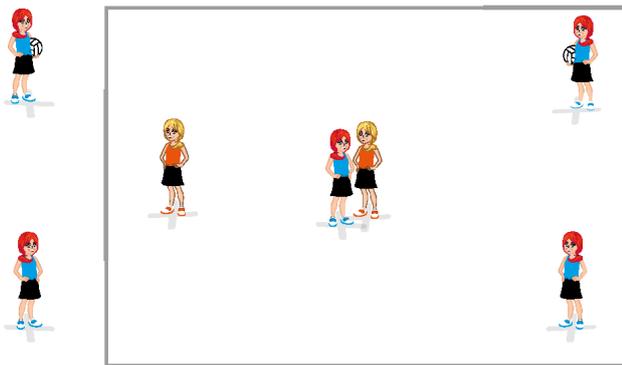
No. of players: In groups of 7

Area: Within one-third of the Netball court

Equipment: 2 balls

Aim: To develop the ability to get free from the defenders.

- Two pairs of passers set up at the ends of the area. These players pass continually to each other using their peripheral vision, ready to pass to the attacker when they get free.
- Two defenders and one attacker start in the middle of the area.
- The attacker can receive the ball from either pair of passers and land in an SBP.
- Swap roles frequently.



5 v 5

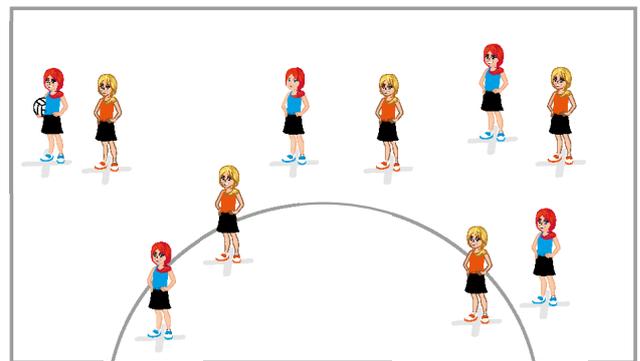
No. of players: Two groups of equal size

Area: One-third of the Netball court

Equipment: 1 ball, bibs

Aim: For your group to maintain possession until all players within the group have received a pass and then they can score a goal.

- Both groups spread out within one-third of the Netball court.
- One player from each group plays Paper, Scissors, Rock to determine which team starts with the ball.
- Every member of the attacking team must get free to receive one pass before the team can attempt a shot at goal.
- If there is a turnover, play continues with the opposing team in possession of the ball.
- If a shot at goal is successful, two new players play Paper, Scissors, Rock to determine which team starts with the ball.



Tactical Development - Circle Communication

Circle Communication - Attack

The following game principles will assist players in and around and goal circle:

- Drive hard onto the circle edge and land in an SBP (without falling offside)
- Reposition off and back onto the circle edge to provide a better feeding option.
- Turn fully and look to the goalpost.
- Use strong definite movements so players can read off each other.
- Use triangles to create a better feeding option and avoid having to lift the pass.
- Give clear indications of where you want to receive the pass, i.e. body angles and verbal communication.
- Prepare early to provide a straight-line option.

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 circling arms with deep breathing.
- Food and Fluid: Encourage players to drink some water.
- Static Stretching

Feeding the Circle

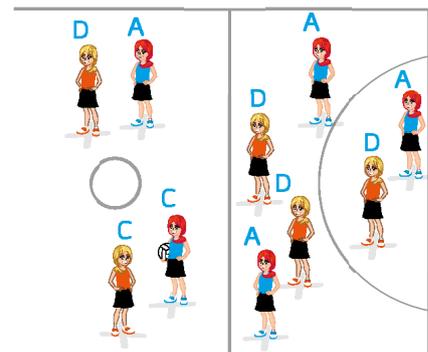
No. of players: 2 groups of equal size

Area: Half of the Netball court

Equipment: 1 ball, bibs

Aim: To identify where the best feeding options are and develop the ability to read off each other to ensure court balance and good passing options in and around the goal circle.

- Divide the team into two groups, including a shooter and feeder in each group.
- One group is initially on attack and the other is on defence.
- Each group has five turns with the ball on attack starting anywhere in the centre third.
- The attacking team passes the ball towards the goal circle and can shoot when in a good shooting position.
- 1 point is scored for every successful goal.
- When a turnover occurs, the ball is returned to the centre third for restart.
- Once the first group has had its five attempts, swap roles.
- Once all players are familiar with the activity, adapt it: can feed the circle only from the circle edge; can feed the shooters from anywhere in the goal third; must pass four passes before a shot can be attempted.
- Finish this section with players returning to their playing positions.



Week 5: Defence

Objective

To develop awareness of the phases of defence and focus on contesting the ball [1st phase].

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

Equipment

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

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–31]

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 the 1st phase and retreating 1 metre in the 2nd phase.

Defence – one on one

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."



Outside Arm

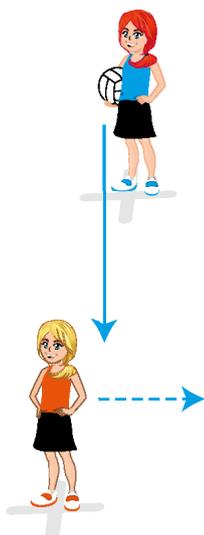
No. of players: In pairs

Area: Within one-third of the Netball court

Equipment: 1 ball

Aim: To practise using your outside arm to come around the attacker to tip the ball, to avoid umpire involvement.

- One player of each pair is the worker and the other is the passer.
- The worker runs to the right and the passer throws a ball at chest height in front on the worker.
- The worker uses their left hand to tip the ball, picks it up and returns the ball to the passer before running to the left, tipping ball with their right hand and pulling the ball in.
- Swap roles.



Cross the Line

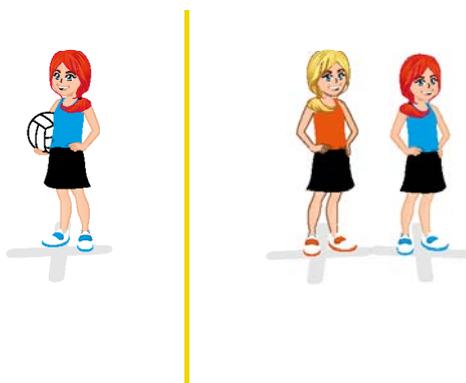
No. of players: Groups of 3

Area: Within one-third of the Netball court

Equipment: 1 ball between 3 players, line

Aim: To defend the attacking player, stopping them crossing the line to receive the ball on the other side.

- In groups of three, each with a ball.
- One defender [orange] with a bib on.
- The passer faces away from the attacker and defender, tosses the ball over their head, turning in the air and catching it, landing in an SBP to signal to the players to prepare.
- The attacking player will receive 1 point if they catch the ball on the other side of the line.
- The defending player is trying to keep the attacker on the same side of the line and also contests the pass.
- The defender wins 1 point if the attacker receives the ball on the same side or if they take an intercept/tip the ball away with their outside arm.



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 positions.
- Own GA and WA are very important because they prevent easy passes to GD and WD while also filling the forward space.

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

One-on-one Defence at the Centre Pass

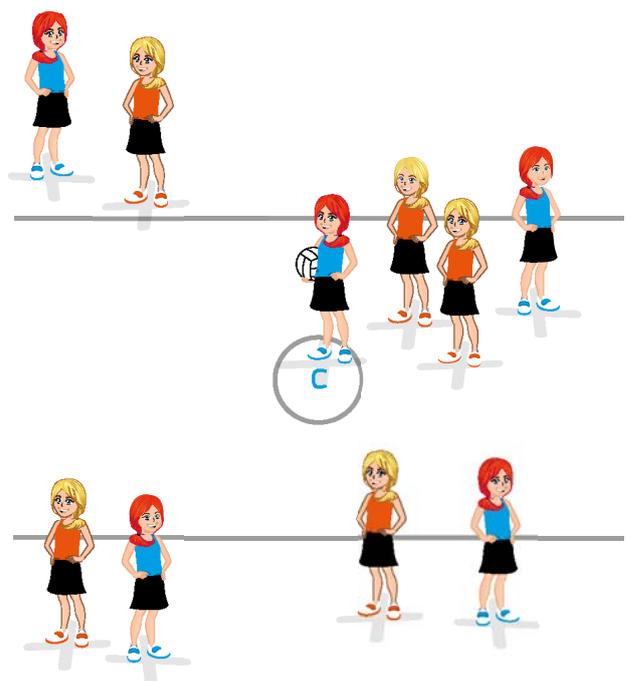
No. of players: Whole group

Area: A Netball court

Equipment: 1 ball, bibs

Aim: To practise 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 a turnover.
- Swap positions regularly.
- Now allow the defensive C to defend on the transverse line.



Week 6: Defence

Objective

To provide players with the opportunity to practise intercepting, reading the cues and developing the necessary timing required to take the intercept.

To develop the ability to intercept the pass, landing in an SBP to deliver a successful pass.

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

Equipment

- 1 ball between 3 players
- Cones/Spots
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–31]

Skill Development: Intercepting and SBP landing

Intercepting and SBP landing

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
- ✓ Make a quick recovery if attempt unsuccessful

Skills Errors

- ✗ Misreading the cues
- ✗ Moving too early
- ✗ Body angle too flat
- ✗ Head down
- ✗ Shut eyes as player comes close to the ball
- ✗ Lunge/Take a big step
- ✗ Inability to land with balance
- ✗ 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 'em

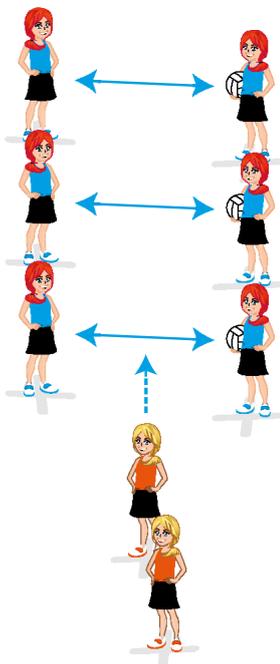
No. of players: Whole group

Area: Within one-third of the Netball court

Equipment: 3 or 4 balls

Aim: To read the timing of release and run through the line of the passers without being hit.

- Six players stand 3 metres apart and pass continually.
- The remaining players line up and, one at a time, they attempt to run through the middle of the passers, using a change of pace to avoid being hit by the ball.



Square Pass Intercept

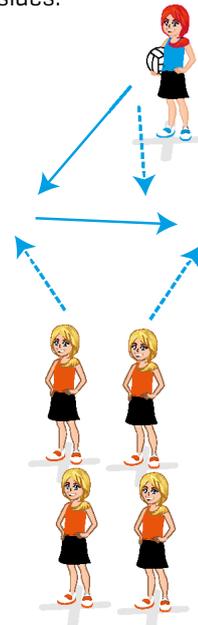
No. of players: Groups of 5

Area: Within one-third of the Netball court

Equipment: 1 ball

Aim: To read the timing of release and intercept the square pass.

- The player with the ball becomes the interceptor after the first pass.
- The passer passes to either of the orange players.
- The orange player who receives the ball quickly passes a square pass to the other orange player.
- The initial passer (blue player) looks to intercept this square pass, landing in an SBP.
- The player who received the first pass now becomes the player at the top with the ball and the other two players return to the back of the line.
- Ensure players work both sides.



Tactical Development - Through Court - Defence

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' as this forces the opponents to use a longer diagonal pass and increases the risk of error.

Cool-down

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

Diagonal Passes

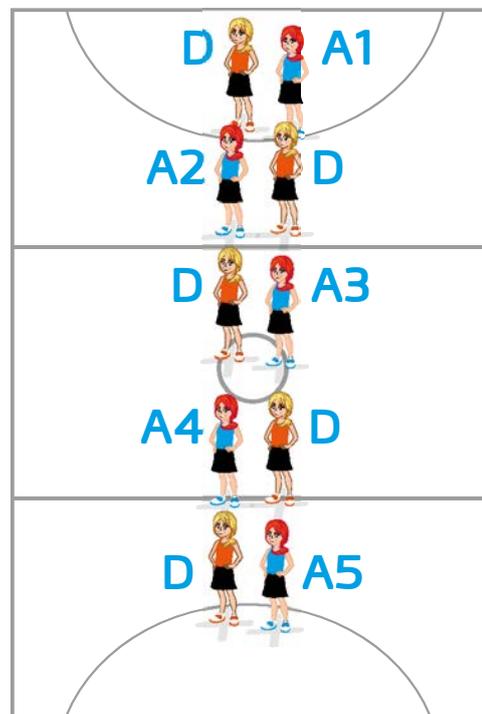
No. of players: 2 teams of equal size

Area: A Netball court

Equipment: 1 ball, bibs

Aim: To defend and 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 7: Specialist Skills

Objective

To provide the players with the opportunity to practise specialist skills – shooting technique, and defence of the shot.

To introduce the use of triangles when feeding the shooters.



Equipment

- 1 ball between 3 players
- Cones/Spots
- Bibs

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–31]

Skill Development: Shooting Technique Defence of the Shot – Lean Rebounding

Shooting Technique

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 hand/wrist

Skills Errors

- × One foot in front of the other

- × Feet too close together
- × Ball held and released from chest height
- × 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 needed

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?”

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 in an SBP
- ✓ 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."*



Defend

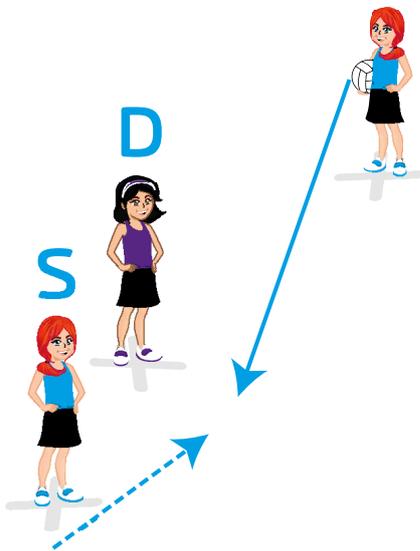
No. of players: Groups of 3

Area: In and around the goal circle

Equipment: 1 ball between 3 players

Aim: To allow the defenders time to practise moving through the transition from shot to 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, lands in an SBP.
- The defence player retreats by 1 metre and defends the shot, then screens the shooter away in a good squat to take the rebound.



Circle Permit

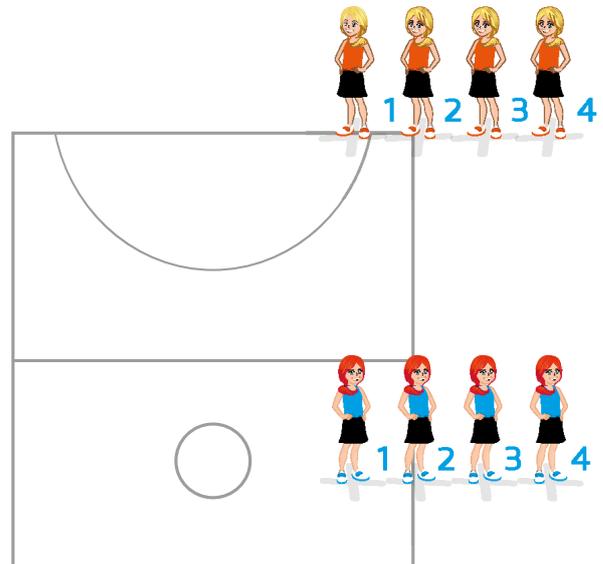
No. of players: 2 groups of equal size, members of each group numbered

Area: Netball Court

Equipment: 1 ball, bibs

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 - Circle Communication

Circle Communication – Attack

The following game principles will assist players in and around and goal circle:

- Drive hard onto the circle edge.
- Reposition off and back onto the circle edge to provide a better feeding option.
- Turn fully and look to the goalpost.
- Use strong definite movements so players can read off each other.
- Use triangles to create better feeding options and avoid having to lift the pass.
- Give clear indications of where you want to receive the pass, i.e. body angles and verbal communication.
- Prepare early to provide a straight-line option.

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

Triangles

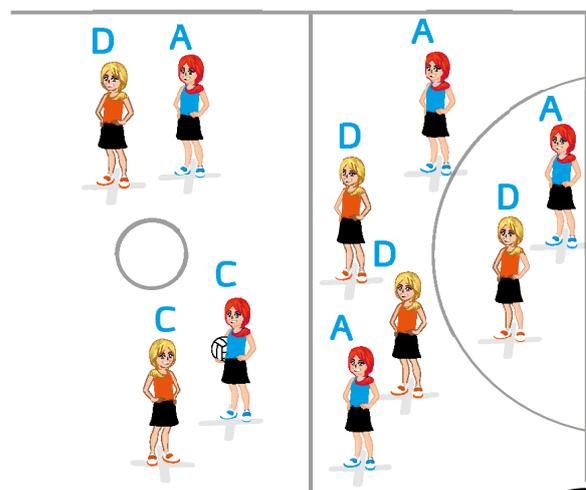
No. of players: Whole group

Area: Half of the Netball court

Equipment: 1 ball, spots/chalk, bibs

Aim: To allow the feeders (C and WA) the opportunity to practise moving on and off the circle edge to provide the best feeding and passing options for the shooters.

- The attacking team starts with the ball in the centre third.
- The ball is passed towards the goal circle.
- The feeders look to position themselves so that they have a shooter directly in front of them to pass the ball to.
- If a feeder doesn't have a shooter in front of them to feed, they need to reset by coming off the circle edge, moving around their defender and then moving back onto the circle edge.
- Identify opportunities where a triangle would be the best option and discuss this with the players.
- Set challenges for the attacking team, e.g. allowed only six passes before a shot must go up, or, team scores a bonus point if it uses a triangle and can get a shot up within four passes.



Week 8: Ball Skills

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 12-31]

Skill Development: Passing to Space and Landing

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 and players land with control in an SBP.

Passing to Space and Landing

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."



Crossover

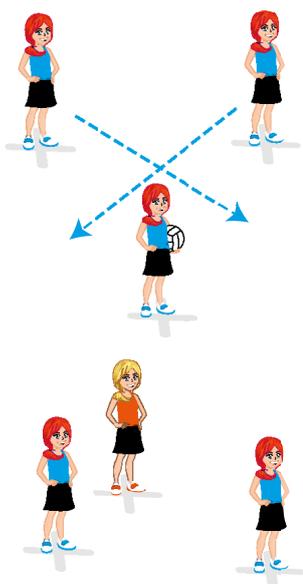
No. of players: 8–10 players

Area: One-third of the Netball court

Equipment: Bibs and 1 ball

Aim: To pass accurately into the space in front of the moving player, and moving player lands in an SBP.

- One player puts on a bib and is the defender.
- The other players set up as indicated in the diagram.
- The player with the ball faces forward and the two attacking players from behind run forward, crossing over.
- The passer decides which attacking player to pass to and passes the ball into their space.
- The defender marks the two receiving options.
- The attacking player with the ball must pass quickly to the best receiving option.
- Swap roles frequently



Skittles

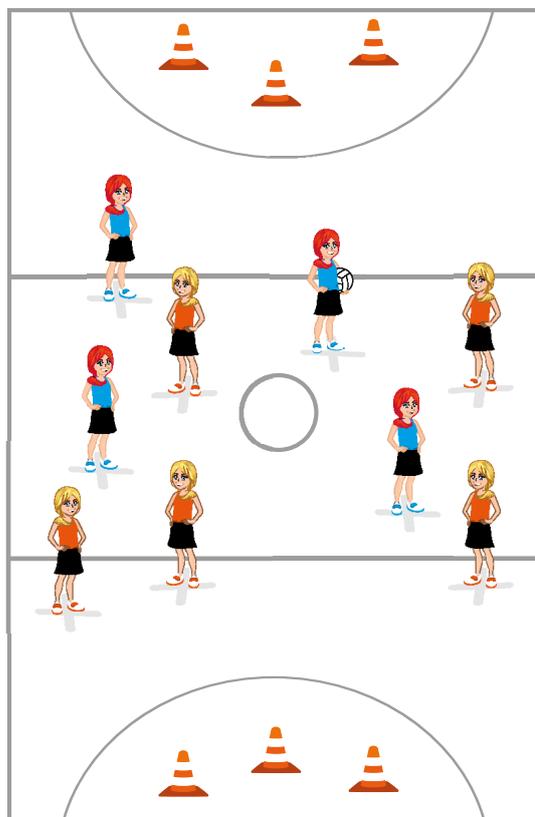
No. of players: 2 teams of equal size

Area: A Netball court

Equipment: 1 ball, 3 cones or skittles

Aim: To develop passing to space with decision-making under pressure.

- Two teams of equal size.
- Each team is allocated a goal circle to set up their skittles.
- Paper, Scissors, Rock used to decide which team starts with the ball.
- Players pass the ball towards their opposition's goal circle and attempt to throw the ball at one of the skittles.
- 1 point for every skittle knocked down.
- Other team restarts the game after each shot with a back-line throw-in.



Tactical Development - Attack from Throw-ins

Through Court - Attack from Throw-ins

- All movements need to be definite, sharp and quick, and 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.
- Avoid being level [side by side] or directly in front of 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

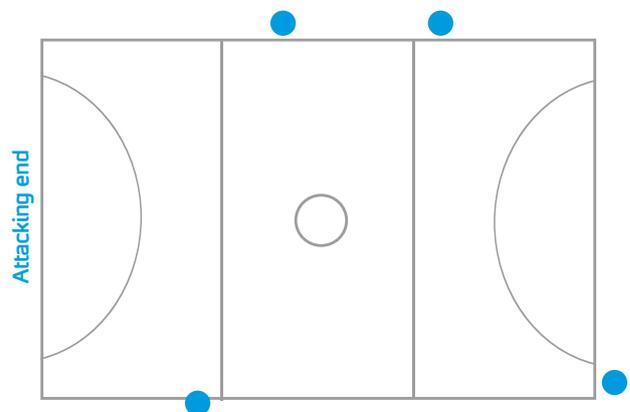
No. of players: 2 groups of equal size

Area: A Netball court

Equipment: 2 balls, bibs, spots

Aim: To allow the players the opportunity to create strategies 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: Attack

Objective

To develop the ability for players to front cut the opposition and put themselves in better attacking positions.

To develop the shooters ability to move and open up the goal circle.

Equipment

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

Warm-up

NetballSmart Dynamic Warm-up [refer to pages 12–31]

Skill Development: Front Cut

Front Cut

Coaching Points

- ✓ Ensure a stable body position [SBP] throughout
- ✓ Use of arms to drive hard
- ✓ Head up, looking for space
- ✓ Quick take-off, fast feet – feet shoulder-width apart
- ✓ Fast change of direction – push off strongly on outside leg

Skills Errors

- ✗ Contacting
- ✗ Propping too far away from cone/defender
- ✗ Taking several steps on the spot
- ✗ Not in an SBP; therefore change of direction takes longer
- ✗ Shoulder dropping
- ✗ Head/eyes down



Prompts that may assist skill development

- “Pass right, front cut to the right.”
- ‘Front door’ or ‘Back door’
- “If you run behind your player, you are running through the ‘back door’ so, if you front cut, you are taking the ‘front door’.”

Double Cut

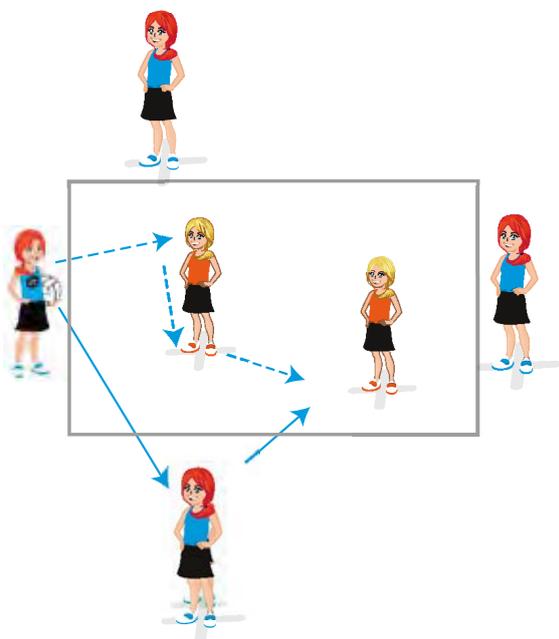
No. of players: Groups of 6

Area: Within one-third of the Netball court

Equipment: Bibs and 1 ball

Aim: Ideally, to use two front cuts when moving the ball from one end to the other.

- Two players are the defenders and wear bibs.
- The worker must pass to all other attacking players and the ball must finish with the attacker at the opposite end of the area.
- The worker ideally wants to be able to front cut both defenders.



Back over Half

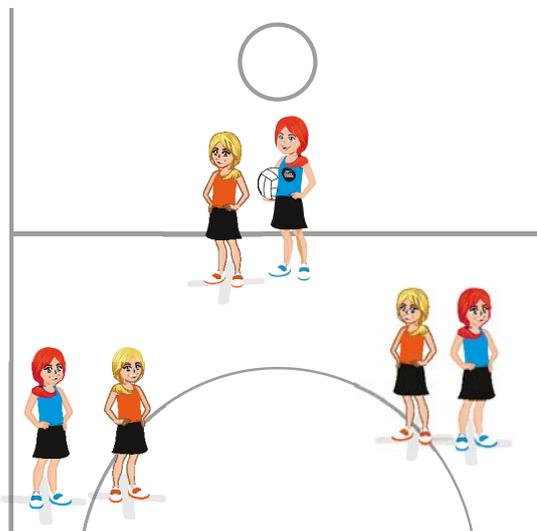
No. of players: 2 teams of equal size

Area: Two-thirds of the Netball court

Equipment: 1 ball, 1 bibs

Aim: To be the team that scores most points, from successful shots, using front cuts when possible to provide easier passing options.

- Divide group into two teams.
- Only two attacking players and two defending players 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 and players should look to front cut to increase their availability for the ball.
- 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 - Circle Communication

Circle Communication - Attack

The following game principles will assist players in and around the goal circle:

- Turn fully and look to the goalpost.
- Use strong, definite movements so players can read off each other.
- Ensure the circle is balanced – left and right, front and back.
- The shooter at the front/closest to the ball is the initiator and the other shooter moves in relation to the front shooter to balance the circle, providing another passing option.
- Use triangles to create better feeding options and avoid having to lift the pass.
- Give clear indications of where you want to receive the pass, i.e. body angles and verbal communication.
- Prepare early to provide a straight-line option.

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

Drive and Cut

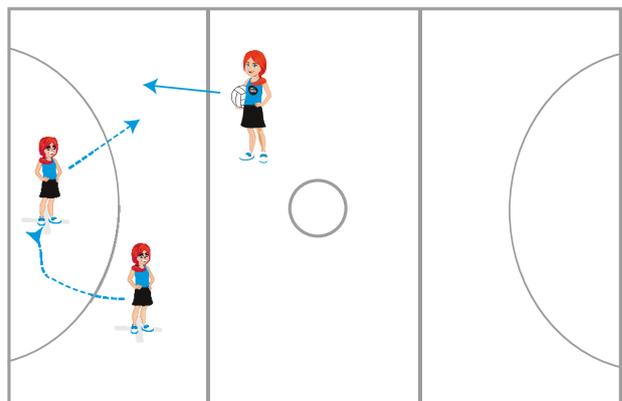
No. of players: Group of 3

Area: Goal-third of the Netball court

Equipment: 1 ball per group

Aim: To develop the concepts of decisive movements, reading off the other shooter/player and balancing the circle.

- The shooter inside the circle runs towards the circle edge to receive the pass.
- The other shooter runs into the goal circle and cuts along the base line to receive the pass from the other shooter.
- Mix up starting positions and the initiating player.
- Add defenders.



Defence of Shot – Lean

Coaching Points

- ✓ Defend the pass into the shooter
- ✓ Quickly retreat 0.9 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 3 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

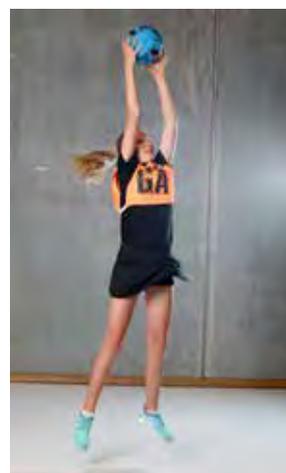
- ✓ In preparation for jumping to retrieve missed shot, bend hips, knees and ankles
- ✓ Drive arms up to take ball at full stretch
- ✓ Land with feet shoulder-width apart to provide a steady base. Land in an SBP.
- ✓ Turn and face up court
- ✓ Look for a quick and effective outlet pass

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

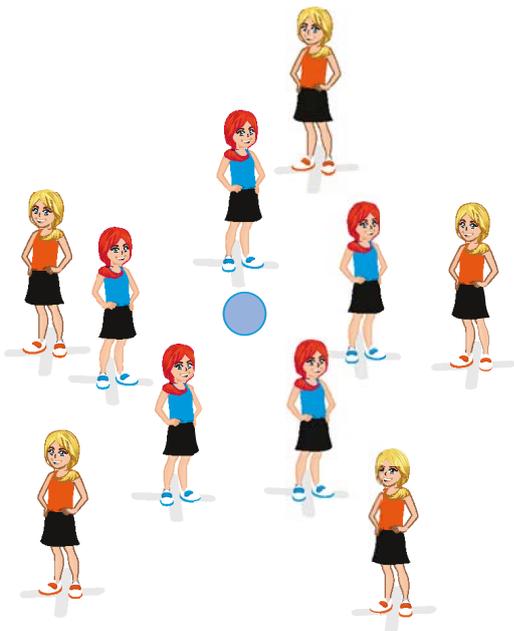
No. of players: Whole group

Area: Within one-third of the Netball court

Equipment: 1 ball

Aim: To practise screening out the opposition, 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.



Blob

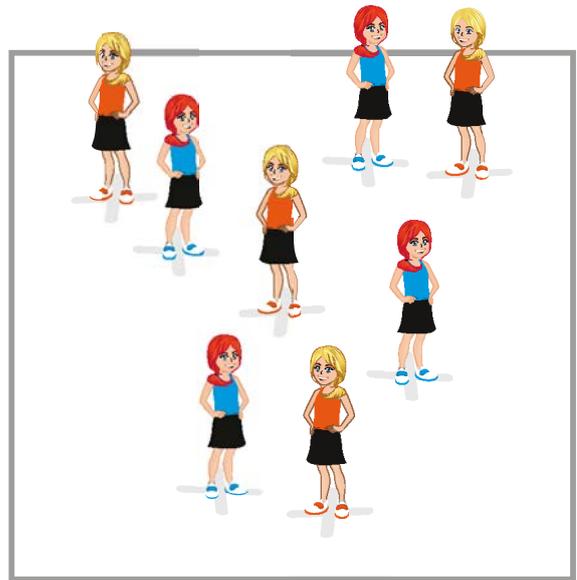
No. of players: 2 groups of equal size

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.



Tactical Development - Circle Defence

Circle Defence

The following game principles will assist the defence players in and around and goal circle:

- Work together to cover as much space in the circle as possible and reduce the feeding options into the circle.
- Inside and outside circle, defence players need to work together to make feeding options more difficult.
- Move continuously to defend on the ball side to create a longer and/or angled pass.
- Cover the front of the player to force the ball to be lifted.
- Keep heads up and look for intercepting opportunities outside the circle all the time.
- Keep the feeders off the circle edge.
- Work on developing skills to avoid umpire involvement, e.g. for contact and obstruction, by delivering the use of the outside arm, taking the ball in flight...

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 lines. 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

DADA

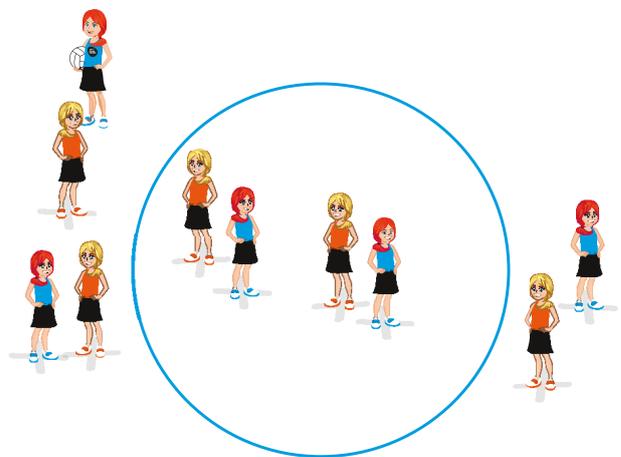
No. of players: Whole group

Area: Within one-third of the Netball court

Equipment: 1 ball, chalk or spots

Aim: To apply pressure to the attacking team by moving around the front shooter to promote a lifted pass, which could be intercepted by the other defender.

- Mark out a circle.
- Two players from each team inside the circle and two or more outside.
- The ball starts with the attacking team, outside the circle.
- The attacking team must pass the ball twice before it is allowed to be passed into the circle.
- The defenders move continuously to maintain the DADA [Defender, Attack, Defender, Attack] set-up.
- The defenders aim to cause errors and, ideally, turn over the ball.
- 1 point for every error/turnover caused and minus 1 point for every successful pass into the circle.
- Swap defenders regularly.
- Move to the goal circle.





Glossary

Channels	The court can be divided into three lengthwise strips – each strip is a channel which the ball can be taken down or players can move through.
Change of direction	Moving in one direction, pushing off strongly to move quickly in another direction. Also see 'prop'.
Change of pace	Varying the speed of movement to lose an opponent, e.g. sprint, slow and accelerate rapidly to receive a pass.
Closed marking	When a player defends one on one by being angled towards the opponent – facing the opponent more than the ball while maintaining vision of both.
Cutting	The fast running movements made by an attacker to receive the ball that cuts off the defender's opportunity to intercept or stop this pass.
Feeding the circle	A pass made by an attacker into the circle to a shooter.
Grids	Squares, marked by cones or dots, in which players perform a skill[s]/drill.
Hidden hand	When one hand of the defender is kept by the side and hidden from the view of the passer to give a false sense of free space through which to pass.
Late arm	When a defender puts pressure on the pass or shot with a lean, using one arm extended, and then brings the other arm up and over the ball after 1–2 seconds, to vary the angle of pressure on the ball.
One on one (man to man)	When a player defends their opponent one on one by staying close to make it difficult for them to receive the ball. This can be referred to as the 1st phase of defence.
New Zealand Coach Approach	This is a style of coaching promoted by Sport New Zealand. It encourages a player-centred coaching approach that raises self-awareness and encourages players to solve problems themselves rather than being told. The use of questioning and TGfU is common practice.
Open marking	When a player defends one on one by being angled away from their opponent – facing the ball more than the opponent while maintaining vision of both.

Outside arm	When defending one on one, the arm a defender uses to deflect/tip the ball that is furthestmost from the opponent in order to avoid contact.
Outside foot	The foot away from the direction in which the player is planning to move or the foot furthestmost from the opponent.
Pre-movements	The movements made by an attacker to lose the defence before they receive the ball.
Pressure on the ball	When a player has received the ball, the defender positions at 0.9m or more from the first grounded foot of the opponent. Their arms will be up to cover the ball in order to make the next pass more difficult or to gain a tip or intercept. This can be referred to as the 2nd phase of defence.
Prop	The movement used by the feet to push off – strongly in order to change direction.
Restrictive marking	Preventing an opponent from ‘cutting’ or moving to receive a pass. The defender angles their body in such a way as to prevent the opponent from moving in the direction they wish to move. This can be referred to as the 3rd phase of defence.
SBP	Stable Body Position = feet shoulder-width apart, knees relaxed and slightly bent, back straight, head up [for vision] and arms relaxed and held close to the body ready to move.
Screening out	This is the movement by circle defenders [or shooters] to prevent their opponents from gaining the rebound ball after an unsuccessful shot at goal; also, it is used to gain the most advantageous position for themselves or their team-mate.
Shuffle	A movement a player can use to restrict their opponent’s space. This is achieved by moving on the balls of the feet sideways, around, in front of or behind the opponent, keeping knees bent and low to the ground.
Taking feet to the ball	Using small, quick steps with body weight evenly balanced over the feet to get to the ball without lunging and risking stepping, becoming off-balanced or losing control of the ball.
TGFU	Teaching Games for Understanding/Game Sense, where the learning occurs in a game or game like activity.
Transition	The time taken when changing from defence to attack and vice versa. It can also mean when moving from one phase of defence to the next. Once players have mastered the skills of each phase in isolation, they should be encouraged to move continuously and quickly from one phase to the next.

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