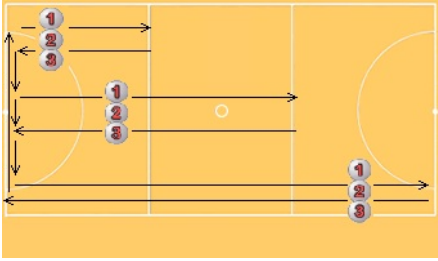


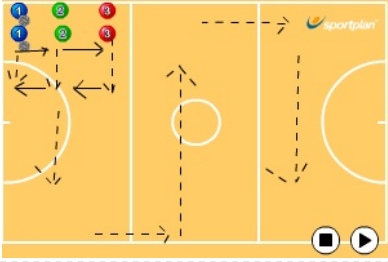
Title: **Attacking Set Plays**

Date: 30/11/2010	Venue: Netball Court	Duration: 1 Hour	No of Players:	Ability / Level:	Equipment: Balls and Bibs
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<p>Session Goals: Coaches vary in their opinion of "set plays". Some like to teach particular passages of play whilst others prefer their players to react to each other and the action of their opposition. I teach "set plays" as my teams have enjoyed success with them. <i>However</i>, I call set plays my "plan A" and should the sequence of play not be successful or be disrupted by the opposition then we react to the situation.</p>	<p>Personal Coaching Goals: At beginner and intermediate level, and definitely with younger players, I would teach set play principles so that they have a set model from which they can deviate depending on the circumstances of the game.</p>
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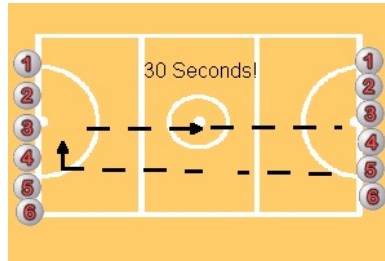
Time	Task / Activity / Session Content	Coaching Points
Warm Up		

<p>Running thirds</p> <p>Running in groups of 3 players must run to and from each third of the court.</p>		<p>Start with the shortest length and work your way up to the longest run. Players only need to jog as this just the warm up but must stay in line with the two other runners at all times.</p>
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<p>Pass up the thirds</p> <p>3 players in a group - run in line with each other across width of court whilst passing a ball.</p>		<p>Keep eyes forward and shoulders square whilst using peripheral vision to pass and catch ball as they run.</p>
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Quick running!

Divide players into 2 groups.
Each group position themselves across both goal lines.
On the coach's whistle group 1 have to run 4 lengths of the court in 30 seconds.
Group 2 must then do the same.
This is repeated until each group has run for 30 second stints 3 times.



With younger players change the time limit to 40 seconds for the two lengths of the court.
The recovery time for each group is when the other group is running.

Dynamic Stretch

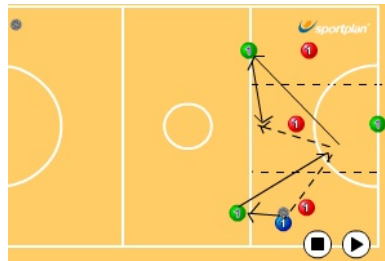
With one ball each player walks up the court for 1 width, lunging with each step, as they pass the ball under their leg as they lunge.
Face wall, lean on the wall and swing your leg parallel with wall.
Windmill arms and neck rotations.
Drink
Photo credit to Muffet (Liz West on Flickr)



Gauntlet Passing

Ball skills mini Gauntlet

3 Feeders, 3 defenders, 1 attacker, 1 ball. Attacker has to work her way through the defenders passing and receiving the ball from the feeders 6 times.
Defenders to mark in zones so as not to overload the attacker
Attackers should be demonstrating a variety of ways of getting free from the defenders i.e. roll, change of direction, dodge, feint dodge.

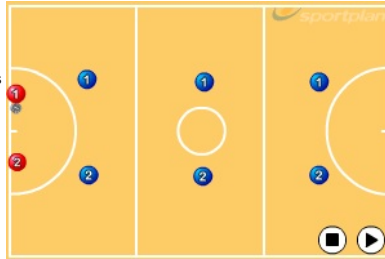


Progression:

Add another attacker so that both players have to work together.

Running the Gauntlet

To be played in groups of 8.
2 defenders stand in each section of the court.
2 attackers work their way down the court passing the ball between them. They must make a given number of passes in each third before progressing to the next third.
Defenders must stay within their own third.

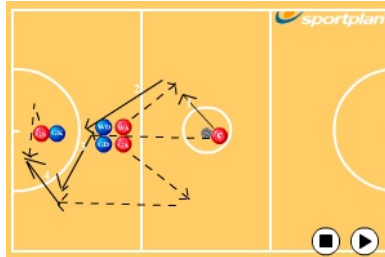


- Keep talking
 - Encourage defenders from the other areas to talk as well.
 - Rotate regularly
- Progression:**
You could put 3 defenders in each third.

Set Plays for the Attacking Centre Pass

1. Attacking Centre Pass

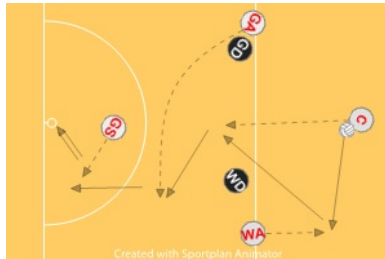
GA and WA start on the line squeezing their defenders into the middle.
This opens up space to run into
There must be two options therefore both players have to sprint off the line on the whistle.



Suggestion for player order could be
WA – C – GA – GS

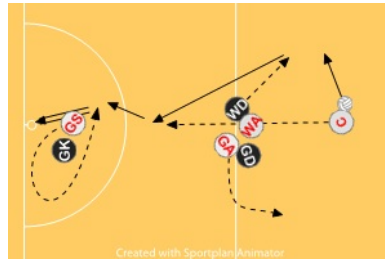
2. Attacking Centre Pass

WA starts wide drawing the WD with her. GA starts in the middle providing more space to drive into.
GA should receive the ball
WA then drives to the top of the circle to receive 2nd phase ball
C - GA – C – WA – GS



3. Attacking Centre Pass

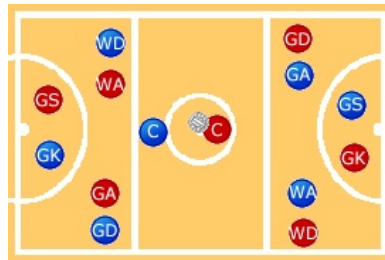
WA and GA line up in the middle slightly off-line behind each other
On the whistle both players split to receive the ball. WA drives one way, GA drives the other way to create a second option
C - WA - C - GS



Match Play

Game on!

During this match you should be looking for well-timed movement from players.
Communication between the Centre and their mid-court players.



The drilled centre passes should be implemented during match play.

What you're aiming for:

Here's a nice clip of Australia showing England how it's done with some pretty speedy passing and moving.



Other Comments:

"Sport strips away personality, letting the white bone of character shine through.
Sport gives players an opportunity to know and test themselves."
Rita Mae Brown

Evaluation:

