

# Passing, Catching and Game Awareness



## Purpose

A session to blow away the cobwebs, looking at passing, movement, positional play and responsibilities within the team.

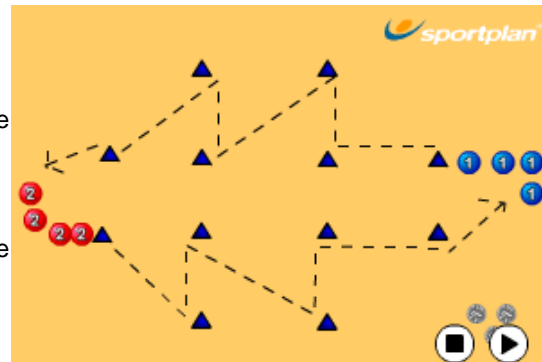
This is a great session for the teams to get ready for their first matches of the season or simply to reinvigorate your team mid-way through the season.

## Christmas tree warm-up

### DESCRIPTION

Players stand at opposite ends of the tree in two lines. One player from each line runs from one side to the other at a time.

Players must side-step on the horizontal parts of the tree and jog on the diagonal lines. When they reach the end they join the back of the other queue and the next person may start.



## Run and follow

### DESCRIPTION

Position 4 red players on the first 4 cones of the tree and 4 blue players in a queue at the base of the tree.

Like a pendulum, blue players from the queue run to the person in front of them and stop.

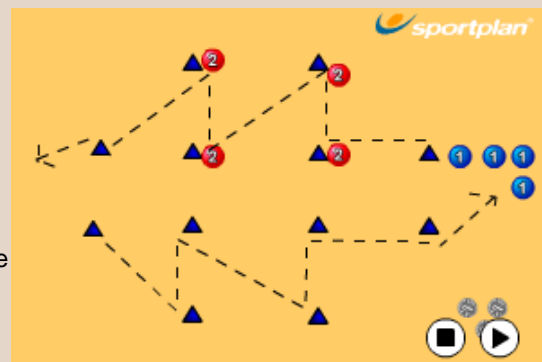
Like in a relay the person who was standing on the cone runs to the next cone and then stops as the person who was previously on the cone runs the next one.

Once the red players reach the top of the tree they then run all the way back to the start, sprinting along the diagonals and side-stepping along the horizontals.

Repeat this until the 4 first cones are now occupied by the queuing players and the players who were on the cones are now at the start.

### COACHING POINTS

This practice can be done with large groups of players .



### Pass and follow

**DESCRIPTION**

4 red players load the first four cones on the tree. Players with the ball start at one end of the court and pass the ball to the next player on the cone, after the player has received the ball they pass it on again and follow their pass and stand on the cone.

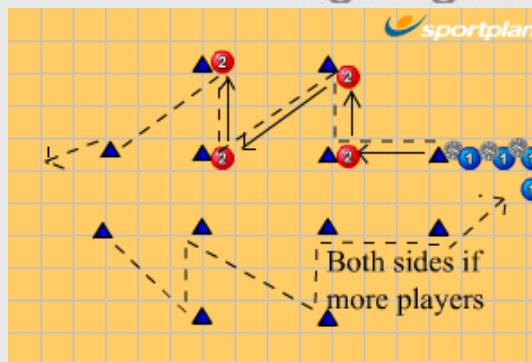
When the players reach the other end of the court they wait with their ball until all the balls are at this end and then the practice can start again but in reverse.

**COACHING POINTS**

This practice can be done with lots more players than shown in the animation. You can start the practice with a player on each cone without a ball.

Progression:

Move the ball using a variety of passes, including a chest pass, one-handed pass, bounce pass and the lob pass.



### Run vs pass game

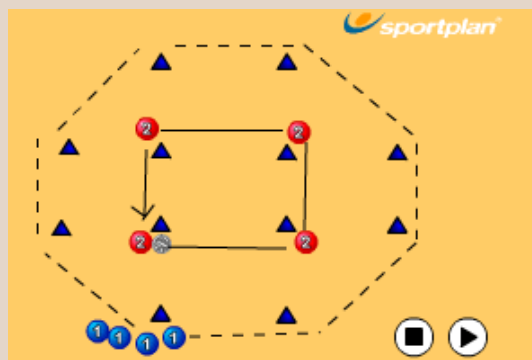
**DESCRIPTION**

Two equal teams

The team on the outside have to run a relay around the outside of all the cones (each player runs around once).

Meanwhile the players in the middle have to pass the ball around the smaller square and see how many times they can pass the ball around their square in the time it takes the other team to all round the outside.

Swap teams.



### Pass chase

**DESCRIPTION**

2 groups of 4 with one ball in each group standing in two interlocking squares.

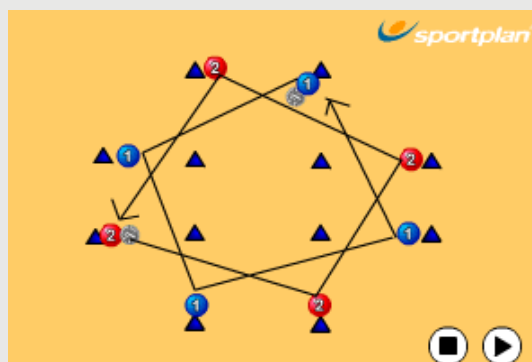
The idea of the practice is that the ball starts on opposite sides and both teams pass the ball in the same direction around their square.

The teams are competing to pass the ball around their team the quickest and overtake the ball from the other group.

**COACHING POINTS**

Keep changing the direction the ball has to be passed round after each race.

You can even shout mid-way through the game to make sure your players are concentrating.



### **Win the right to attack**

#### DESCRIPTION

Played on half a court

2 equal teams play a normal game with one net.

The team that passes the ball into the half is the attacking team.

So if the defending side intercepts the ball they need to pass the ball over the centre line and back into the half to become the new attacking team.

#### COACHING POINTS

If ball is dropped there is an automatic turnover.

- Each time there is a turnover the ball must go over the centre line of the netball court.
- Goals are scored as normal.

Only 1 person from each team is allowed to go inside the goal circle at any time.

No stepping with the ball.

