

Successfully feeding the shooting circle

Purpose

To make your players more successful at feeding the ball into the shooting players.

Too often you see the ball being thrown towards the circle from too far away which makes it easy to intercept. To avoid having your team's passes into the circle being intercepted players need to *cut in and out, find space and use a change of pace.*

Tag Warm-up

DESCRIPTION

Time: 15 minutes in one third of the court.

Netball Tag: The aim is to tag all of the opposition so that all their players are out.

Rules: Two teams of 7. The team who starts with the ball are the catchers.

If you are touched by the ball or step outside of the area you are out.

Normal netball rules apply so no running with the ball. The team with the ball are not

allowed to throw the ball at the opposition to get them out, they must be within touching distance. If the other team gain possession of the ball they then become the catchers.

COACHING POINTS

Variations: You can add more balls, limit/ increase the area or place a time limit on how long you can hold the ball for.

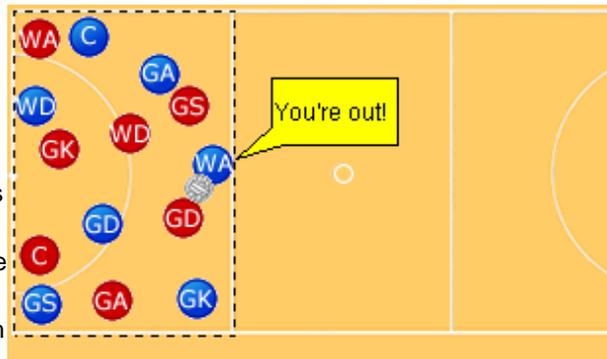
Dynamic Stretches:

Lunges with right elbow squeezing down to left knee and vice versa.

Toe raises. One foot forward, heel on the floor, toes pointing up - moving from right foot to left foot movement.

Both hands leaning on the wall with one leg swinging from side to side and then repeat with other leg.

Arms swinging opposite directions in windmill action.



Passing - Mix it up!

DESCRIPTION

In pairs, standing about 2 metres apart, players pass to one another using a variety of passes: Chest, shoulder, bounce pass, high pass (to extended arm but feet still in contact with floor).

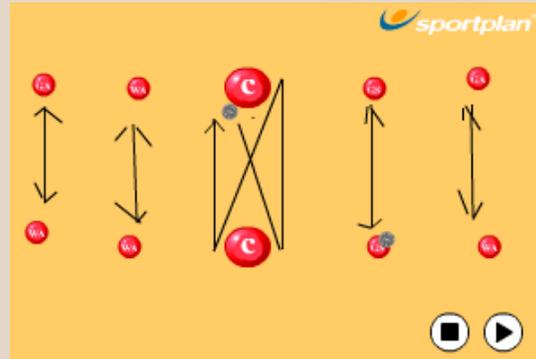
COACHING POINTS

Vary not only the type of pass but also the speed at which it is made.

Progression:

Players 1 throws the ball with their right hand to player 2 who catches with their left hand, before passing the ball across to their right hand to continue to circle.

Switch direction after 1 minute (left hand pass to right hand catch).



Receive from the left and pass straight

DESCRIPTION

Players set up two sets of lines which are facing one another.

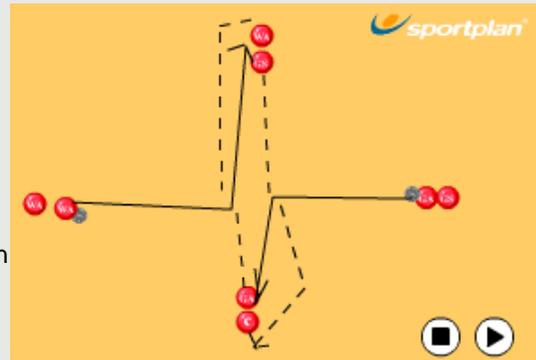
The two lines which start without the ball both sprint into the middle of the area to receive the pass from the left. After receiving the ball they then pass it straight over and follow their pass.

The front players in the two lines which don't have a ball now both drive into the middle to receive the pass from the left and then throw the ball straight over and follow their pass.

COACHING POINTS

The ball should be passed in front of the driving player so that their arms are outstretched to receive the ball.

Do not let players rush the pass, ensure all passes are completed successfully and that chest passes should be fast and flat.

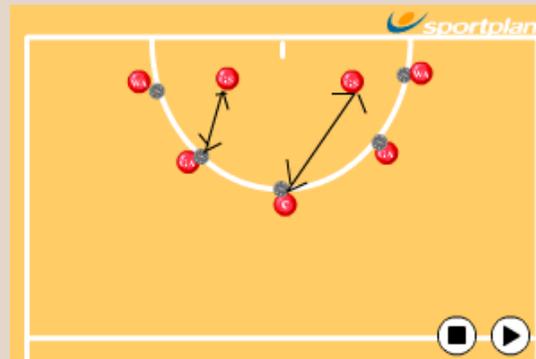


In and out - Pass and return

DESCRIPTION

Five attackers, each with a ball, are positioned on the edge of the circle with two other attackers inside the circle.

The two ball-less players have to move around inside the circle with sharp movements, calling for the ball from the feeders and passing the ball back to the feeder.



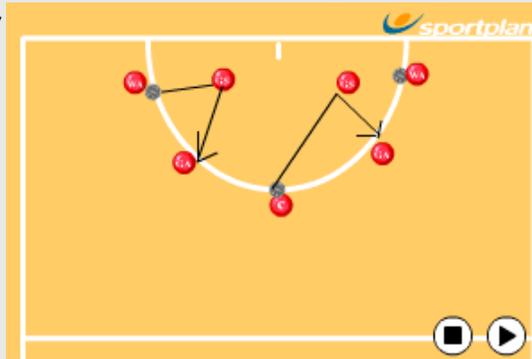
Receive and return to the free player

DESCRIPTION

There are five players on the outside of the circle, with three balls between them, and two players inside the circle.

The players inside the circle have to move around the circle quickly, calling for the ball.

When they receive the pass they need to pass to a player without a ball (not the same player who passed to them originally).



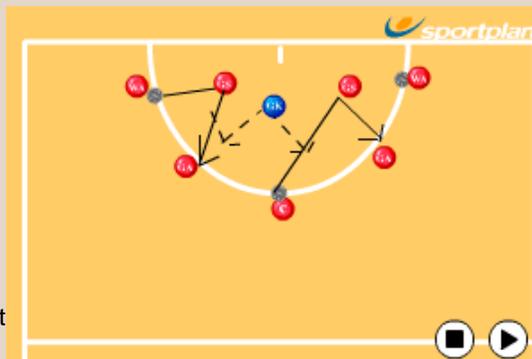
Receive and Return - Defender

DESCRIPTION

There are five players on the outside of the circle, with three balls between them, two attacking players and one defender inside the circle.

The players inside the circle have to move around the circle quickly, calling for the ball.

When they receive the pass they need to pass to a player outside the circle without a ball (not the same player who passed to them originally) without having the ball intercepted by the defender.



10 passes before shooting

DESCRIPTION

Position two shooters in the circle and three attackers further up the court with ball between them

The three attackers start at the transverse line and must make five passes before passing to shooters.

A further five passes must be made before a shot can be made. The attackers should be aiming to receive the ball on the edge of the circle when they come to pass to shooters.

COACHING POINTS

Players cannot simply one-two the ball between them, they should make a variety of different passes and moves before reaching the circle.

Progression: Introduce a defender in each zone to make it harder for the attacking players.



Game on! Balance the circle

DESCRIPTION

Full court game with normal rules.

The only difference in this game is that the GS and the GA need to balance circle at all times.

If the coach sees both players are in the same side of circle their team loses possession.

COACHING POINTS

Continue to look for mixed passing, using a variety of passes and quick movement to move the ball around the court.

