

# Change of Direction



## Purpose

The problem with the team is that the players tend to run in a banana shape and with no change of pace when trying to get rid of their markers and get free to receive the ball.

This session is designed to teach the players how to change direction by running at angles and accelerating after the change of direction to receive the ball.

The aim: In our next game our team will be more successful at passing the ball to each other without it being intercepted.

## Change direction warm up

### DESCRIPTION

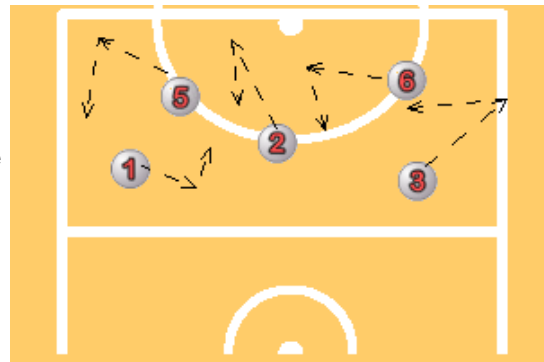
Players run around the area and have to make sudden changes of directions.

Could be done with loud music trying to do it to the beat.

### COACHING POINTS

Players should jog then push off on outside foot and sprint for 5 metres and start to jog again.

Repeat



## 4 corner cut back

### DESCRIPTION

The worker (player 2) drives from the centre to a cone and then back to the centre again to receive the ball from the feeder (player 1).

The worker then passes back to the feeder and repeats.

Each worker repeats this 10 times before changing over.

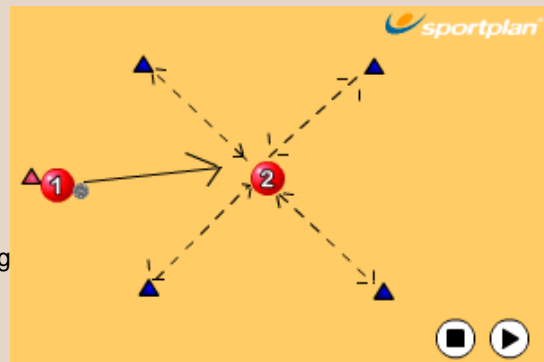
### COACHING POINTS

Players should make a sharp turn upon reaching the cone.

Player should push off using their outside foot.

Shoulders and face should be turned to the feeder at all time.

Feet and Hips will be turned in direction of movement.



### Receive the ball off cone

**DESCRIPTION**

Player 1 runs to the cone in the centre. On reaching it the player should make an explosive movement to either side of the cone (running in the direction of one of the outside cones).

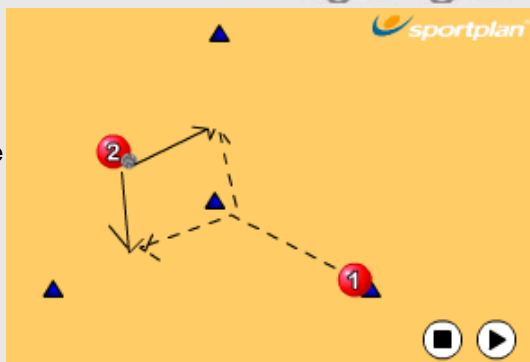
The feeder (player 2) then feeds the ball into player 1.

Players swap roles and repeat.

**COACHING POINTS**

It is important that the player makes a clear change of pace.

the player should receive the ball before reaching the cone.



### 4 corner drill

**DESCRIPTION**

Minimum of 8 players. 2 balls.

Balls are on diagonally opposite corners.

Player 1 and 3 run to their left towards the player that is going to feed the ball to them.

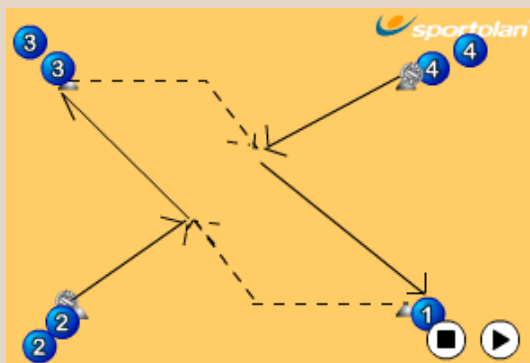
Before reaching the player who is going to feed them the ball the receiving player should make a sharp dash towards the centre to receive the ball, accelerating as they do so.

Once the ball is received the player passes it to the player diagonally across from where they started and follows their pass and joins the back of the queue.

The drill continues.

**COACHING POINTS**

Ensure that the movement inwards is sharp and direct, with a clear changing of pace.



### Pass and follow attack

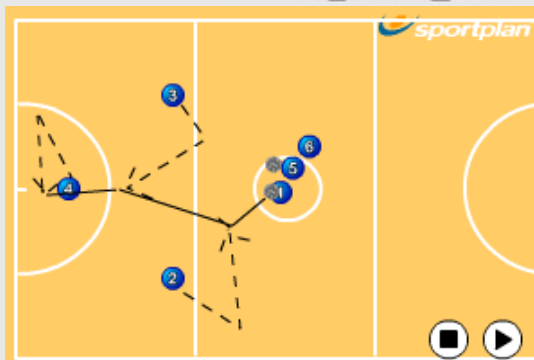
**DESCRIPTION**

Player 1 (centre ) passes the ball to Player 2 (GA) who has to make a move to cut free.

As player 2 receives the ball player 3 (WA) should also make a cut and run to receive the ball at the top of the circle.

Player 4 (GS) runs in and out to receive the ball under the basket and shoots to score from close.

Every player follows their own pass and becomes that position for the next ball. GS comes back to the centre and joins the back of the queue.



**COACHING POINTS**

Watch and make sure that players are making a cut and not simply running to where they know they are going to receive the ball.

### Time limit game

**DESCRIPTION**

2 teams play a normal game of netball. The only difference being that every player who receives the ball has to pass the ball within 2 seconds.

If they fail to do so that player must put the ball on the floor for the other team to collect before the game can continue.

**COACHING POINTS**

In order for the 2 second rule to work players must be prepared to create space to help their team mates.

