

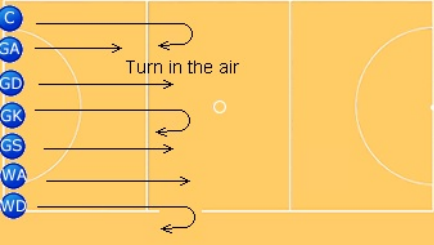
Title: **Faster netball - Use the mid-air turn to speed up your team**

Date: 16/11/2010	Venue: Netball court	Duration: 1 Hour	No of Players:	Ability / Level: Intermediate-Advanced	Equipment: Balls and Bibs
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<p>Session Goals: To speed up the catching and the follow up pass by catching the ball in mid-air. By turning and facing the direction of your next pass in one fluid movement you will be able to reduce the chances of your players being closed down by the opposition's defenders. Decision making processes and thinking one pass ahead: Players will need to be more aware of their team-mates positioning on the court than usual as they'll have to know where they want to pass the ball before they even touch the floor!</p>	<p>Personal Coaching Goals: Reduce the time it takes to receive and pass the ball on again and not only do you reduce the chances of your players being dispossessed, you'll also <u>speed up</u> your team's overall play!</p>
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Time	Task / Activity / Session Content	Coaching Points
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Warm Up

<p>Jog and Turn</p> <p>Description: Player jogging length of court . On the coaches whistle the players should jump and turn in the air and land to facing the opposite way to jog back down the court.</p>		<p>Coaching Points: Turn the whole body in one movement. Plant back foot and push of front foot i new direction.</p>
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<p>Dynamic stretch</p> <p>Description: All players on the back line. Stretch and move as directed by the captain or coach: High knees, Bum flicks, Cross overs, Sumo twist (feet wide apart, players drop into a squat position and then twist their upper torso so that their left elbow touches their right knee and vice versa before standing up and starting again).</p>		<p>Coaching Points: Stretches are deliberately held but only within a continuous and fluid movement. Pushing up through the toes, leg begins wide before pushing in to the medial area of the body.</p>	
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Skill development

Let's do the twist again

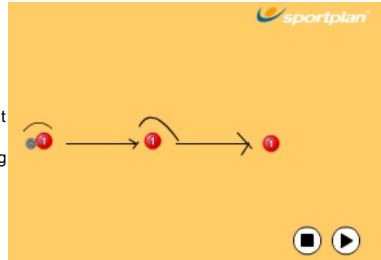
Description:

Working in threes with 1 ball per group.

The 1st player has their back to the others throws the ball up and over their head, turns and catches the ball before then passing to the centre player.

The centre player receives, rotates and releases (3 Rs) to the next player.

The third player then receives the ball and rotates before restarting the drill from the other side.



Coaching Points:

Full body turn.

Make immediate eye contact with next player.

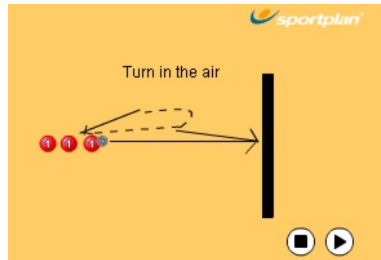
Rotate player roles regularly.

throw meet catch and turn to pass.

Description:

Players are working in threes with 1 ball per group, using the wall.

Standing 2 metres away from the wall the 1st player throws a strong pass against the wall (flat and fast), drives to the ball and meets it in the air -receiving rotating and releasing (3Rs) to the next player for them to do the same.



Coaching Points:

Flat and fast pass

Definite drive (don't dawdle)

Whole body turn in one movement.

Quick release to next player.

Catch, pivot and pass relay

Description:

4 players, stood in two lines working with 1 ball.

The starting player passes the ball to the player moving towards the ball from the opposite group.

The receiving player who catches the ball should land on 1 foot, then land on their 2nd foot and pivot onto their 1st landing foot to pass the ball back the player on the side where they started.

Exercise reverses in the other direction.



Coaching Points:

Landing foot = pivot foot

Drip feed defence

Description:

8 Players per group, working in one third of the court.
Start with 4 attackers in the third of the court and all attackers stood just outside.
The attackers must drive to receive 10 consecutive passes.
The coach drip feeds in defenders until all 8 players on court.



Coaching Points:

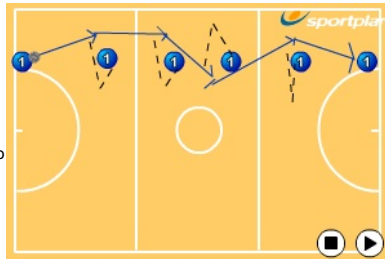
To begin with this drill should be easy for the attackers. However the coach can choose at any point to make this harder by allowing the defenders into the zone earlier and earlier until eventually the drill is a 4 vs 4.

Modified games

Passing down the axis of the court

Description:

position lines of players (or a team) down the court in a straight line, preferably in position order.
The GK faces the back wall away from the court, throws the ball up in the air, rotates, receives and releases the ball to the next player.
The next player up the line drives into space, with a sharp change of direction and also receives, rotates and then releases the ball to the next player up the line.
Get players to see how quickly they are able to move the ball.
To add an element of competition you can have two lines of players racing to move the ball up the court as quickly as possible.



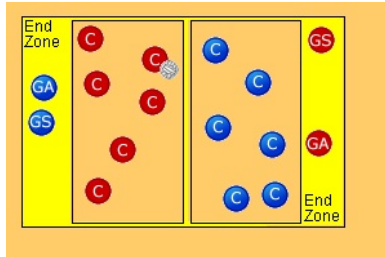
Coaching Points:

Whole body turn. Plant foot and push forward onto other foot to make pass in new direction.

End Zone Game

Description:

End zone ball, with 2 designated goalies/defenders.
There's no ring in game, instead players have to pass the ball to their Goal Attackers in the end zone without having the ball intercepted by the other team.



Coaching Points:

Netball rules apply (no contact)
Only the Goal Attackers are allowed in the end zone.
The winning team has the most catches by their goalie.

cool down

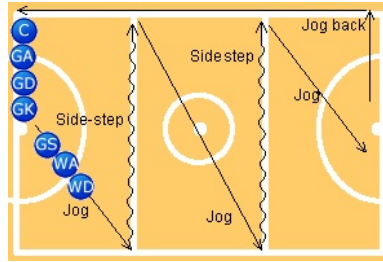
Gentle jog and step cool-down

Description:

Players line up on the transverse line, near the pole. When the coach says Go players should jog diagonally across court to the next transverse line. When they reach it they side-step across the line.

Upon reaching the end they then jog up diagonally to the next transverse line before then side-stepping along the next line. Players repeat this pattern and then finish by jogging around the net.

After this they jog around the court back to the start.



Coaching Points:

End with some gentle static stretches:

Calf/Hamstring/Quads/Triceps/Biceps

Fastnet:

Got a few minutes to spare? If so why not have a look at the final few minutes of 2009's Fastnet final, New Zealand v Jamaica.

Just like 20/20 cricket has brought new fans to cricket it is hoped that this new fast and frantic version of netball will soon be bringing more fans to netball.

Games consist of 4 six minute quarters, each with a three minute break in between and rolling substitutions.

Fastnet, a game coming to a court near you!



Other Comments:

"The breakfast of champions is not cereal, it's the opposition."

Nick Seitz

Evaluation:

