

# The three Rs of netball



## Purpose

This session is designed to make players anticipate rather than simply react to situations and move the ball up the court quicker by adopting the principle of the 3 Rs: Receive, Rotate and release.

## Triple warm up

### DESCRIPTION

Warm up 1:

Jogging up and down the court.

Run at 10% then follow the instructions every 30 seconds change pace depending on the coach's call, running between 10-100%.

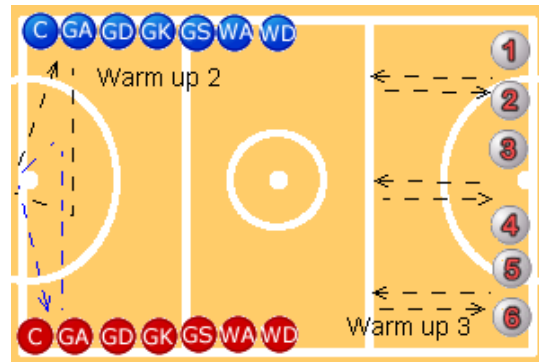
Warm up 2:

Next two lines of players facing each other on the side lines. They jog to each other in the centre of the court.

As they meet they pivot turning their shoulders away from each other and jog back to the sideline.

Warm up 3:

Line the players up along the back line of the court. Players jog backwards with quick feet (facing away from the court) and then sprint back again once they reach the first transverse line. Players then repeat but jog forwards back to the line this time.



## Wall Pass

### DESCRIPTION

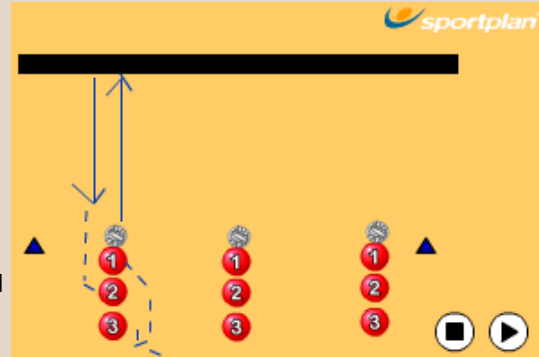
Players stand in a line 3 metres away from a wall with one ball per line.

Player 1 throws a powerful high pass against the wall, after throwing the ball they move aside and jog to the back of the line, all the time facing forwards.

The next player in line catches the ball and the drill continues.

### COACHING POINTS

Look for strong and straight passing and make sure players keep their shoulders forward from passing right until when they join the back of the line.



### Triple R - Receive, Rotate and Release

**DESCRIPTION**

Players stand in a line 3 metres away from a wall with one ball per line.

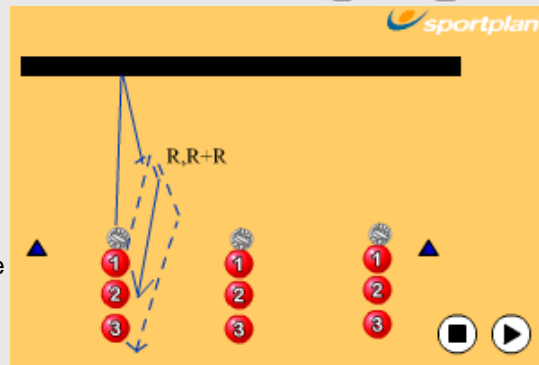
Player 1 throws a powerful high pass against the wall and catches the rebound.

As the player catches the ball they should **Receive** the ball, **Rotate** and **Release** the ball to the next player in one smooth movement.

After this the player moves to the back of the line and the drill continues.

**COACHING POINTS**

Look for strong and straight passing as well as fluid movement when players receive, rotate and release the ball.



### Work the Middle Player

**DESCRIPTION**

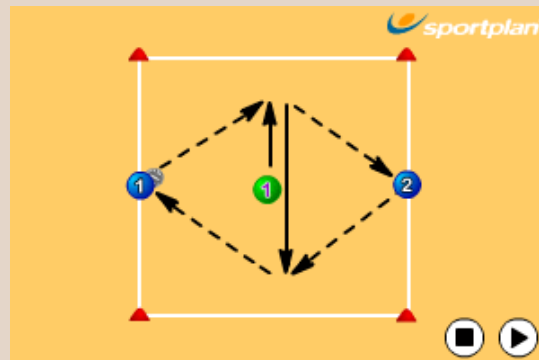
Blue Player 1 has the ball and passes it to the centre player who moves to their right to receive the ball, before receiving, rotating and passing the ball to Player 2.

Player 2 then passes the ball back to the centre player who has now run to the other side to receive the ball.

**COACHING POINTS**

Progress to turning in the air.

Change central player every couple of minutes, giving other player the chance to work on their running, receiving and passing.



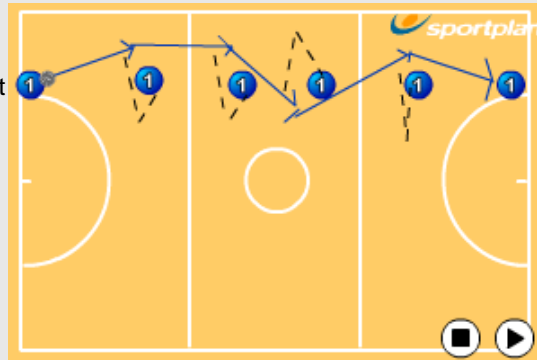
### Passing down the axis of the court

**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.



**COACHING POINTS**

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.

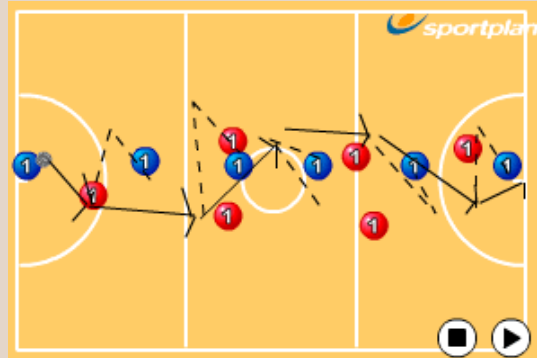
### Down the court with defenders.

**DESCRIPTION**

Position two lines of opposing players along the court in a straight line.

The GK faces the back wall, away from the court, throws the ball up in the air, rotates and releases to the next player. The next player must drive into space to receive the pass.

Place any number of static defenders dotted around the court (6/8/9 players) while performing the above drill.



Once the ball has reached the end of the court you can change the roles around and the static defenders now become the passing team and vice versa.

**COACHING POINTS**

Finish this practice by adding the following rule:

If the attacking player receives the ball near the static defender then the defender is allowed to actively defend the pass.

### Game on!

#### DESCRIPTION

Finish this session with a full court game. Players must attempt to Receive, Rotate and Release throughout the match.

#### COACHING POINTS

Cool-down by jogging up and down the court 4 times followed by static stretches.

