



NETBALL

Session:- Attack

Focus:- Maintain Possession by moving into a space

Key Principles:- Move to lose a defender off the ball
Look for a free space
Support team mates to create an option

Warm up:-

With Ball:- In twos (working for 1min each athlete)

- (a) Pass the ball to each other in half of a 1/3rd of the court;
- (b) Player without ball now has to do a prelim move before receiving ball (eg dodge, change of direction, clear out, change of pace);

Level Up:- Harder:- Add in a defender; **Easier:-** Take out the prelim movement;

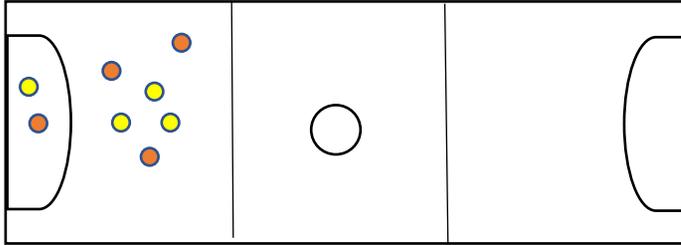
10 mins

Coaching Points:-

- Make sure athletes are bending knees on landing; trying to land 1, 2 and thinking about their pivoting foot;
- Get hips around before you send ball to the moving player;
- Focus on the quality of the pass, ensure it is sharp and out in front of the player so that they can be at full extension when receiving ball; (Ball Placement)
- Use entire space;
- Angled drives, try to avoid flat/sideways movements

GAME SENSE GAME – Extension of warm up

“SETS of SIX”



Working in 1/3 rd. of the court - 4 v 4 or a 5 v 5.

- **One group start with the ball and they are the attacking team, they have to try to get 6 passes in order to score a point. Once a point is scored they try to make another 6 passes to gain another point and so on until the minute is up.**
- **Meanwhile the defending team are trying to break down play and win ball (either by a turnover, interception, or force an error (throw ball off court, footwork etc). If the Defending team intercept, turnover ball or force an error the attacking team have to start counting again from “zero”. The ball is to be dropped wherever turnover happened and the attacking team have to pick**

The Attacking team play for 1 minute and see how many sets of 6 they can make and then it will be the Defending teams go.

Winning Team are the ones who achieve the most sets of 6 in 1 minute;

15 mins

LEVEL UP:-

Harder:- Once the team have got to 6 they then have to take the ball to goal where there is a shooter in the circle being marked by one defender;

Easier:- Drip feed in the defence after each set of 6 has been achieved;

Match Play:- Looking at skill development from the session putting it into match play;

Coaching Points:- Players to think about maintaining possession

BY:- Moving into Space; Lose the defender (Change of Pace or Change of Direction) with the use of sharp angles; Ball Placement; Use of correct pass;

CONDITION THE GAME

- If a team turnover ball and go to goal – gain an extra point; or
- Any team taking ball through court to shooters (maintaining possession) gain an extra point; or
- Attacking team can only go to goal when their coach shouts “GO” (this will make players work hard in order to keep possession); or
- Every time a team lose possession they are given a red card; team with the most red cards at the end of the game are the losing team;

25 mins

Cool Down, Evaluation and Questioning - Examples

Ask players:- What worked well?

Think about one work on for next session (e.g. movement or ball placement)

Ask individuals to look at their game play;

Look at the whole team :- where and when were we successful? where did play break down?

What did we like or dislike about the session?

What did we find difficult or easy?

10 mins

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