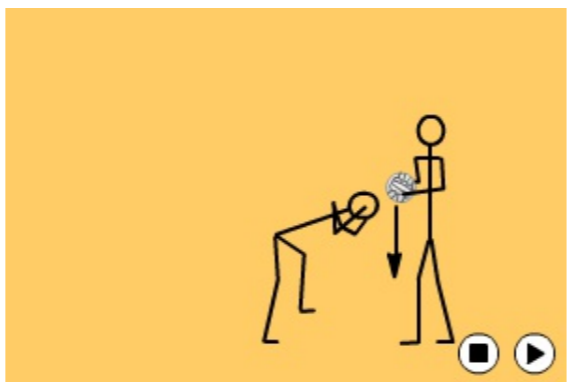



Title: Developing decisive, dominant players!

Date:	Venue: Netball Court	Duration: 1 hour 15 mins	No of Players: Minimum of 14 players	Ability / Level: Beginner - Intermediate	Equipment: Netballs, bibs, cones, whistle and spots.
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<p>Session Goals: This session looks at developing your players basic netball skills of reactions and ball awareness to beat the opposition to the ball and gain/maintain possession of the ball. Players will build upon their current ability and will put this in practice through competitive situations. Each practice has progressions to stretch and challenge your more able players and conditions to support your developing players.</p>	<p>Personal Coaching Goals: To effectively get your players reacting quickly to stimuli around them, demonstrating a change of pace and direction to loose their defender to increase their team's attempts on goal. To understand and demonstrate ball and spacial awareness through reacting to ever changing postions.</p>
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Warm Up

Time	Task / Activity / Session Content	Coaching Points
	<p>Anywheres!</p> <p>Split players into pairs with one ball. The worker stands, knees bent slightly and both hands on ears. The feeder holds the ball still in front of the worker's face and drops it - the worker has to catch it before it hits the floor. Feeder should vary the timings the keep the worker guessing! The feeder can also move round to the side of worker, but must keep their body facing forwards.</p>  <div style="background-color: #f4a460; padding: 5px; margin-top: 10px;">  Notes Anywheres is a good practice to use as a warm up especially before a match and gets players moving and focusing on their movement and reacting to the feeder. </div>	<p> Coaching Points</p> <p>Players need to be ready and prepared to catch the ball as soon as the ball is dropped from the feeder. The feeder needs to vary the height the ball is dropped from to vary the speed of the ball. Encourage players to get their head and eyes up quickly to locate the ball. When the progressions are added players need to react as quick as possible to retrieve the ball and only allow one bounce on a bounce pass. With the extension task, the feeder needs to make the worker work hard for at least 1 minute by pushing the ball to extend the workers run and getting them moving using fast footwork.</p>



Progression

For the LA:

- Start off standing up right so they can see the ball - allows them to get the idea of the practice and progress at their own pace



Progression

For the MA:

- Feeder should vary the timings the keep the worker guessing!
- The feeder can also move round to the side of worker, but must keep their body facing forwards.



Extension Task for MA:

The worker must move at speed to run at an angle, and then quickly spin outwards, away from the feeder, before cutting back in to receive the pass.

Work like this for 10 passes and then swap player roles.

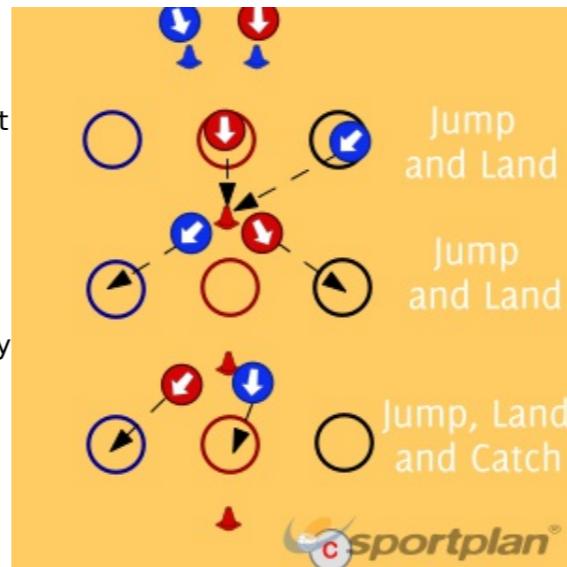
The feeder should use short, quick footsteps to change direction.

Also look for hands up and ready to receive the pass from the feeder.

Quick Decisions Leap Frog

Split your players into two groups and get them to pair up.

1. The first pair in the line set off and must first choose a hoop to jump and land into - it must not be the same as other player.
2. Both then run to the cone in the middle before then changing direction and choosing the next hoop. Where they jump and land again. They cannot go to the same hoop as the other player, nor can they go back to the same hoop as last time.
3. Repeat this one last time. Coach or feeder can send in ball at final hoop for a one-two pass.
4. Return to the line by jogging around the outside of the court.
5. Repeat five times, getting progressively faster or by using different footwork patterns and dynamic movements to move through the course.



Coaching Points

Encourage players to keep their head up at all times.

Players need to be communicating with their partner through words or signals.

Players need to make a quick decision to claim your space, otherwise reading off player ahead to claim your space.

Fast feet movement needs to be demonstrated throughout the warm up. This needs to be a sharp change of direction pushing off their outside foot.



Notes

Quick decision leap frog is an effective warm up which really gets your players thinking about space and reading off their team mates, whilst developing players reactions and spacial awareness.



Progression

For the LA:

- Get players to start slow, but build momentum.



Progression

For the MA:

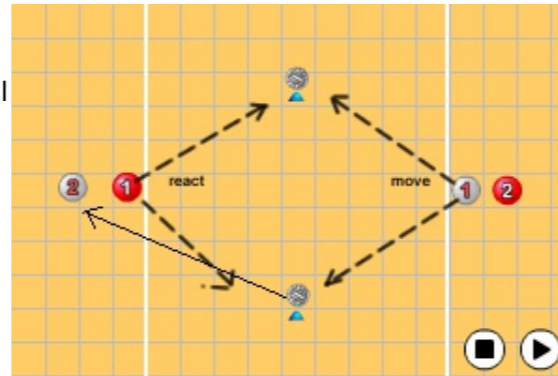
- With more experienced players and adults you should replace the hoops with agility ladders (harder as less space to land in).
- Players should also start more quickly one after another so that you may end up having to consider players overtaking you as well as your partner when making your direction/space decision!

Skill Development Practices

Reaction Race And Pass

White player 1 initiates a move towards either ball (on cone). Red player 1 responds and tries to get the ball before white 1. But whoever gets to the ball first throws to their team mate.

Defender must decide whether to go for the ball and defend the throw if unsuccessful, or drop back and mark the receiver.



Coaching Points

Players need to be ready and on their toes to react to the stimulus. Encourage players to use their peripheral vision when making a decision.



Progression

For the LA:

- Make the working area smaller - less distance to cover
- Gradually build up to fully active



Progression

For the MA:

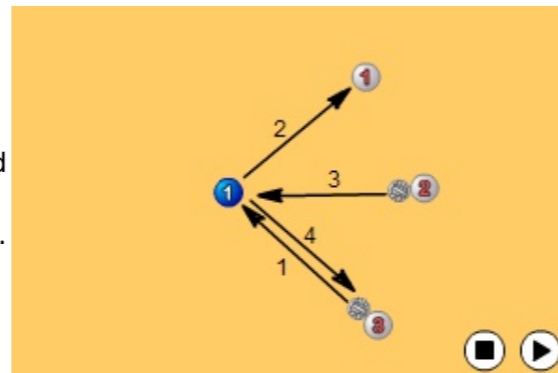
- Make the working area larger - increase the intensity of the practice
- Only allowed 2 seconds on the ball

Quick Reactions

Split players into groups of 4 with 2 balls. Set up as per diagram.

The player in the middle has to, on receipt of the ball, pass the ball onto a player that does not have a ball. This can not be to the player that just passed them the ball.

Worker works for 1 minute then players switch roles.



Coaching Points

Encourage the worker must keep an eye on the moving players as well as the ball. This is important during a game that players should not just focus on just the ball or just the player they need to use their peripheral vision.

Players need to aware of all feeders and the order/rules regarding the passes.



Notes

Now is a good time in the session to add in the ball as players can now start to relate how and why 'reactions' and 'spacial awareness' are so important in netball. Players get to experience quick, direct passing whilst reacting to one another to maintain possession of the ball and have limit forced errors.



Progression

For the LA:

- Decrease distance between worker and feeders - shorter pass
- Start off slow then build up speed



Progression

For the MA:

- Players 1 and 3 move wider around the worker.
- Build up the speed as the worker becomes more competent.
- Increase distance between feeder and worker to increase intensity
- Set a target of number of passes needed to be completed in the 1 minute - challenge!
- Add defenders in the middle of the practice to apply pressure on the ball - start off passive and build up to fully active

Reactivate Grids

Split players into groups of a minimum of 5 with one ball.

Using a third of the netball court set up as per diagram.

The player in the centre needs the ball.

Players in the corner, coned areas perform agility sprints to each of these cones i.e. GA starts in the centre of her 4 cones and will sprint forwards to the cone return to the centre then sideways to the next cone back to the centre then so forth.

All players in the corner, coned areas will be doing this all at the same time.

The C player with the ball can throw the ball to any of coned players performing agility sprints at anytime.

Players work for 1 minute then rest for 15-30 seconds then C players takes up a corner and switches.

Repeat circuit until all players have had two goes feeding the ball in.



Coaching Points

Players need to be watching the centre players and the ball at all times - ready to receive the ball at anytime.

Encourage workers to make decisive, dominant drives to each cone, using fast and effective footwork to turn at each cone. They need to have their head up, shoulders back and be on their toes at all times.

Feeder needs to time the pass they make and ensure the player is always looking before they throw the ball. Encourage communication throughout the whole practice as this will be vital in a game situation.



Notes

This practice is a great way to get your players reacting to various stimuli. You can add some many different conditions (use the MA progressions).



Progression

For the LA:

- Smaller coned areas - less distance/ground to cover, lower intensity
- Shorter distance between feeder and worker
- Start at a slow pace and build up to full speed when players are confident



Progression

For the MA:

- Larger coned areas to increase intensity as more ground to cover
- Add an extra feeder with a ball so players have to worry about another ball
- Increase distance between worker and feeder
- Add floating defenders to apply extra pressure on the ball
- Less rest time
- Increase work time
- On the coaches whistle, coned players/workers must rotate to another corner clockwise direction (must then react to another stimulus as well as the ball)

Numbers Game

Split players into teams of 7 ready for a full court game of netball.

Players are all given a number up to 7 on each team.

When the coach calls out a series of players' numbers they should run onto the court.

The players' whose numbers have just been called then play using normal netball rules until a goal is scored. However, positional rules do not apply all players can go anywhere.

Start the ball in the centre of the court - this way it's fair for both team and the fastest players will get possession of the ball to start with.



Coaching Points

Players need to be ready and prepared to run onto the court at anytime by reacting to the coaches call.

Players need to get to the centre as soon as possible in order to gain first possession of the ball before the opposition.

Coach can award extra points to the team who grabs the ball first at each centre.

Communication is key and needs to be encouraged in order to maintain or gain possession of the ball.



Progression

For the LA:

- Allow players to react and get on court then throw the ball in or do a toss up (another important situation for reactions)
- Play only using half the court - decreases the intensity of the game



Progression

For the MA:

- Add an extra ball - players then need to react to two balls not just one and cannot just focus on one thing they need to use their peripheral vision to maintain/gain possession of both balls
- Overload the opposition with a player/s

Modified Game

Two Balls, Two Games

Two way game of netball with 2 teams and 2 balls!
Each GK starts the game at their end with a throw-in from the back line.
Each team has to look after their ball and give their GS opportunity to score.
If their GS scores the ball goes back to the opposition's GK.
Stay close to opponent. Pressure the pass. Deny space to win turnover of the ball.



Notes

Two ball, two games follows on really nicely from the numbers game previous as players are hopefully already reacting to 2 balls and this will be built upon in this game to finish the session.

There are so many opportunities for players to demonstrate what they have developed in the session and react to different situations and show their understanding of spatial and ball awareness.



Coaching Points

Encourage players to try to win an interception so that they can keep possession of both balls.

Players should use their defending skills to stop the other team from scoring.

Players need to focus on the 2 balls and their opposition.

Other Comments:

Evaluation: