

Session 1

Theme: Passing, Catching & Footwork

Equipment Required:

- 4 x netballs
- 2 x hoops drawn with chalk
- 8 x cones or shape drawn with chalk

Warm Up Activities:

1. Scarecrow Tiggy (5 minutes)

- Work this whole session with just your own group of 9 or 8 in one third of the court.
- One person is 'it'. When they catch someone, they have to stand like a scarecrow.
- A scarecrow can be released by a person crawling between their legs.
- Limit the space used depending on numbers.

2. Stretching (5 minutes)

- Dynamic stretches. Select 3 or 4. Examples include;

Lunge Walks: Keeping stomach tucked in and back straight, players take a step forward, dropping the back knee towards the ground. Alternate legs.



High Knees: Keeping the trunk upright, players step forwards lifting alternate knees up.



Side Steps with Squat: Players begin by standing as straight as possible. They take a step sideways then bring their feet together. Keeping knees pointing straight forwards they bend their knees then straighten.



Leg Swings Forwards and Backwards: Players hold onto a solid object and balance on one leg. Keeping the body straight, they then swing the other leg forwards and backwards.



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Leg Swings Sideways: Players hold onto a solid object and balance on one foot. Keeping the body as straight as possible, they then swing the other leg from side to side.



Arm Circles: Standing tall and still, players circle arms backwards then forwards.



Upper Body Trunk Rotation: Keeping hips still players swing their arms across their body to shoulder height then back to their sides.



Skill Development:

Coaching Points for shoulder pass:

- Opposite foot forward to throwing arm
- Ball held with 2 hands initially, then in one hand with arm back behind the shoulder
- Shoulders turned.
- Fingers spread wide behind the ball.
- Transfer weight forward as throwing arm comes through.
- Follow through and extend arm, fingers and wrist in direction of pass.
- Rotate hips and shoulders towards target.

Coaching Points for catch:

- Use 2 hands to catch.
- Keep eyes on the ball at all times.
- Move towards the ball.
- Extend hands forward with fingers spread and thumbs behind the ball (in W formation).
- Extend arms to meet and snatch the ball towards the body and control it with fingers and thumbs.

3. Passing and Catching in Pairs (5 minutes)

- Set up Pairs in two straight lines approximately 2m apart.
- Players shoulder pass and catch to each other demonstrating correct technique.
- Once technique is looking pretty good, add challenges such as
 - ➔ fastest to pass 20 passes without dropping, or
 - ➔ how many passes in a row without dropping, can they complete in 30 seconds

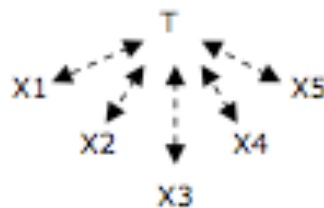
4. Shuttle Ball (5 minutes)

- Set up markers approximately 3 metres apart. Have 4/5 people stand behind each end.
- Player 1 in Line A throws the ball to player 2 in Line B and then runs to end of Line B.
- Player 2 throws the ball to player 3 in Line A and then runs to join the group at line A.
- Continue repeating this pattern.
- Increase or decrease the distance between Line A and Line B depending on level of success.



5. Corner Spry (5 minutes)

- Stand in a semi circle with a thrower (T) standing 2-3m in front. T passes to each player in turn in the semi circle.



Coaching Points for pivot:

- Pivoting must always be on grounded foot.
- Bring weight over grounded foot.
- Bend knees slightly.
- Turn on ball of the pivot foot, pushing off with the other foot.
- Non-grounded foot is lifted and re-grounded to maintain balance throughout movement.
- Players must be able to turn quickly after receiving a pass and face the play down court.
- Keep ball close to body and positioned ready to throw.

6. Two Foot Land and Pivot (5 minutes)

- Split your group in two lines of 4 or 5. Set up one hoop about 3m in front of each line.
- Players move forward and jump to land on both feet in the hoop. Keep repeating until coach is able to give feedback on correct 2 foot landing to each player.
- Repeat and pivot with right foot in each hoop (squash the spider), left foot traces a circle around the outside of the hoop.
- Repeat pivoting with left foot.
- Add a thrower out the front. X passes to Thrower, runs and catches a ball as 2 foot land in hoop, pivot and throw to next person in line. Swap over throwers regularly.

X X X

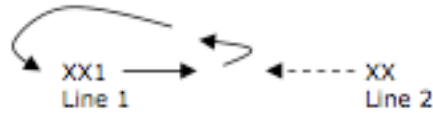


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7. Shuttle Ball with Pivot (5 minutes)

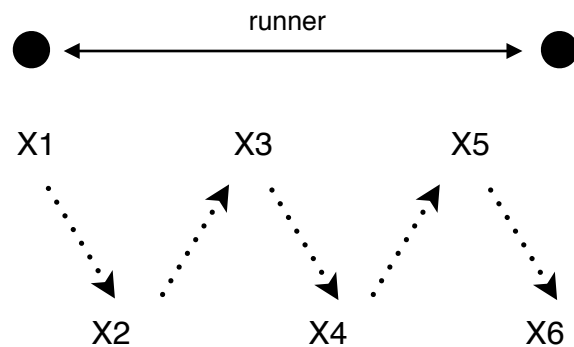
- Form 2 lines facing each other about 5m apart. Use a cone to mark the start of each line.
- The worker (X1) leads forward from the line and receives a pass from line 2.
- X1 lands on two feet, pivots and then passes back to their line and returns to end of their own line.
- The sequence continues with alternate leads from line 1 then line 2.



Modified Game:

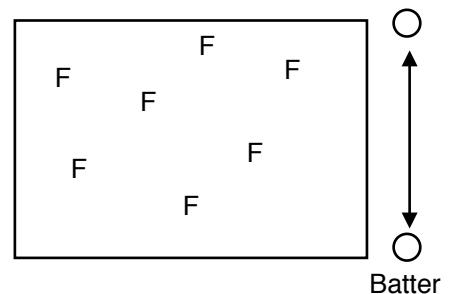
8. Cross Ball Beat the Ball (10 minutes)

- One player is runner, everyone else forms cross ball formation (use cones to mark this out).
- When coach says 'Go', throwers pass ball in zigzag pattern to each person in team.
- End player passes back in reverse direction so team passes up and back in total.
- Must use shoulder pass.
- At the same time, the runner must run up and back the length of the cross ball formation, counting the number of runs they score. When the throwers finish passing up and back they yell out 'Stop'.
- Repeat with new runner, and continue until all have had a turn running.



9. Corner Spry v Laps (10 minutes)

- Set up players in one third of a court. One player is a batter, everyone else is spread throughout the third as fielders.
- Batter begins in the corner of the court. They pass the ball into the court where the fielders are standing. They then run between 2 cones placed 10m apart, scoring 1 point per run.
- At the same time, the fielders run to field the ball. All the fielders run and form a semi circle around the fielder with the ball, and corner spry the pass to them. They yell 'stop' when spry is completed.
- The batter stops running when they hear them yell 'stop'. Count the runs they scored.
- Swap over for a new batter.
- If time permits, give everyone a second go and see if they can beat their previous score.



Concluding Activity:

10. Let's See It (5 minutes)

- Select a skill learnt in the session, e.g. shoulder pass or catch. Ask different people to demonstrate the correct execution of the skill to revise what was learnt in the session.
- Gather together all group equipment.