

Session 2

Theme: Attacking Skills

Equipment Required:

3 x netballs
1 set coloured bibs
8 cones

Warm Up Activities:

1. Relays (5 minutes)

- Set up relay over one third of the court.
- Split group into equal teams of about 3 or 4 players.
- First person in each team runs with ball to transverse line, bounces ball three times, runs back to line and passes ball to the next person.
- Continue relay doing different tasks at transverse line;
 - 3 catches
 - 3 balls in air with clap
 - ball in the air and turn 180° & catch
 - 3 x body wraps with ball
 - 3 x figure 8 between legs



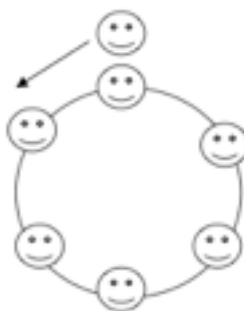
2. Stretching (5 minutes)

- Select 3 or 4 dynamic stretches to perform. (See Session 1 for ideas).

Skill Development:

3. Race the Ball (5 minutes)

- Work with your own group.
- Players stand in a circle with one person outside the circle standing level with the ball.
- On 'go' the person on the outside of the circle tries to beat the ball being passed around the circle.
- Repeat until everyone has had a turn.
- To make it more difficult or easier, you can increase the size of the throwing circle.

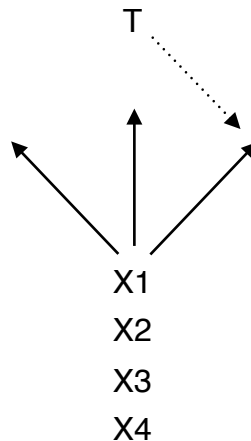


Coaching Points for Straight Lead:

- Sprint strongly for the ball, either straight ahead, or 45° diagonally to the left or right.
- When leading to the left, you take off on your left foot first.
- When leading to the right, you take off on your right foot first.
- The first few steps should be the strongest. Pump your arms to move faster.
- If you run to the right, you should land and pivot on your right foot to the outside.
- If you run to your left, you should land and pivot on your left foot to the outside.
- Do not slow down your drive until the ball is in your hands.

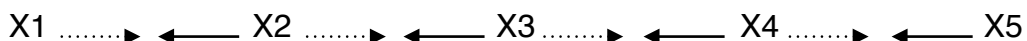
4. Straight Lead Basics (10 minutes)

- Work in groups of approximately 4 or 5.
- Have one thrower out the front, and everyone else in a line about 5m away.
- X1 passes ball to T, then drives out to the right at 45o, lands on right foot to catch the ball, pivots to the right and passes to X2 back in the line.
- X2 then repeats, etc etc.
- Swap over throwers regularly.
- Continue drill having turns driving out to the left and landing on the left, then also driving straight ahead to receive the ball. When driving straight ahead, players should land on their preferred leg so they can easily step on to pass the ball (that is, their right leg if they are right handed, and their left leg if they are left handed.)



5. Straight Lead Lines Down Court (5 minutes)

- Have 4 or 5 in a group.
- The players stand about 3m apart in a straight line down the court.
- X1 starts with the ball and tosses it up to themselves to start the drill. When they catch it, X2 drives towards them and takes a pass. X2 catches, lands, pivots and then throws to X3 who is driving towards them for the ball. Continue down the line.
- Work the ball up and down the line.
- Nominate whether the players do a straight lead out to the left, right or straight ahead each time.

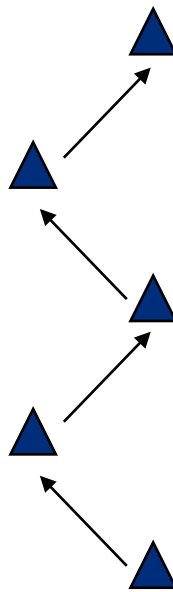


Coaching Points for Change of Direction:

- A Change of Direction is just two straight leads joined together.
- Take off strongly for your first straight lead, then push off hard on your outside foot to run in a new direction.
- Pump your arms to accelerate each time you take off.
- Do not slow down until the ball is in your hands.
- Keep your eyes up so that you can always see the ball.

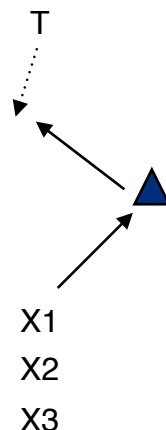
6. Cone Drive (5 minutes)

- Set up cones in a zig zag manner, about 3m between cones.
- Players drive strongly to each cone, pushing off using their outside foot to change direction at each cone.



7. Change of Direction (5 minutes)

- Work in groups of 4 or 5. One thrower out the front.
- Worker passes to thrower, drives out to cone, then changes direction and drives again to take a pass. They catch, land, pivot and throw back to their line.
- Change throwers regularly.
- Change position of cone regularly to try different changes of direction.
- Remember to check for their landed foot. If running to the right, land on your right foot. If running to your left, land on your left foot.

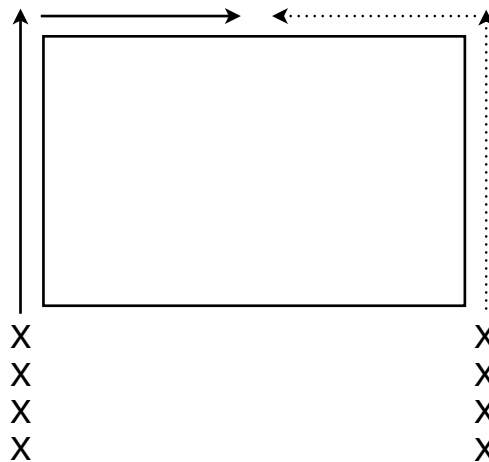


Modified Game:**8. Team Passing (10 minutes)**

- Form 2 teams. One team should wear bibs.
- Play in one third of the court.
- The team with the ball makes as many passes as possible before the opposing team intercepts. They cannot run with the ball. Netball rules apply.
- Swap over after a set time period, e.g. 1 minute.
- The team with the greatest number of passes in a set time is the winner.
- Dropped passes do not score.
- Encourage players to drive into a space using straight leads and changes of direction.

9. Scissors, Paper, Rock (5 minutes)

- Split into 2 teams. Each team starts in an opposite corner of one third.
- On 'go', the first person in each team runs around the perimeter of the third you are using, until they meet.
- When they meet, they face each other and perform scissors, paper, rock until there is a winner. The loser returns to the end of their own line. The winner keeps running around the perimeter towards the opposing team's corner. Meanwhile, the next person in the losing team runs out to meet them.
- Again, they perform scissors, paper, rock until there is a winner. Winner continues, loser goes back to the end of their own line.
- If a player reaches the other team's corner without getting out, they score 1 point for their team.

**Concluding Activity:****10. What Did You Learn? (5 minutes)**

- Ask players to list things they learnt in today's session.
- Gather together all group equipment.