

Session 3

Theme: Defending Skills

Equipment Required:

- 3 x netballs
- 1 set coloured bibs
- 8 cones

Warm Up Activities:

1. Partner Tag (5 minutes)
 - Form pairs.
 - Allow players to decide which partner is the tagger.
 - Set the boundary (e.g. centre third)
 - The tagger counts to 5 to give their partner a chance to get away.
 - Begin by making players skip instead of run to ensure that they have safe awareness of others around them. Once you think they can work safely, you can allow them to run.
 - When the player is tagged, swap roles.
 - To make more interesting, you can change the locomotion, e.g. skip, hop, fast walk, jump etc.
2. Stretching (5 minutes)
 - Select 3 or 4 dynamic stretches to perform. (See Session 1 for ideas).

Skill Development:

Coaching Points for Shadowing:

- Stand in front of your opponent with back to the attacker, and body halfway across your opponent's body.
- Keep arms close to your sides.
- Feet shoulder width apart, knees bent, weight over toes and back straight.
- Use side on vision so that you can see both the attacker behind you and the ball in front of you.
- Shadow sidesteps to move with the attacker using small, fast steps.
- Keep your head facing the same way the whole time. Don't turn your head.
- Move your feet faster to keep up with attacker - never turn your head.

3. Shadowing on a Line (5 minutes)
 - Work in pairs - one attacker, one defender.
 - Attacker starts on a line on the court. They can only move side to side on that line (not forwards or backwards).
 - Defender takes up shadowing position and tries to stay as close as possible to the attacker.
 - When the whistle blows, they should be able to reach out and touch their attack.
 - Swap over roles.
 - Have attackers moving slowly at the start so that defence can get confidence.

4. Shake the Shadow (5 minutes)

- Work in groups of 4 or 5. Use cones to mark out a grid for each group.
- Defender tries to stick close to the attacker using shadowing.
- The attacker tries to evade their opponent and receive a pass from the thrower (T).
- Swap over roles.



Coaching Points for Recovery to 3 Feet:

- Push off strongly to 0.9m (3 feet). This equals the diameter of the centre circle.
- Players can step back or jump back - their preference.
- Use arms to add power to your jump back. It has to be as quick as possible.
- Always keep head up and eyes on the ball.
- Keep balanced with weight even over both feet.
- Bend slightly at knees, hips and ankles to provide greater reach over ball with arms up.
- Make sure you get your distance right before you put your arms up.

5. Recovery to 3 feet (5 minutes)

- Have entire team stand on a transverse line facing you.
- They start in a ready stance - feet shoulder width apart, knees slightly bent, back straight and eyes up.
- On 'Go", each player steps or jumps back 3 feet (0.9m). They then put their arms up to defend the ball. Follow the movement of the ball with your arms.
- Practice different positions for your arms up over the ball - e.g. call out 3 o'clock, 9 o'clock and 12 o'clock. Make sure players know why they would move their arms into different positions.
- Repeat the drill a number of times until all players have confident movements.

6. Defence Over Ball (5 minutes)

- Work in groups of 4 or 5, one ball per group.
- Thrower stands with back to defender who is right behind them.
- Thrower tosses ball into the air and catches it and turns around ready to throw.
- As soon as the thrower catches the ball, the defence must get back 3 feet and put their arms up.
- Arms should follow the ball and put pressure on the pass.
- Repeat a number of times and then swapping over roles regularly.

Coaching Points for Intercepting:

- Read cues provided by the thrower to anticipate where the ball will be going.
- Drive for an intercept at an angle - not straight to the side.
- Keep strong focus on the ball at all times.
- Your first couple of steps are the most important.
- Keep running and your feet moving until the ball is in your hands - don't just lean in for the intercept.
- Try and land on your outside foot when you have taken the intercept so you can stay balanced.

7. Interception (10 minutes)

- Work in groups of 4 or 5.
- T1 and T2 pass the ball between each other then pass to either attacker (A) with X1 trying to intercept.
- X1 should move to cover the pass to As.
- A's remain still the whole time.

T1 ← → T2

X1

A

A

Modified Game:

8. Pig in the Middle (5 minutes)

- Players stand in a circle with two people inside the circle.
- People inside attempt to intercept the ball.
- Encourage the person closest to the ball to get 3 feet and arms up over pass, with the other person hanging back to try and get the intercept.
- Players on the outside must not pass the ball to the person right next to them.
- Swap defenders regularly.

9. Warriors and Dragons (10 minutes)

- Play in the centre third.
- Split into two teams. One team called warriors, the other called dragons. Dragons should wear bibs.
- Warriors pass a ball to other warriors and try to tag the dragons. Warriors cannot step with the ball or throw the ball at a dragon. They cannot hold the ball for longer than 3 seconds.
- If dragons are tagged, they take their bib off and become warriors.
- When all the dragons are caught the teams swap over.



Concluding Activity:

10. Great Work (5 minutes)

- Coach lists examples of some of the good things you noticed players do during the session. Examples might be 'Today I saw lots of examples of players keeping their eyes on the ball when intercepting', or 'There were some great examples of squishing spiders when we did pivoting today', etc.
- Gather together all group equipment.