

WARMING UP1

For something different try these:

1. At a Jogging Pace do 5 paces forward and 3 paces backward. Cover 4 lengths of the court, aiming for players to increase their pace slightly over each lap length.

Key Points

- ★ Players will tend to take big strides forward and small paces backward; try to get them to adopt an even stride pattern.
- ★ Players will also tend to lean forward (as if looking for money on the ground). Get them hold heads and upper bodies up.

WARMING UP2

2. At a Jogging Pace jog outwards on a right diagonal for 4 paces then using the right leg “spring off” on a left diagonal for 4 paces then “spring off” to the right using the left foot. (The players cover the court in a series of zig-zags). As for exercise 1, repeat 4 times each length becoming progressively faster.

Key Points:

- ★ If not well controlled by the coach, the players will bump into each other; one object is to get the players to work in close company without bumping into each other!
- ★ Not making a decisive change in direction at the end of each “zig”. Players need to bend the knee of their outside foot to gain a good “spring off” otherwise the change is just a sloppy half bending ‘banana’ type turn

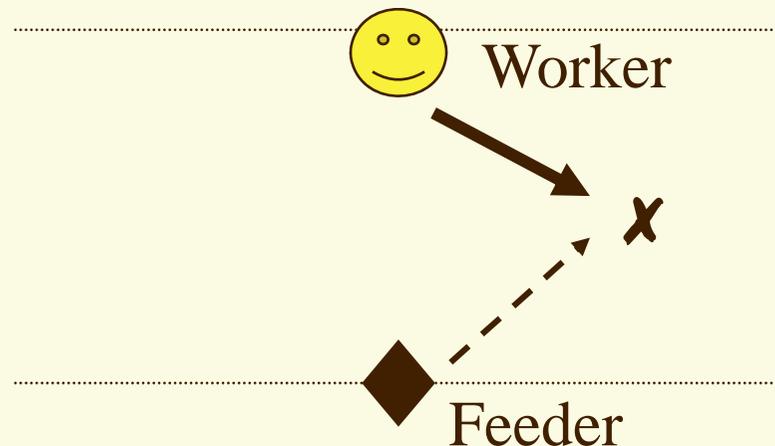
A spiral-bound notebook with a light brown, textured cover. The spiral binding is on the left side. The text is centered on the cover.

NETBALL TRAINING DRILLS

Set 1 – Using a space to
receive a pass

Set 1 - First Steps

SETUP - You need 1 ball for each pair of players.
It will help the exercise if you can use a court area marked out for tennis/volleyball

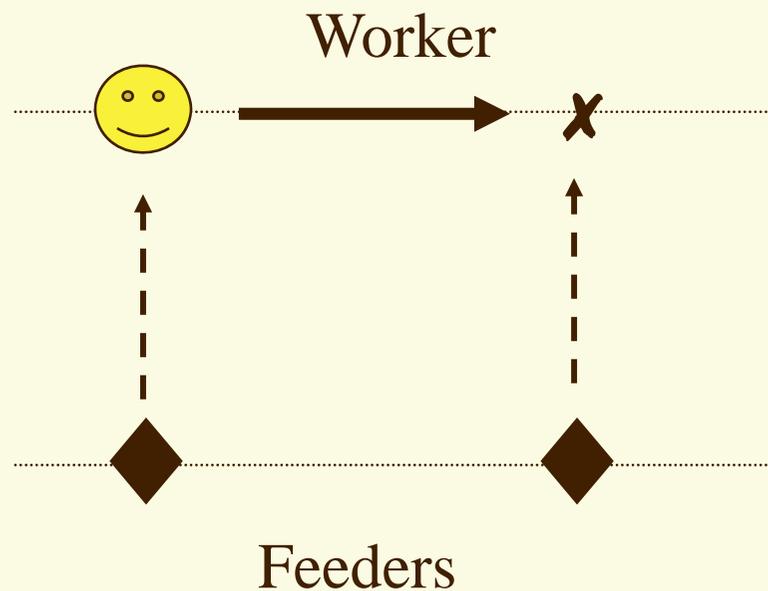


Feeder makes a chest pass to her right, with the worker moving forward to receive it. NOTE: The worker must run onto the ball; there should be no stopping to receive it. Repeat rapidly for 30 sec and then reverse roles. Then repeat the process by getting the feeder to pass to her left.

Set 1 - Second Steps

SETUP - You need 2 balls and 3 players.

It will help the exercise if you can use a court area marked out for tennis/volleyball



The aim of this exercise is speed and accuracy

The worker receives and returns a chest pass, then sprints to her left and returns a chest pass by batting it back.

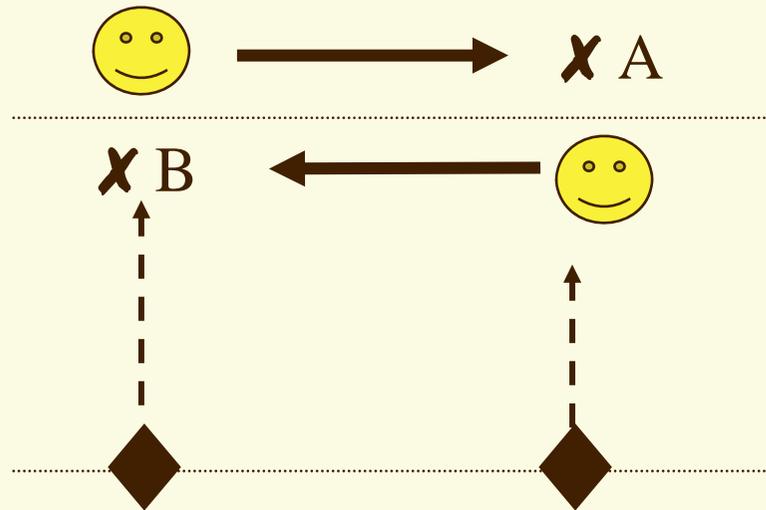
Change after 30 secs

Set 1 - Third Steps

SETUP - You need 2 balls and 4 players.

It will help the exercise if you can use a court area marked out for tennis/volleyball

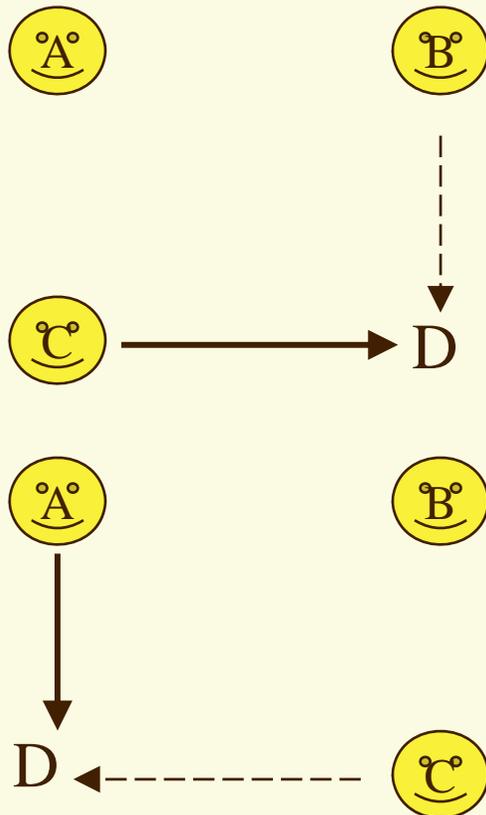
Workers



Feeders

This progression is based on the workers receiving and returning a chest pass to the feeder opposite their start position. Then sprints to face the other feeder and returns a chest pass by batting it back. Change after 30 secs

Set 1 - Fourth Steps



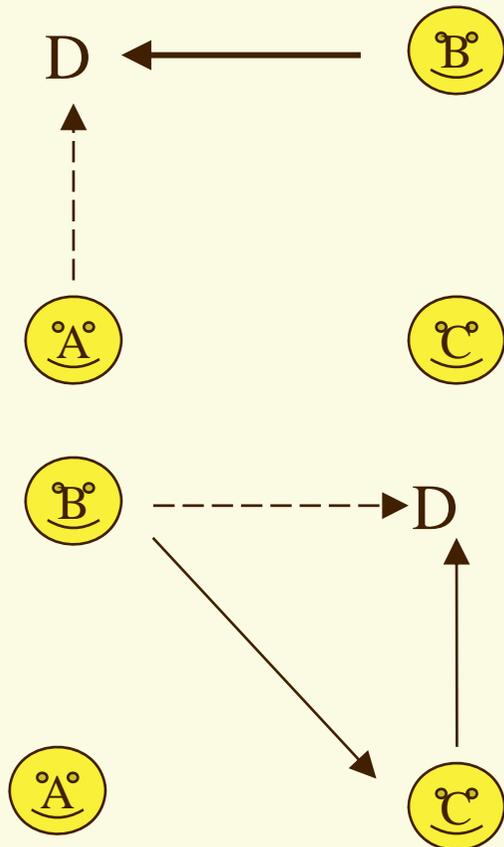
Players form three sides of a square; point D is unoccupied. Player "C" runs to point D to receive a pass from "B"

→ Player ---→ Ball

Player "C" turns and passes to "A" at point D.

There will be a tendency for "A" to go too soon and have to stop and wait for a pass. Timing is key both the player and the ball should arrive at the same time.

Set 1 - Progression 1

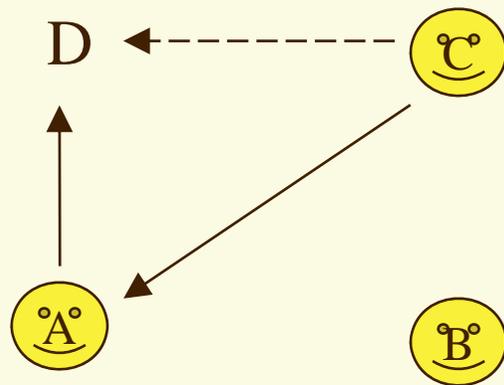


The players continue working; player "A" passes to player "B" with the catch at point D. As the exercise develops passes will become sloppy with passes made too late (catcher has to stop and wait) or too soon (catcher doesn't get to the ball)

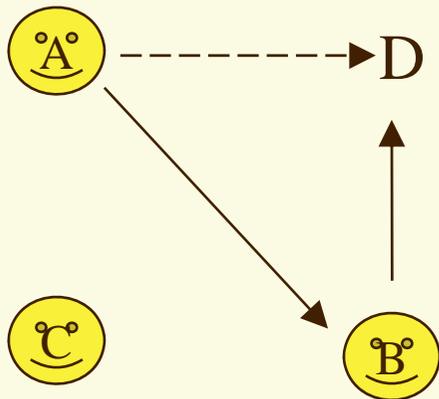
In this development, player "B" on making the pass runs to where player "C" started from. Keep on as before with the thrower always taking the place of the catcher.

(Usual error is for the player holding the ball to pass it to the catcher in her home position and not into the space.)

Set 1 - Progression 2



The drill continues to follow the same pattern. "C" passes to "A" at point "D" but as soon as the ball has left her hands, runs across to take the place of "A"



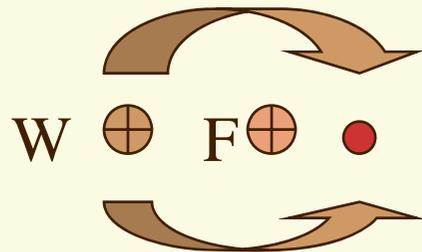
These two drills can be developed in any number of ways, using particular passes, changing the square to a rectangle so that the runs are different. This last progression can be used to help a GK, GD and WD work together so that having passed the ball they re-position themselves on court

A spiral-bound notebook with a textured, light brown cover. The spiral binding is on the left side. The text is centered on the cover.

NETBALL TRAINING DRILLS

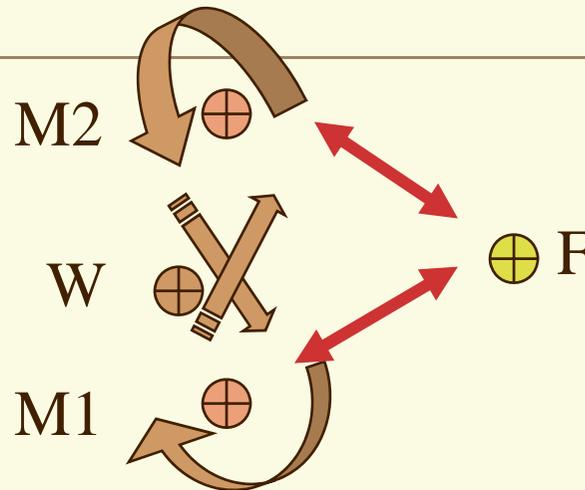
Set 2 – Movement and
'Reaction' Drills

Set 2 - Drill 1



- ❑ Feeder (F) stands, feet apart, holding at arms length a ball, directly in front of her.
- ❑ Worker (W) Starting from a position directly behind F makes **rapid** side steps on alternate sides to touch the ball
- ❑ Change after 30 seconds. Repeat 6 times

Set 2 - Drill 2



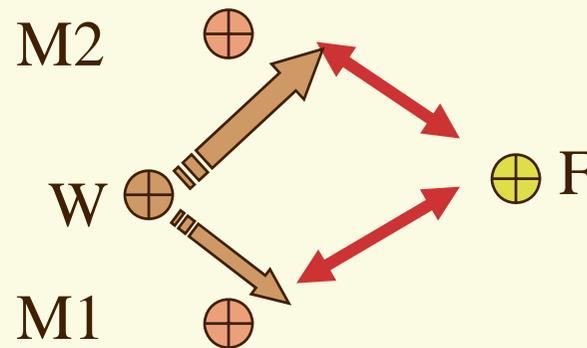
'F' MUST feed a 'hard' ball at each marker as W sprints across. 'F' MUST also make and keep eye contact with W throughout

- ❑ Two static markers (M1 and M2) stand about 3 metres apart.
- ❑ A feeder (F) stands between them about 3 metres back
- ❑ The worker (W) runs in a 'figure of 8' around both markers, turning 'backwards' so she never takes her eyes off the feeder. F feeds her a hard ball as she sprints towards each marker. Catch and return the ball. 'W's speed after catching the ball is: jog round the marker and sprint diagonally to the opposite marker, catch ball, jog round the marker and sprint. Change after 30 seconds and repeat 8 times.

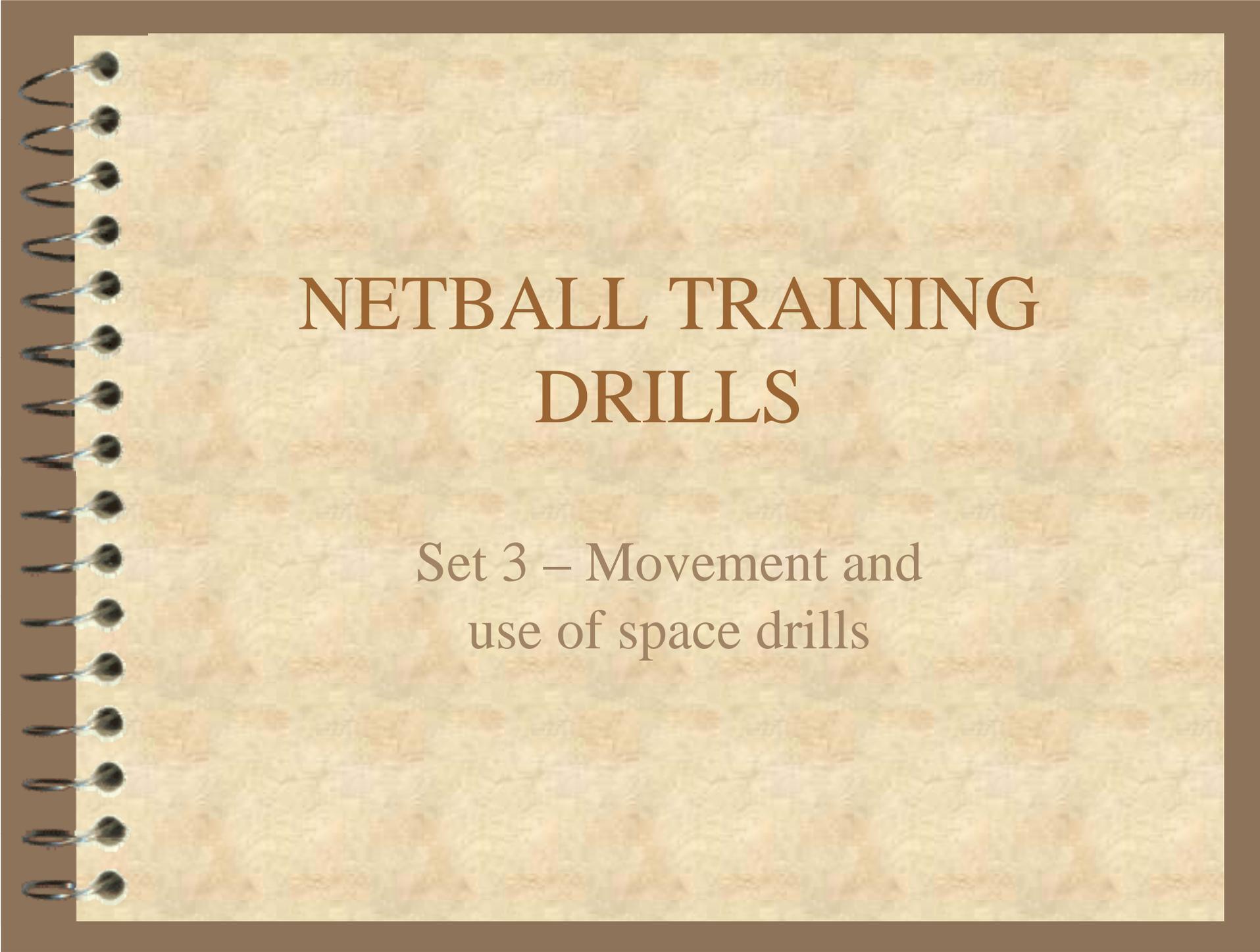
Set 2 - Drill 2 -v- Drill 3

- ❑ Drill 2 was about the Worker and Feeder working together to time and deliver, strong feeds towards the post. The next drill is the opposite. It is about the Worker making interceptions. This time the Worker **MUST** keep her eye on the ball at all times.
- ❑ In both these drills there is nothing for the markers to do. They provide focus for the feeder and the worker in both exercises.

Set 2 - Drill 3



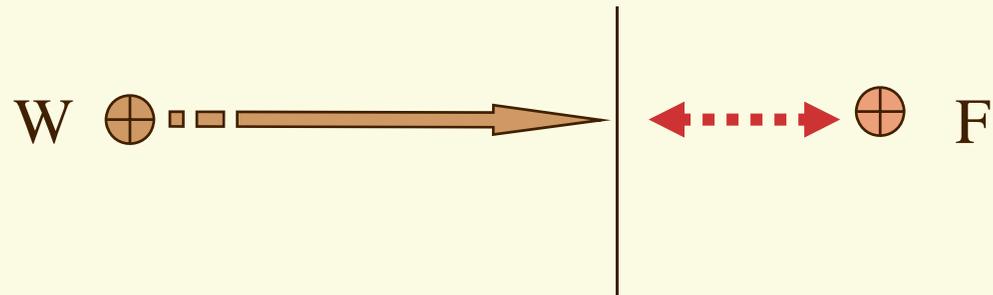
- ❑ The worker (W) starts behind M1 and M2 and should be 'on her toes' throughout.
- ❑ The feeder (F) makes a decision to feed to either M1 or M2
- ❑ The worker (W) sprints forward to intercept the ball. To build success she must concentrate on the ball at all times
- ❑ Work for 30 seconds and then change around. Repeat 8 times
- ❑ If it doesn't work, try moving M1 and M2 slightly closer together.

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NETBALL TRAINING DRILLS

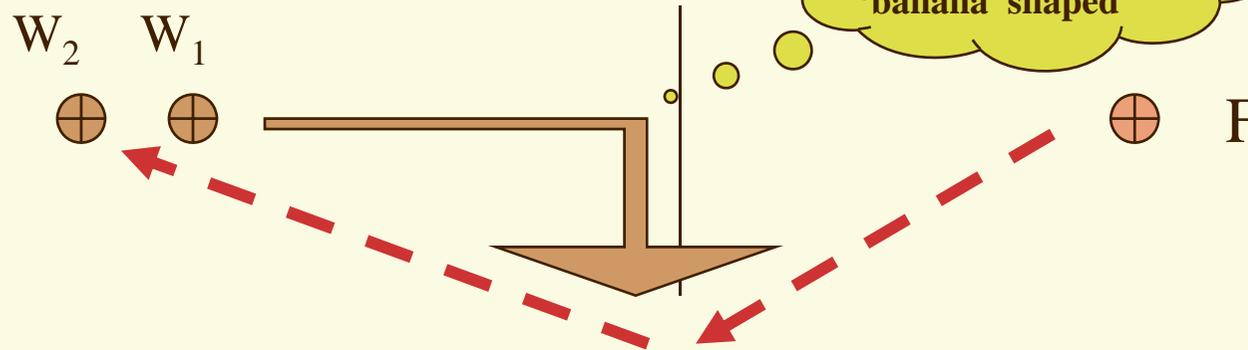
Set 3 – Movement and
use of space drills

Set 3 - Drill 1



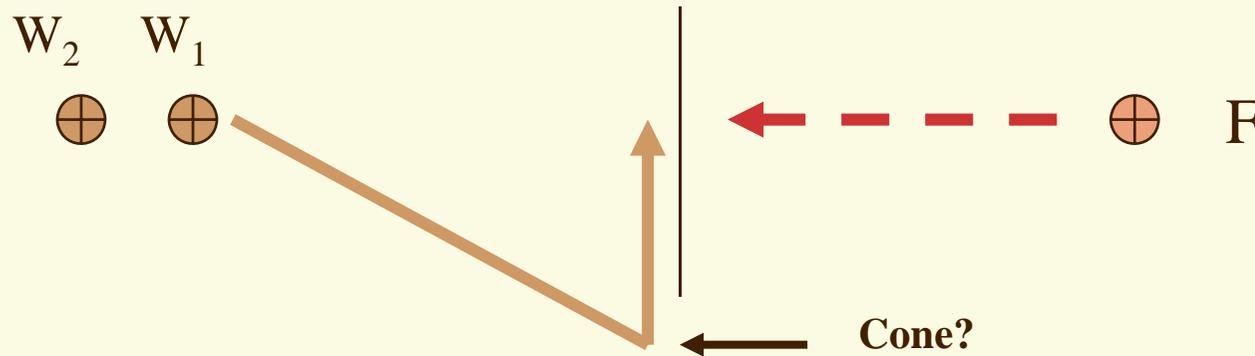
- ❑ Feeder (F) stands, 4 feet behind a convenient line marking.
- ❑ Worker (W) Starts from a position directly in front of F about 4 metres away and sprint to the line and receives a short pass. Jog back to start.
- ❑ Change after 30 seconds. Repeat 6 times

Set 3 - Drill 2



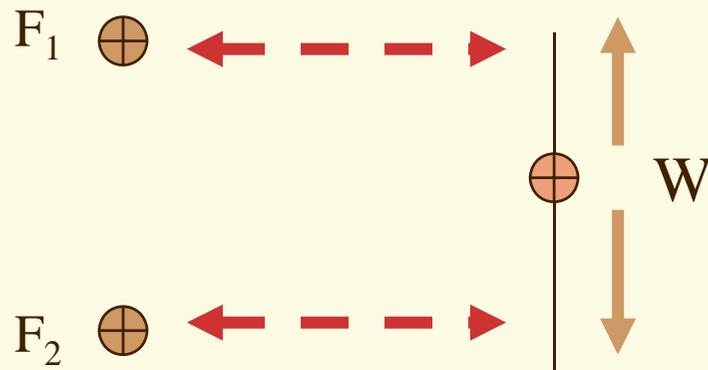
- ❑ W_1 starts as per drill 1 by sprinting to the line. Push down on outside foot to turn and sprint out to the side to receive the ball. Turn outward and pass the ball back to W_2 , jog to take position behind F.
- ❑ Roles now reversed with F becoming W_1 etc.
- ❑ Change after 30 secs. Repeat 5 times (2 to the Right and 2 to the Left for each player)

Set 3 - Drill 3



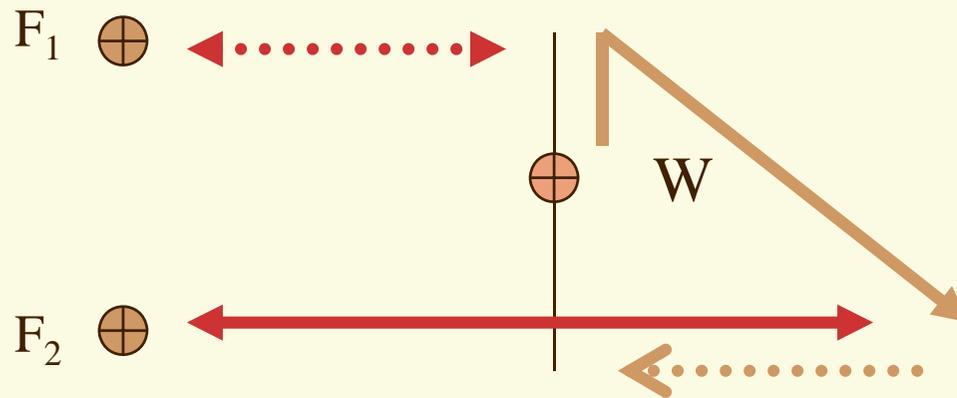
- ❑ W_1 starts by sprinting diagonally to the line. F dummies the pass, so W_1 pushes down on outside foot to turn and sprints to the middle of the line to receive the ball. Turn outward and pass the ball back to W_2 , jog to take position behind F .
- ❑ Roles now reversed with F becoming W_1 etc.
- ❑ Change after 30 secs. Repeat 5 times (2 to the Right and 2 to the Left for each player).
- ❑ A cone as a wing marker may help players get better direction.

Set 3 - Drill 4



- ❑ W runs along the line (sprint not side step) towards F_1 and receives the ball, returns it and sprints to receive from F_2 and repeat
- ❑ For variety F_1 and F_2 can also dummy passes. W must however maintain the momentum
- ❑ Work in 30 second cycles. Set F_1 and F_2 4 metres apart

Drill 5



- ✓ As Drill 4 but if F_1 dummies the pass then W does a reverse pivot and cuts back to receive a long pass from F_2
- ✓ W then sprints back to the line to receive the next pass from F_2

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NETBALL TRAINING DRILLS

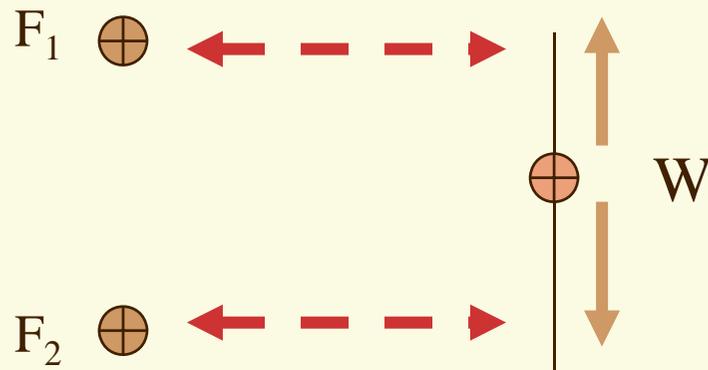
Set 4 – Awareness Drills

Set 4 - Drill 1



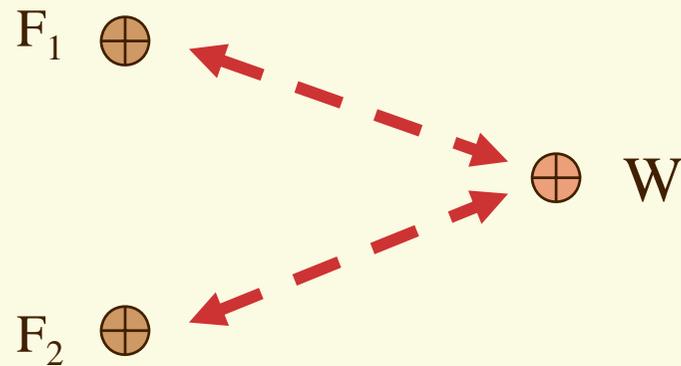
- ❑ 1 Feeder (F) stands about 2 metres from the Worker (W) and pass the ball to alternate sides aiming at a point about 0.5 metres above and away from the workers shoulder.
- ❑ The Worker bats the ball back to the Feeder.
- ❑ Success is dependant on good balance, small feet and getting the hand behind the ball

Set 4 - Drill 2



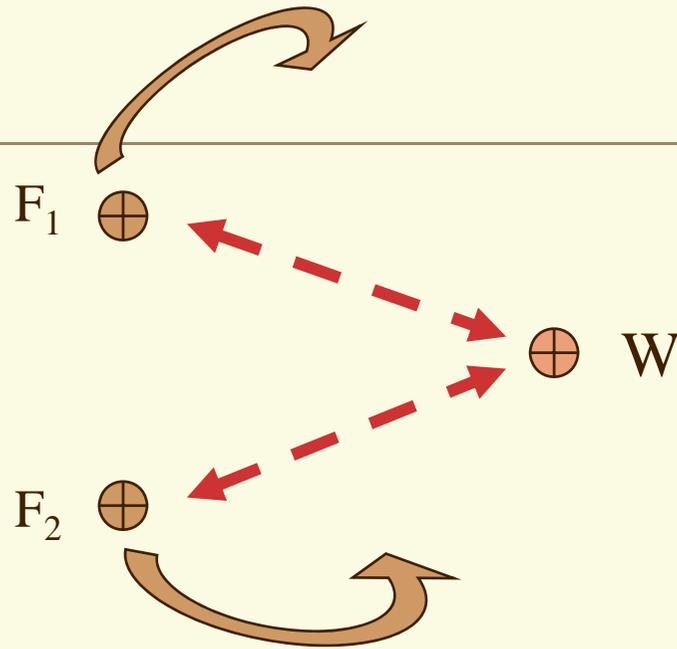
- ❑ W runs along the line (small side steps) towards F_1 and receives the ball, bats it back and steps to receive from F_2 and repeat.
- ❑ F_1 and F_2 need to be about 2 metres apart and feed the ball to the workers outside aiming at a point about 0.5 metres above and away from the workers shoulder.
- ❑ Work in 30 second cycles.

Set 4 - Drill 3



- ❑ W receives alternate balls from F_1 and F_2 .
- ❑ F_1 and F_2 need to be about 3 metres apart.
- ❑ Work in 30 second cycles.

Set 4 - Drill 4

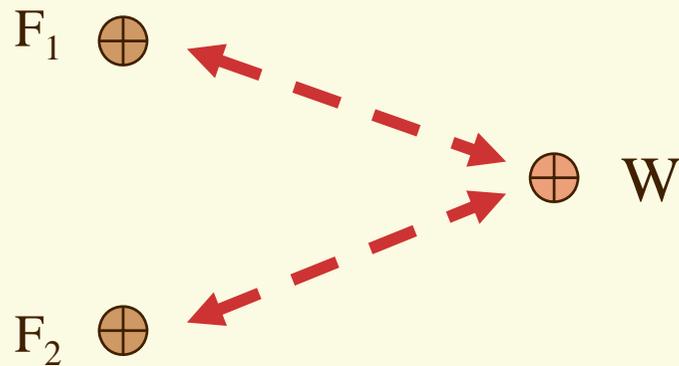


- ❑ W receives alternate balls from F_1 and F_2 .
- ❑ F_1 and F_2 need to start about 3 metres apart (as drill 3) but keep moving away from where the previous throw was made. (But no more than about 150° apart).
- ❑ Work in 30 second cycles.

Set 4 - Drill 5

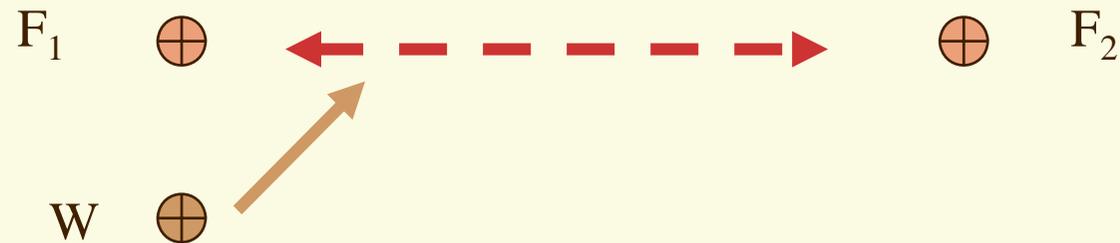
- ❑ As Drills 3 & 4 but W keeps focused on a spot between the players and tries to keep focused on this spot rather than on the two workers.
- ❑ With Drill 4 the workers will need to reduce their movements to enable W to keep them in sight.

Set 4 - Drill 6



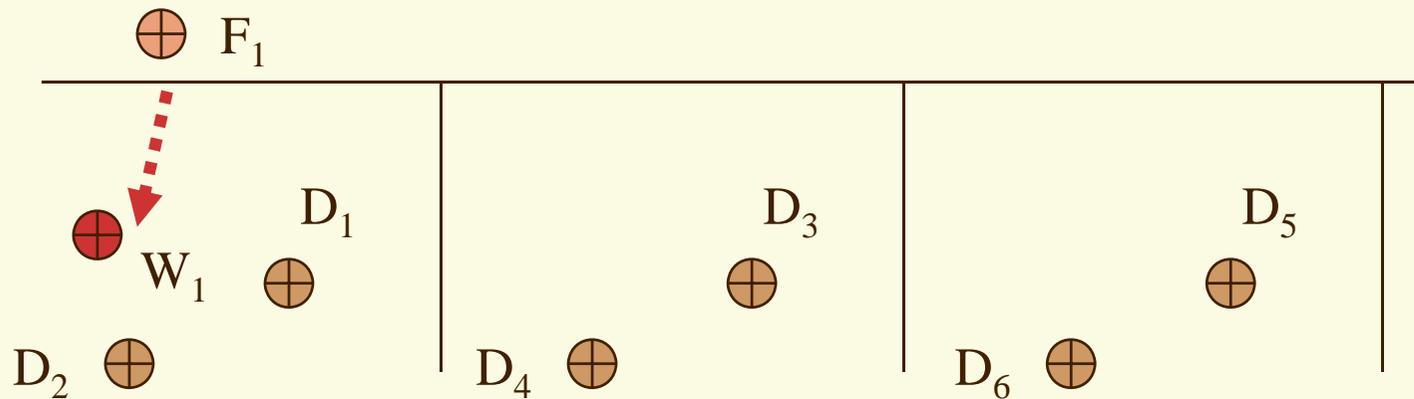
- ❑ F₁ and W each start with a ball.
- ❑ As W tosses her ball straight up into the air, F₁ passes W the (second) ball which she has to pass on to F₂ before catch the ball she tossed into the air. The drill is reversed with the ball starting from F₂
- ❑ Timing is everything, F₁ needs to pass her ball to W as soon as W tosses her ball. If the toss is too low, the ball falls before W has passed the ball to F₂. If the toss is too high it will not fall back into Ws hands.
- ❑ Work in 30 second cycles.

Set 4 - Drill 7



- ❑ 2 Feeders (F_1 and F_2) stand about 3 metres apart and pass the ball between them, chest passing at a steady rate
- ❑ Worker (W) Starts from a position to the side of, but away from F_1 and attempts to intercept the ball.
- ❑ Success is dependant on reaction to F_2 and speed.
 - Go too late and you miss the ball and contact F_1
 - Go too slow and you miss the ball

Set 4 - Drill 8



- ❑ Establish 3 zones which are about 12 metres square. Each containing a pair of defenders (D₁ D₂ etc)
- ❑ F₁ and W₁ work as a pair passing the ball between them. F₁ must remain behind the side line. The pair of defenders work to intercept the ball, passing it back to W₁.
- ❑ After 5 passes have been made F₁ and W₁ swap. After a further 5 passes, F₁ and W₁ change places and move to the next zone and start again. A new F₂ and W₂ start in zone 1