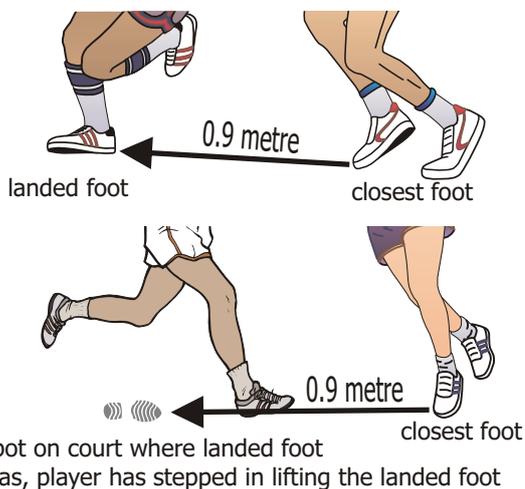


GOOD DEFENCE

A good player makes the effort to defend **EVERY** pass

and **EVERY** shot (GD & GK)

The legal defending distance is 0.9 metre (3 feet) the size of the Centre circle, measured from the landed foot of the player with the ball - (or the nearest foot if landed on both feet or the spot on the court where the landed foot was, if the landed foot has been lifted) - to the nearest foot of the defender.



The importance of TURNOVERS.

Turnovers, in netball, occur when the team in possession of the ball make a mistake and turn over possession of the ball to the other team.

You need to keep your 'turnovers' to a minimum and pressure the opposition, with everyone defending, into making as many 'turnovers' as possible.

- Strong, tight defence to force an intercept - all the way down the court.
- Arms up defending the ball on every pass or shot - pressure creates turnovers.
- 100% effort to get that loose ball, that high ball - eyes up, stay alert.
- Treasure possession of the ball when we get it - no silly passes.
- Strong, two handed grabs at rebounds & toss ups- go for it - make an effort to grab the ball or tap it to yourself, be aware of where your other hand is. You do not gain anything by the big bat of the ball out of court - if you have to bat the ball try to keep it in court to one of your own players.
- Smart taking of penalties awarded to us. Umpires can only award one of five penalties to a team. Choose the correct player to take the pass, remember for a penalty pass an opposing player **must** stand out of play - so your team **must** have a free player somewhere!!!! Look for her!!! If a goaler she should be in the circle.

1. FREE PASS
2. PENALTY PASS
3. PENALTY PASS OR SHOT
4. THROW IN
5. TOSS UP

Touch & Drive

Paired activity using firm quick passing to improve catching

PATH OF THE BALL

PATH OF THE PLAYER

Worker (W) runs to the line, turns and drives to the ball, catches the ball and passes it back to the thrower (T). Both players are to use firm passes
Continue for 6 catches then swap roles.

Worker (W) runs to the line, turns and drives to the ball, catches the ball, the thrower (T) now becomes the worker, turns runs to the line, turns and drives to the ball, catches the ball, continue, alternating roles.
This activity can be timed as a station drill or scored to see who does the best.

Teaching points

- Thrower is to feed the ball as a nice firm quick pass in front of the worker
- Worker is to obey footwork and 3 second rule, catch the ball, lands, steadies, returns the ball as a nice firm pass to the worker.
- **FIRM QUICK PASSES:** stand front on with the ball in 2 hands at chest height, spread fingers around ball with thumbs behind, step forward with weight transferred to front foot as you push the ball hard and quick using whole arm and shoulder, straighten arm on release and flick wrist and fingers to direct ball to target.
- **CATCHING:** keep eyes on the ball, move towards the ball, hands go forward with fingers spread, extend arms to catch the ball then snatch the ball towards the body and control it by fingers and thumbs.