

PASSING

Passing is integral to the game. *Good Passing - Good Game, Bad Passing - Bad Game.*

The most important type of pass, is the one handed shoulder pass.

The shoulder pass is the most efficient pass as it is the hardest and the fastest through the air, and also enables for the most accuracy. An accurate shoulder pass in front of the player, coupled with a players drive forward to the ball is the best, no other pass should be needed to move the ball down the court.

Shoulder pass

Flat, hard pass. Step forward with left foot (if ball is held in right hand) with ball held high and push the ball straight ahead from the shoulder. Hand behind the ball and follow through with fingers pointing in the direction of the pass, eye on the receiver and head up.

Important Points:

- The shoulder pass, contrary to its name should be thrown from about head level.
- The arm should form a right angle at the elbow and the throwing hand should be behind (not below) the ball. (The second hand can be used to support the ball until release.)
- Transfer weight on to the OPPOSITE FOOT TO THROWING ARM. If you are struggling to get power see if you are doing the simple, yet common mistake of transferring your weight onto the same foot as arm.

Chest pass

Flat pass. Using both hands, fingers behind the ball, thumbs touching and with elbows in push through while stepping forward with either foot.

Overhead

High pass. Release ball from above head, while stepping forward (footwork rule). Power from wrist to the elbow.

Bounce pass (still associated with shoulder pass)

Low pass used over a short distance usually to feed the circle. Release is low, push towards receiver, fingers pointing to the ground. This pass should not raise too high above the ground. Use a scissor step, (crossed legs) to avoid the defender and go under and around.

Lob (still associated with shoulder pass)

Power, speed, timing and control needed for perfect lob. Ball held high, step forward and angling the ball up to go over the top of defender.

Drill: *Beat the Ball*

Run the length of the netball court, player 1 throws to player 2 then runs the length of the line, the ball passes along the line then back again, (no stepping) the player aims to get back to position in time to catch the ball. Player 1 then moves to the end of the line becoming player 8, all players move up one spot.

Teaching points

- Encourage the use of quick passes, chest or shoulder - check catching technique & footwork.
- Smart, accurate passes with no fumbles should beat the runner.

PATH OF THE BALL

PATH OF THE PLAYER



ALL passes need to be strong, well directed forward of the player and timed so the catcher can run onto the ball and gather it in.

Remember when passing the ball, a firm well directed pass is a lot easier for the catcher,
smart passing = safe catching

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. Remember to keep your eyes on the ball ALL the time, and to keep your hands “soft” so you can grip and gather the ball in, rather than have it bounce off “hard” hands.

POSSESSION OF THE BALL IS TO BE VALUED AND TREASURED
don't throw it away with poor passing and catching.

Drill: *Triangle Throw* - Timing & Passing

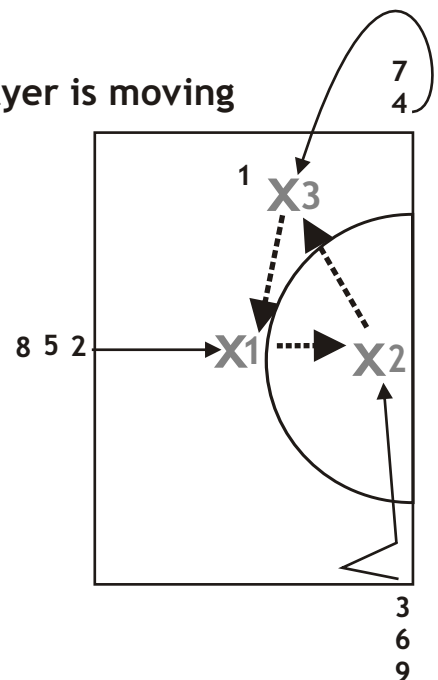
Pass the ball in front - towards the "X" position the player is moving towards, time your move with the thrower

Ball starts at Player 1 @ X3 who throws to Player 2 who has driven to receive the ball at X1. (right up to the line, the best for a feeding pass to a shooter) Player 1 moves to behind player 8

Player 2 passes to Player 3 who has put on a dodge move and driven to the post (the best position for an easier shot) to take the pass at X2. Player 2 moves to behind 9. Player 3 takes a shot rebounds it even is successful.

Player 4 does a clearing run around the back of her line, timing it so she receives the ball at X3 when Player 3 is ready to pass. To start the cycle again. Player 4 then passes to Player 6 who has driven to X1.

Advance this drill by adding defenders gradually, or changing direction of ball flow.



(Key: _____ is path of player, - - - - is path of a ball)

Drill: *The Flower* - Timing & Passing

4 players stand close together backs facing, - workers (W) (Use the centre circle as the point for them to stand around.)

Their partners - throwers (T) stand about 5 paces facing in front of them.

(Creating 2 circles) The outer partner (T) has the netball.

they pass to the worker (W) in front of them,

the worker passes back then runs out and to the right -around

the thrower, receives another pass and returns the pass

then runs back into the centre ending up in front of

the next thrower ready to receive the next pass

They receive a pass from this new partner and pass the ball

back to that outer player. The inner players then run out

and to the right around the new partner...and so on,

working their way round in an anti-clockwise direction.

Change over (workers and throwers) after about 5 minutes.

The extra pass as the inner player goes around the outer thrower can be left out and introduced later for younger players.

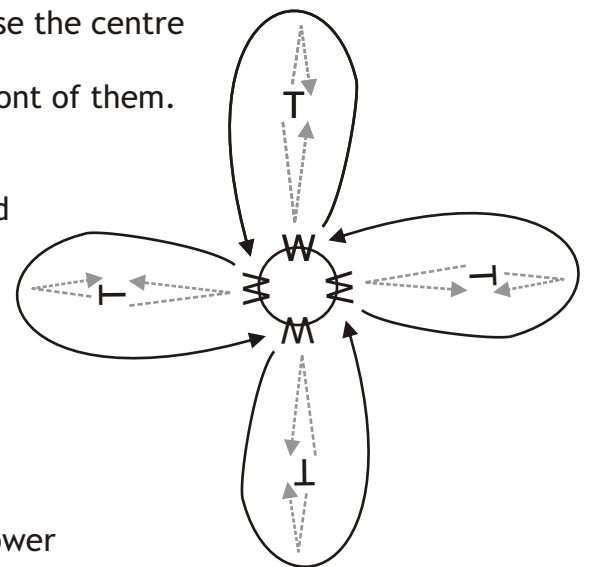
(Keeps the outer thrower more alert and uses pivot skills)

Coaching Points: The object of the drill is to work on timing, so that all players are running around the outer partners at the same time and returning to the centre at the same time. Players need to use peripheral vision to check where their teammates are, and can only move as fast as the slowest member. Passes should be accurate and on the chest.

Players should be encouraged to call out and communicate to their team members.

Progression: Change the direction - clock-wise. Call direction changes during the drill.

Use other passes i.e. bounce pass, lob. Vary the distance between outer and inner players. (more closed it is the harder to keep timing accurate the farther away it is the harder to use peripheral vision).



Drill: *Lots of Passing* - Ball Work & Fitness

If your players are: timid catching the ball or just have trouble catching a hard pass or you want to incorporate some ball work with fitness the following is a great drill.

Requirements : At least 8 players, 1 ball between 2 players. Half the players are

throwers. Each thrower has a ball and is positioned in a large 'cross-ball' formation.

The remaining players are the workers and form a line at the end of the court.

Each worker, in turn, drives hard towards the first thrower to receive a pass, then

passes it back to that thrower, then push off quickly and changes direction to head

straight to the next thrower. Continue through all the throwers. Run back to the start,

repeat. Change workers and throwers after a period of time.

Variations: Bring the throwers in closer, so players have to change direction much quicker. Each pass to the workers could be varied. For juniors - have the throwers closer together. For seniors - really stress the coaching points below.

Coaching Points: Work with intensity and make sure you keep driving towards each ball strongly until you have caught it. Be balanced when passing back to the throwers. Accurate passes back to the throwers are important. Strong hard passes by the throwers make the drill very good for practicing catching.

