

Components of Your Training

You don't need an expert to tell you that spending an hour playing 'throw backs' is probably not going to get the best out of your players.....but how do you??

Netball is a fast, yet precision sport, requiring great foot speed, superior ball handling and a general athleticism. Therefore all components should be 'touched on' during a standard training session. Even the NSW Swifts and the Australian Netball teams still practice their general skills every session. These areas ARE the game.

Warm Ups

These can be fun games or something of a more structured design. Whatever gets the blood pumping, the body warm and the players ready to go. Mix it up. The elite teams still play musical chairs and stuck in the mud on occasion and surprisingly, nothing works as well. The idea of the warm up is to ensure that all players are warm, having completed a satisfactory **cardio component**. A **stretching component** is just as important as this encourages muscle flexibility and allows for a greater range of motion. **When players feel 'warm' they limit the chance of injury through muscles that are not fully prepared for the upcoming session.**

Footwork

Moving quickly around the court is an essential skill in the game of netball. Whether you are trying to get away from a player or trying to chase one down. Developing speed, particularly when referring to changes of direction and a player's reaction times is a must. **Footwork drills** can include simple sprints across the court, chasing other players or even chasing down a loose ball.

Ballwork

Incorporates the lot! **Individual ball skills, pair work and team drills**. Without the ball there is no game.....a VITAL skill. Players must be able to handle the ball successfully in numerous situations. Netballer's are required to run onto flat hard passes, have the ability to gather a bounce pass and even run back to take a lob pass. With a game involving so much **passing and catching** chances are mistakes will occur. It's the ability to still catch that not so perfect pass that distinguishes the great players from the good.

Attack

Every player on court is an attacker, not just the GS, GA, WA and C. All players need to be able to find space on court and make themselves available for the ball. If your team gets an intercept in its defence end, the ball must be successfully worked up to the goal circle by all the players on the court. **Timing, leading and dodging skill learning and drills.**

Defence

Similarly to attack, every player on court is a defender, not just the WD, GD and GK. All players have to be able to stick like glue to their opponent and make it as hard as possible for them to get free and get the ball. The most important part of defence is transition, and how quickly players can go from attacking to defending if there is a turn over. A team must be able to snap into defence straight away or they'll find the opposition already has the ball in their goal circle. **Transition, 'one on one' defending, how to defend a pass, how to defend a shot, skill learning and drills.**

Games

Everyone loves a game, even the big kids!! Mix in some fun, even if it's got nothing to do with netball. You'll be amazed at how easy it is to get players to run around when they find it enjoyable. It's a fitness session in disguise!!!

Playing half court or even organising a practise game against another team is a great way to train. It ensures a tough session and is often the best way to learn what works and what doesn't. – **Catherine Cox (Swifts and Australian Representative)**

Using smaller groups where possible (instead of one large one) means less standing around and players being more involved. – **Julie Fitzgerald (Swifts Coach)**

Find out what style of coaching works best for your players. Some players are 'visual' and are better at understanding drills and skills by seeing them in action as opposed to being told about them.

– **Liz Ellis (Swifts and Australian Representative)**

Make sure all feedback is constructive. If you need to start with a negative make sure it is followed by a positive. E.g., that's not working, but you are so good atso why not try that.

– **Susan Pratley (Swifts and Australian Representative)**

