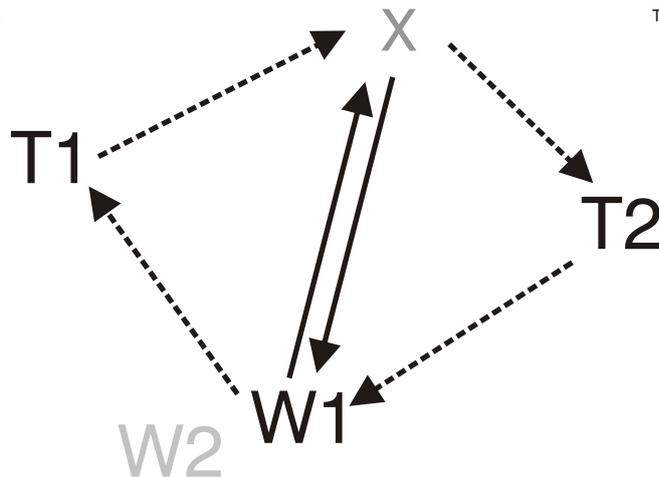


# Run Pivot Throw

Activity for a three or four players

----->  
PATH OF  
THE BALL

----->  
PATH OF  
THE PLAYER



Worker 1 (W1) leads between the throwers towards point X, thrower 1 (T1) throws the ball to W1, catch the ball, pivot on the outside foot and pass on to T2, lead back in the other direction, catch the ball from T2 pivot on the outside foot and pass on to T1. Continue for 6 passes then W1 swaps roles with W2 or throwers for 6 passes then both swap roles with the throwers.

## Teaching points

- Thrower is to pass the ball as a nice firm pass ahead of the worker.
- Worker is to obey footwork and 3 sec. rule, always pivot on the landing foot, turn on the ball of the pivot foot, using the other foot to provide direction and balance.
- When leading right, try to land on the right foot and pivot right.
- When leading left, try to land on the left foot and pivot left.
- When leading be explosive with correct running technique

## FOOTWORK

One of the most important skills is

effective footwork.

A player that has good NETBALL running style, good foot control and a fast step, is well on their way to building a strong playing style. Good footwork allows for strong attacking movements (such as change of pace, dodge and front cut) and great defensive ability (getting around in front, holding shooters and getting to intercepts).

## What is the correct running technique for netball?

### The key things to remember are:

**Small steps** – large steps become cumbersome and do not allow for a quick change of direction or immediate deceleration.

**No heels** – heels should stay off the ground as the spring is generated from the ball of the foot. Players who run on their heels tend to get “bogged down” and have less explosive ability.

**Narrow stance** – player’s feet need to stay at a comfortable width approximately under the shoulders. A wide stance affects the player’s balance and ability to move sideways.

**Stay upright** – players tend to lean their torso forward when they sprint. The body should stay completely vertical. To achieve get players to squeeze their stomachs and bottom in at the same time.

**First step forward** – from a standing start the first step must go forward otherwise players are wasting energy and time. Most players step back first. To coach get players to stand with their heels against a wall or even another player standing behind them.

## Box drill

Requirements: five players, four cones, one ball

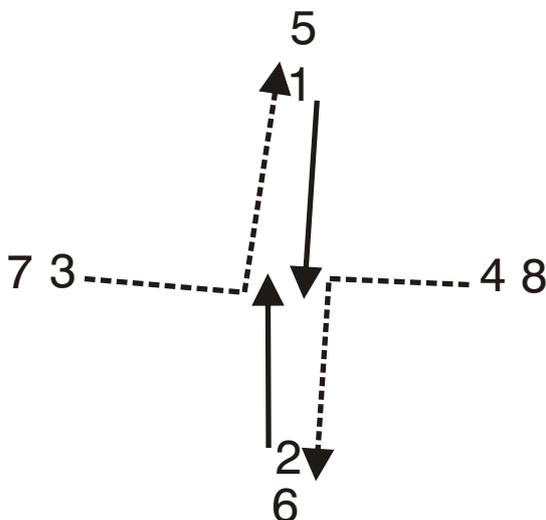
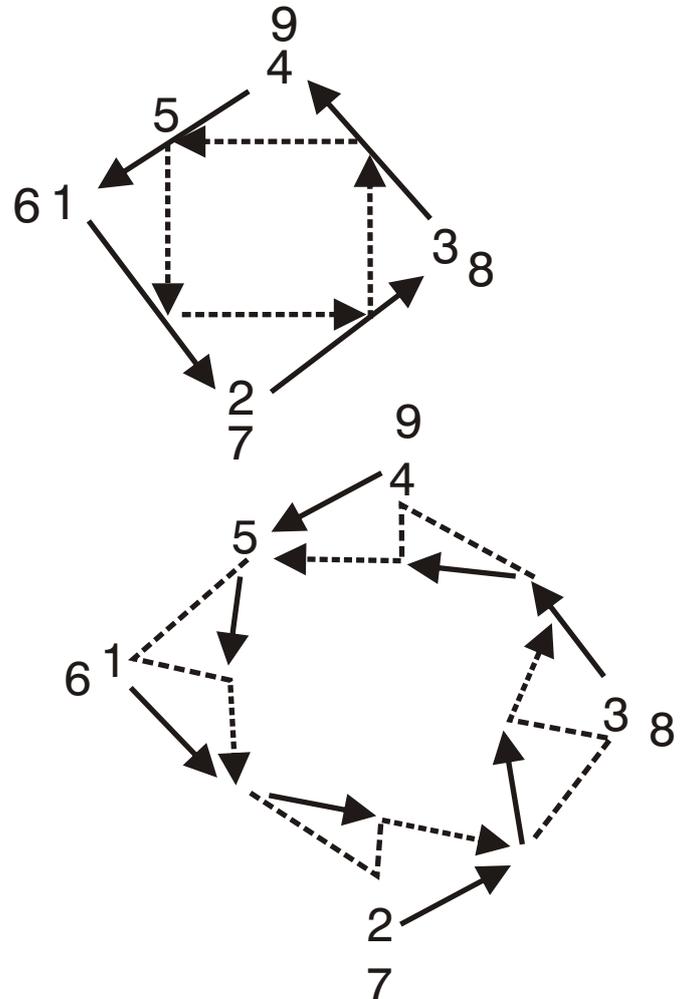
Place cones in a square c. 10 metres on a side. Each player stands at a cone in order (player 1 at cone 1, 2 at 2 etc), except Player 5 who starts midway between cones 4 and 1, with the ball. To commence the exercise, player 1 runs towards cone 2 and player 5 passes ahead of him/her so that the pass will be received at the mid-point between the two cones. Player 5 runs to cone 1 immediately on releasing the ball. As soon as player 1 receives the ball, player 2 runs towards cone 3, and player 1 passes to him/her in a similar fashion, to be received at the midpoint between the cones, then runs on to cone 2. As soon as player 2 receives the ball, player 3 runs towards cone 4 and player 2 passes to the midpoint and runs on to cone 3, etc etc. When player 1 has returned to cone 1 this is one rotation.

### Coaching points:

- Ensure players sprint out for each pass
- Pass should be to space into which receiver must run
- Watch for balance and proper use of feet on landing/push off
- Ensure good pass technique used

### Progression:

- Walk through exercise at first, then gradually build up pace to full speed.
- Require varying types of pass (suggest start with chest pass, then overhead, then shoulder pass)
- Give target number of successful complete rotations at full speed, then reverse direction of players.
- Introduce give and go small pass so player gives and gets the pass twice.



## Diamonds

Requirements : 8 or more players, two balls, four cones. Place cones in a square. Two girls stand at each cone (more if more than 8 players). P1 and P2 are diagonally opposite each other. P3 and P4 are in front on the other two cones. P1 and P2 run towards each other, in the middle, they each receive a pass from their left. P1 throws the ball to the player originally standing behind P2 and P2 to the player now standing in P1's original place. P1 and P2 each then run and stand behind the player they just threw the ball to. P3 and P4 then run. The cycle continues on the same. Players need to keep their eyes on the ball whilst keeping a feel of where other players are so there are no collisions.

**Points to remember** : Always receive the ball from the left and throw straight ahead. All girls always stay on the same diagonal they started on. If one player falls out of time, the whole drill is out.

Start by walking through it a few times then build up speed.