

A netball with the 'mitre' brand name and 'ATTACK' text is suspended in the air above a netball hoop. The background is a clear blue sky. The title text is overlaid on the lower left of the image.

Planning a Session Netball Coaching Clinic

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The background of the slide is a dense, repeating pattern of question marks in various colors including yellow, blue, green, pink, and red. The question marks are of different sizes and are slightly blurred, creating a sense of depth. A white rectangular box with a thin black border is centered on the slide, containing the text.

Where do I start?



What questions do you ask yourself?

- How many weeks before state championships/First Game
- What do I do first?
- How many things do I need to teach them?
- How much game play do we play?
- Are they fit?
- Do they know the basics?
- Where do I start?
- What is the teams strength
- What is the teams weaknesses
- What is the unit set strength and weaknesses
- What is the individual strength and weaknesses

Netball Australia
Website:
https://netball.com.au/sites/default/files/2019-06/NetballSkillsDevelopmentFramework_UpdatedFINAL_Sept2018.pdf

	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
MOVEMENT SKILLS	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> • Balance • Jump/leap/hop and landing (1 foot / 2 feet) • Pivot – outside turn • Sprint • Side step • Take off and sprint <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> • Sprint, decelerate and stop • Jump off right and left foot and both feet simultaneously • Land and balance on right or left foot and both feet 	<ul style="list-style-type: none"> • Working a number of combinations (directional footwork) • Sprint and change direction • Change of pace 	<ul style="list-style-type: none"> • Pivot - inside turn • Application of footwork related to specific skill <ul style="list-style-type: none"> – Speed of footwork – Recovery footwork 	<ul style="list-style-type: none"> • Shuffle / slip step • Turn in the air 	<ul style="list-style-type: none"> • Turning from a sprint movement • Deceleration and safe landing after sprint • Application of all movement skills in court setting
BALL SKILLS	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> • Catch • Chest pass • Shoulder pass <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> • Bounce Pass • Lob 	<ul style="list-style-type: none"> • Application of Lob • Overhead pass 	<ul style="list-style-type: none"> • Introduce one hand control • Fake pass 	<ul style="list-style-type: none"> • Introduce use of ball on either side of body • Timing on release of pass • Variety of options under pressure • Step around pass • Hook ball into catch 	<ul style="list-style-type: none"> • Catch high and low balls one handed • Release from any point of catch • Advanced use of ball on either side of body
ATTACKING SKILLS	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> • Straight lead • Single dodge • Change of direction <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> • Lead, pivot & pass <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> • Two leads 	<ul style="list-style-type: none"> • Double Dodge • Split/Re-offer • Combine into simple movements on court • Lead and drop • Clear and drive • Introduce Hold • Double Play – give and go 	<ul style="list-style-type: none"> • Half roll, full roll • Front cut • Lunge to catch • Application of the Hold • Spatial Awareness • Creating space <ul style="list-style-type: none"> – Recognising space – Moving into space – Repositioning <ul style="list-style-type: none"> ◦ in a crowded situation ◦ after delivery • Reading the Play • Vision • Body cues • Timing of leads • Attacking against 1 on 1 or 	<ul style="list-style-type: none"> • Drive, stop and lunge back • Feeders hitting the circle edge • Basic Screens 	<ul style="list-style-type: none"> • Position & Feeding • Feeding shooters in the circle • On and off the circle • Relationships within Attack unit • Read game to apply screens • Resetting • Outlet pass strategy • From Stoppages • From Turnovers • Attack against area defence strategy and off-line

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	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
DEFENDING SKILLS & STRATEGIES	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Shadow movement Shadow defence <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Hands over the ball <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Recovery to 0.9 metre (three feet) Defence of shot (lean) 	<ul style="list-style-type: none"> Defensive footwork One on one - defending from the front to dictate One on one - defending from the side Repositioning - front and side <p>3 Phases of Defence</p> <ol style="list-style-type: none"> 1. First ball pressure to a contest 2. Application of interception 3. Hands over ball (recovery to dictate pass type or direction) <ul style="list-style-type: none"> Dictating or denying the space Defence of the shot (two hands, jump) and deny space to contest a rebound 	<ul style="list-style-type: none"> One on one - defending from behind Extend 3 phases of defence with focus on dictating or denying the space Double defence Defence of the shot - inside hang, double jump by one defender Strategies for rebounding 	<ul style="list-style-type: none"> Extend one on one defence of the player to explore: <ul style="list-style-type: none"> - Positioning - Reading the play - Timing - Interception/transition - Switching - Sagging Two on one Back and up using 2-foot take-off to intercept Split circle Work together - in/out of circle Positional choice for defence of shot 	<ul style="list-style-type: none"> Defence on and off the circle (WD/C) Relationship of defensive unit - relevant roles Area Defence - including box, diamond and triangle Off-line (off the line of the ball) Defence of the shot: <ul style="list-style-type: none"> - against the shuffle shot
SHOOTING SKILLS & STRATEGIES	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Basic shooting action <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Rebounding 	<ul style="list-style-type: none"> Basic shooting action increasing distance from post Rebounding Introduce working together in and out of circle Shooter rotation 	<ul style="list-style-type: none"> Shooting Technique - correct and accurate Step forward/back/side Shooter hold Shooter rotation extension Shooter to shooter passes <ul style="list-style-type: none"> - from the shooting position - from the feeding position - from a holding and moving shooting circle including with a tall shooter 	<ul style="list-style-type: none"> Shooting Technique - variation on timing and release Shooter to shooter passes <ul style="list-style-type: none"> - Application of working together - Splitting the circle - Closed circle Basic screens including toe to toe e.g. 'Ridgy Didge' 	<ul style="list-style-type: none"> Types of movement to shot - jump, shuffle, fake, falling out of court and layup shot Circle entry and exit Shooters working together (space awareness, vision and balance in the circle) Awareness of space between WA and C Understanding of attack unit Set ups for stoppages in and out of circle Inside and outside links between GS, GA
STRATEGIES	<p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Basic centre pass attack options WA/GA sides & swap Basic centre pass defence options GD/WD inside of GA/WD Defending C with hands over 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> - Narrow (one behind other) - Wide - Back e.g. GD, WD Centre pass defence options: <ul style="list-style-type: none"> - 1 on 1 Throw in options: <ul style="list-style-type: none"> - Narrow - Wide - Back (except goal line) 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> - 1 off the line - 2 off the line Centre pass defence options: <ul style="list-style-type: none"> - 2 on 1 Through/long court transition 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> - Screens - overload Centre pass defence options: <ul style="list-style-type: none"> - wall - forcing attack wide Shooter throw-ins - attack and defence strategies Outlet pass from intercept or rebound 	<ul style="list-style-type: none"> Reading play to apply appropriate strategies <ul style="list-style-type: none"> - Penalty pass/shot and free pass • pass options • defence strategies

NOTE: Players enter the sport at different stages of development hence the suggested skills for

How to plan a season in 2021

3 weeks

- Fitness
- Strength
- Balance
- Footwork
- Ball Handling – passing and catching
- Landing
- Pivot



4 weeks

- Attacking skills – 45 degrees, dodge, double dodge, ½ roll, full roll, stop and start,
- Two options
- Read of play
- Defending – Front defence, hands over, side defence, back defence, 3D's. leaving your player

5 weeks

- Unit sets
- Full game strategies
- Game play





How to plan a session

Date:	Equipment Needed:	
Venue:		
Duration:		
Introduction (aims for session, reminders, etc.):		
Warm-up Activities:	Drills and Games Running:	Cool-down Activities:
	Drills and Games Jumping:	
Coaching Tips/Questions/Challenges	Drills and Games Throwing:	Reminders:
Review/Evaluation (key points from session, what worked and what did not, modifications for next session, etc.):		

Netball Training Plan

What is your aim – What is the purpose

WhyHow.....

#Space Awareness – Reading Play

- Warm up – Knee Program (Netball Australia)
- Fun Games
- Ball and footwork drills
- Aim for the night (eg:- 2 options – space awareness)
- In 3's – no ball – in a line, 1 says go and all read off first person for space, just take 4 steps
- In 4's – 1 with ball – two throwers on the outside, 2 in middle – read off front person
- Introduce different movement –eg- double play – still look at space
- Introduce the thrower into the space.
- Use 1/3 – 3 different points. All get a ball each
- As above – 5 passes
- As above – introduce defenders
- As above – use ½ court

Completing your puzzle

Group of 4 – Planning a session



What is the aim

- 2 options
- Front defence
- Timing in leads
- 3 D's (Dictate, Deny and Delay)
- 45 degrees
- Channelling

Specialist

Centre court – Hitting circle edge
– Vision in and around circle

Shooters – Space Awareness
(Shooter to Shooter)

Vision in and outside circle

Defence – Defending in circle

Defending over the shot

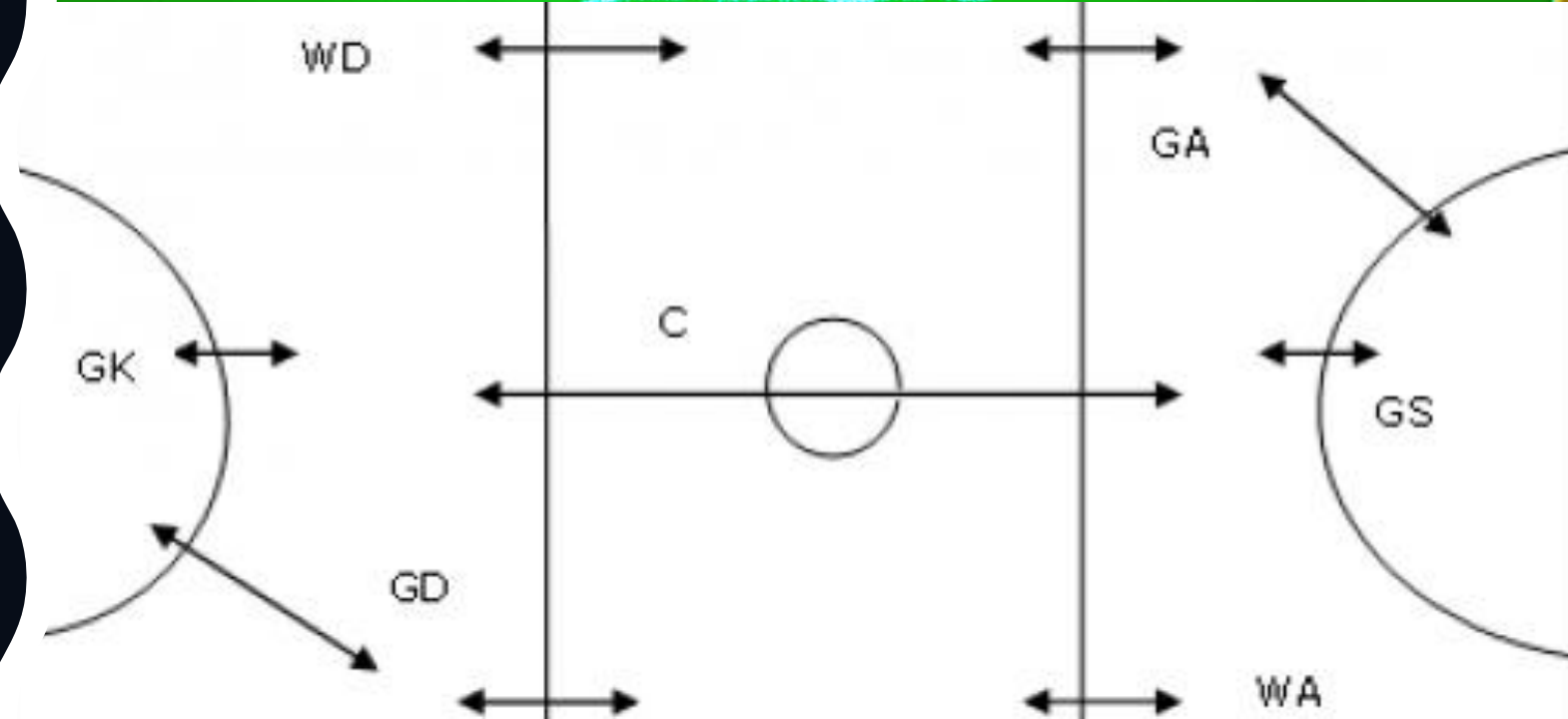


How to Prepare your players

- Listen + Learn = Communication
- Enjoy
- Plan
- Celebrate
- Failure
- Set Goals
- Self-Motivation
- Approach each team differently
- Make each practice count
- Encourage your team
- Give your players a voice and hear them – be open to their suggestions
- Ask your players what they want to try

Tactics – Own team and Opposition

- What to look for?
- Individual
 - Strengths
 - Weaknesses
- Unit set
 - Strengths
 - Weaknesses
- Team Work
 - Strengths
 - Weaknesses

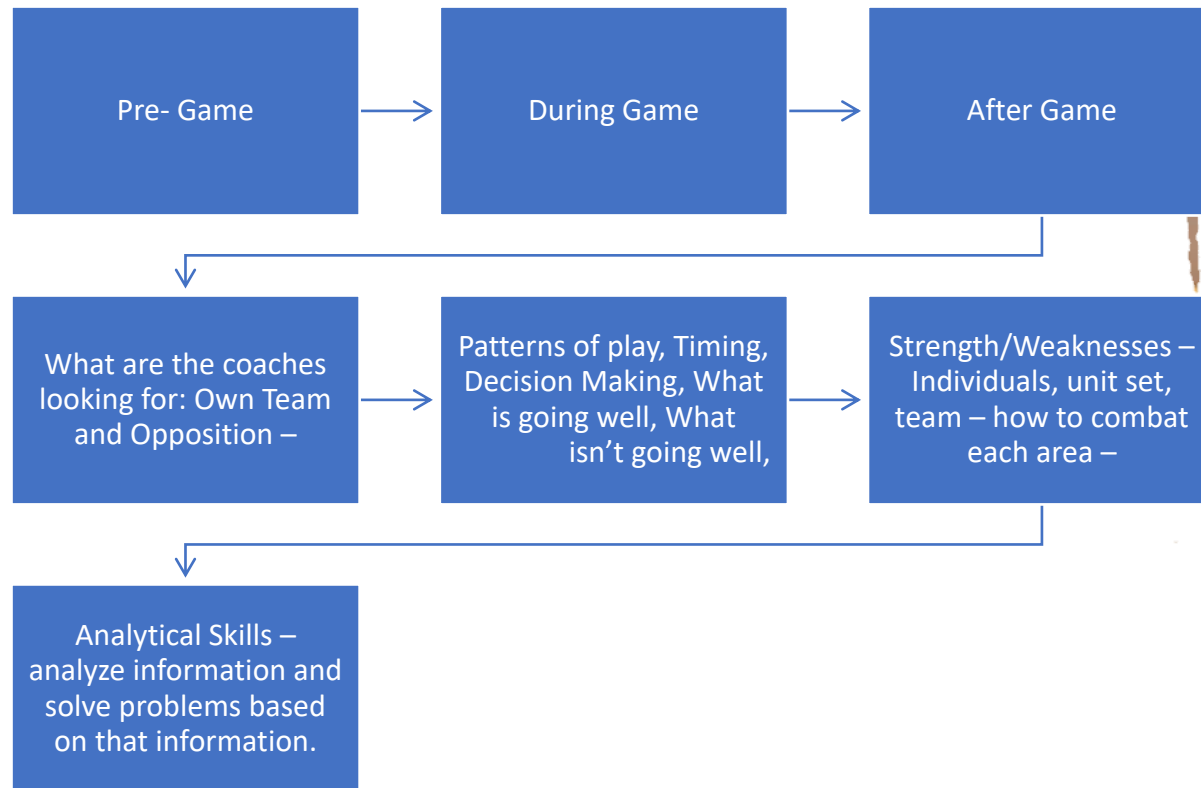




Game Strategies

- Centre court passing – Attack
 Defence
- Backline throw in's
- Side-line throw in's - Defence third
 - Centre third
 - Shooting third
- Practice Centre court passes after a shot.
- Penalty passes – anywhere on court – make sure it is everywhere and anywhere on the court
- How to combat different strengths on players
 - Tall/Strong holding Shooter
 - Speedy WA
 - Strong first ball defence

Game Talk



Statistics

- Shooting Stats – team and opposition
- Where are the shooters shooting in the circle
- Centre Passes – Turnovers – Wins/losses
 - Any Patterns of play



Any
Questions