

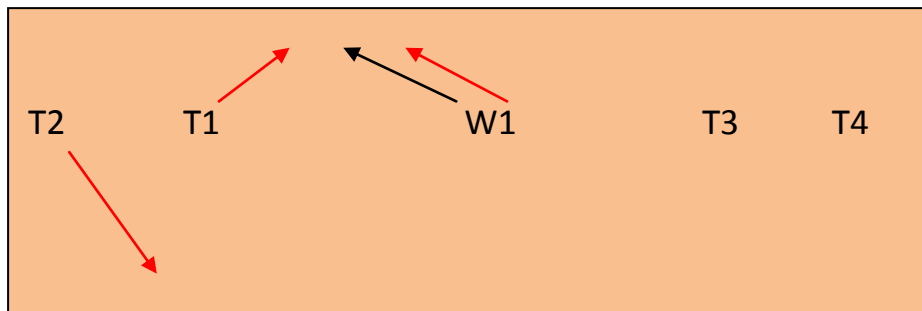
DRILLS FOR THE WEEK

CLEARING AND CREATING SPACE

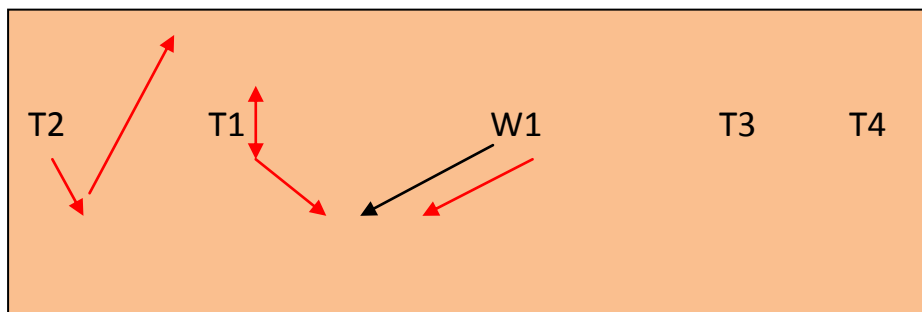
T1 makes a move into a space. T2 reads off T1 and moves into a different space opposite. Both must be available for the pass.

W1 must make a decision who to pass to and then passes the ball.

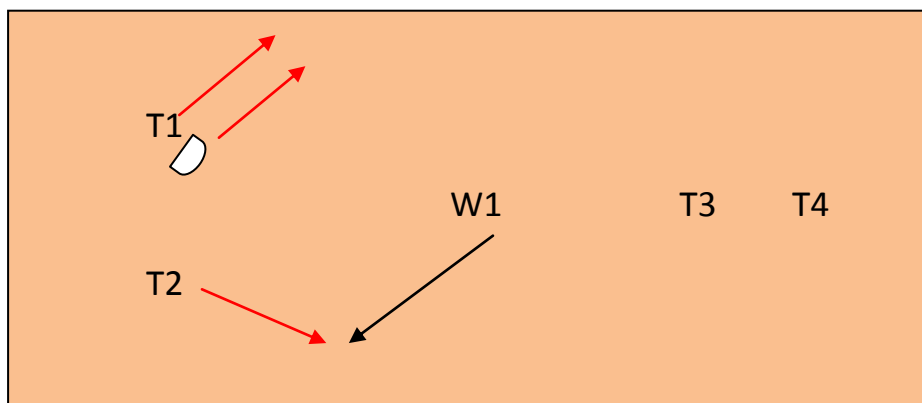
W1 then drives forward to receive the ball back, snatches the ball to her shoulder, pivots to repeat the drill to T4 and T3 who do the same. **Coaching Tip** – The attacker in front is in control therefore the player behind is the one that should read the other player and clear



CLEARING AND CREATING SPACE – EXTENSION 1 – Same as above, however T1, T2, T3 and T4 must perform a preliminary move (e.g. Dodge, roll) as W1 turns and then drives forward.



CLEARING AND CREATING SPACE – EXTENSION 2 – Add one defender to each end. The defender must make a decision to run with either T1 or T2. W1 must now choose who is the best option to pass the ball to.



DRILLS FOR THE WEEK

10 PASSES CLOSE DEFENCE

Use 1/3 of the court . (for younger players use 2/3). Even teams and bibs on one team. Attackers move around and attempt 10 consecutive passes. No Lobs are permitted which is to encourage players to move forward to receive a pass. If the ball is intercepted the defenders become the attackers and try to get 10 passes. If a lob is thrown it is a hand over to the other team. All netball rules apply.

Coaching Tips - Encourage tight defence and use of peripheral vision. Defenders to place themselves between their opponent and the ball. Encourage no lobs to ensure attackers move forward.

SHUTTLE DRILL CHANGE OF DIRECTION

A throws to B on the run doing change of direction to the right. B catches, pivots to face her own team and passes to the next player. B runs to the back of line A. Then 1st girl in A runs etc. Do it again but have girls running to the left.

