

COACH'S GUIDE FOR NETSETGO

Woolworths 



# Set Session Plans 1 - 10

7 - 8 YEARS



Woolworths NetSetGO is Netball Australia's entry level program. It teaches children the basic skills of netball.

It gives children aged 5 to 10 a positive introduction to netball, through skill-based activities, minor games, music, dance and modified matches.

The program promotes a healthy, active lifestyle and helps children develop important social skills, like team work.

With three tiers Net, Set and GO, the program is designed especially for children to transition into junior netball with confidence.

The program is easy to run and gives clubs and associations the chance to recruit new players and volunteers.



# NetSetGO

# net

### Tier 1 - Recommended age 5 - 6 years

**Focus:** Learning and Acquisition of Fundamental Motor Skills

**Delivery:** Participants are introduced to a number of fundamental motor and netball skills in a netball environment. The activities are simple, require limited equipment and allow for maximum participation and repetition. Participants will experience fun and success by participating in age and developmentally appropriate activities and minor games that foster cooperation, teamwork and the ability to listen to and follow directions.



### Tier 3 - Recommended age 9 - 10 years

**Focus:** Netball Specific Skill Development

**Delivery:** The participant is introduced to more netball-specific skills as well as refining their fundamental movement skills. This is a period of accelerated development of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement. NetSetGO modified match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success. Modified equipment (size 4 ball and 2.4m goal post) is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency. Competitive elements (like scoring) may be introduced however the focus should not be on winning. All participants should be provided with equal court time and exposure to a variety of positions.

# set

### Tier 2 - Recommended age 7 - 8 years

**Focus:** Extension and Refinement of Movement

**Delivery:** The participant continues to progress and refine their fundamental movement and netball skills whilst being introduced to additional netball skills and basic netball strategies. This is achieved through a mix of activities, minor games and organised age-appropriate and modified sport. NetSetGO modified matches are introduced in this tier. The rules and equipment are adapted to help the participant build confidence and competency. Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions. Learning and refining fundamental movement and netball skills via training activities should continue to be the focus in this tier.

# Session Plans

## Activity Cards

As part of each session plan, a number of activity cards have been designed to ensure a consistent approach to delivery, development, use of language and coaching for coaches delivering at a NetSetGO Centre.

### What's on a card?

**Objectives:** Clearly defined netball-specific learning outcomes relevant to the activity. Coaches should base their delivery, support, discussion and questioning around these.

**Start out/Get into it/Finish up:** The format of each session is broken up into a warm up (Start out: 10–15 minutes), skill development and minor game (Get into it: 30–35 minutes) and modified game/cool down (Finish up: 5–10 minutes).

**Equipment/area:** What equipment and area is required to play the activity.

**Group management:** What group numbers are required.

**Description:** Provides simple instructions on how to deliver the activity.

**Coaching tips:** Provides key technical and tactical coaching points to guide coaching as participants are engaged in the activity. More detailed coaching points can be found in the appendix of this resource.

**Change it:** Ideas on how to change the activity to reflect the developmental stage of the group and individual. Down = Easier; Up = Harder.

**Questions:** Examples of individual and group questions that can be asked to develop awareness around technical or tactical aspects of the game.

## Minor Games

The minor game variations are included at each level of the program in the 'Get into it' sections. These invasion games allow players to practice and develop skills in a game-like environment without actually playing a match. Minor games may be modified by changing the rules, increasing or decreasing the activity space or setting time restrictions. The coach can decide whether they use the minor game identified in the session plan, or use their discretion to choose an appropriate variation based on the development of their players.



# Set Session Plans

SESSION

1

START OUT (10–15 MIN)

## Partner Balance

### Objective

To improve participants' balance.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs ask the players to balance on the body parts called by the coach. Make up your own or use the following:

Four feet touching the ground.

Two feet touching the ground.

Two hands and two feet touching the ground.

Two hands and two knees touching the ground.

One back and two feet touching the ground.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

### ↻ Change It

Down: Allow players to add one or two other body parts to balance if required.

Up: Players move around using a variety of movements (for example, run, skip, hop, jump, leap), when the coach calls the body parts; Perform the balance with a partner.

### ❓ Question

What things did you do to stay balanced?



## Jumping Square

### Objective

To develop jumping technique.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Players stand evenly around a square.

Number opposite sides of the square 1, and the other sides 2.

When a player's number is called, players jump from one side to the other, exchanging places.

When the number three is called all players jump to the opposite side of the square.

### ⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Jump:

- Eyes forward
- Bend at the knee, hip and ankle with arms back
- Bring arms forward and up as legs straighten to take off.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

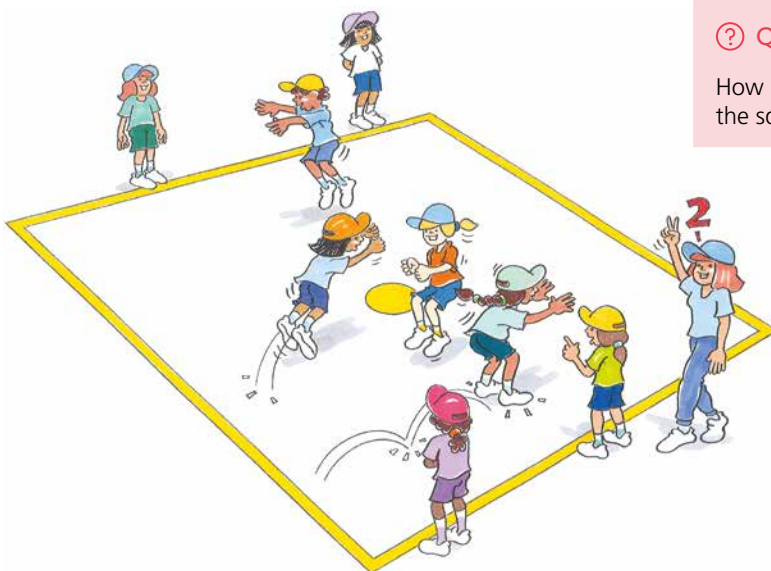
### ↻ Change It

Down: One side moves at a time so all going in the same direction.

Up: Call a different movement as well as the number (for example, leap, hop, skip).

### ❓ Questions

How many jumps did it take to get across the square?



## Landings off a Step

### Objective

To practice jumping and safe landing technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Step.

### Group Management

As a group.

### Description

Jump off a step (make sure it is not too high) on to the ground landing on either two feet or one foot.

Hop off a step onto the group landing on either two feet or one foot.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🕒 Coaching Tips

Land softly with two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

### ↻ Change It

Down: Jump from the ground (as shown in illustration).

Up: Catch a ball on landing.

### ? Questions

What did you do to land safely?



## Bean Bag Take Off

### Objective

To develop a strong take-off technique.

### Equipment/Area

Netball court or suitable playing area.

Bean bags.

### Group Management

Groups of 5–6.

### Description

Players stand behind a line.

On a command players sprint forward five metres to pick up a bean bag.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Arms/legs move in opposition.

Lean body forward.

Start with small steps and gradually move to bigger steps.

Arms drive forward in relaxed style, elbows bent.

Keep head erect and eyes up.

If leading to the right, take off with the right foot and vice versa.

### ↻ Change It

Down: No competition; Remove the bean bag so players only need to cross the line.

Up: Take off from different starting positions (for example, lying down, facing backward/sideways).

### ? Questions

What are the important things to do to run fast?

## Change of Direction

### Objective

To develop take off and change of direction technique.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Individuals.

### Description

Lay out markers in a zigzag formation on the ground. Players line up behind the start of the zigzags.

Players run through, changing direction at each marker. At the end of the line, they pivot and repeat back down the line.

### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

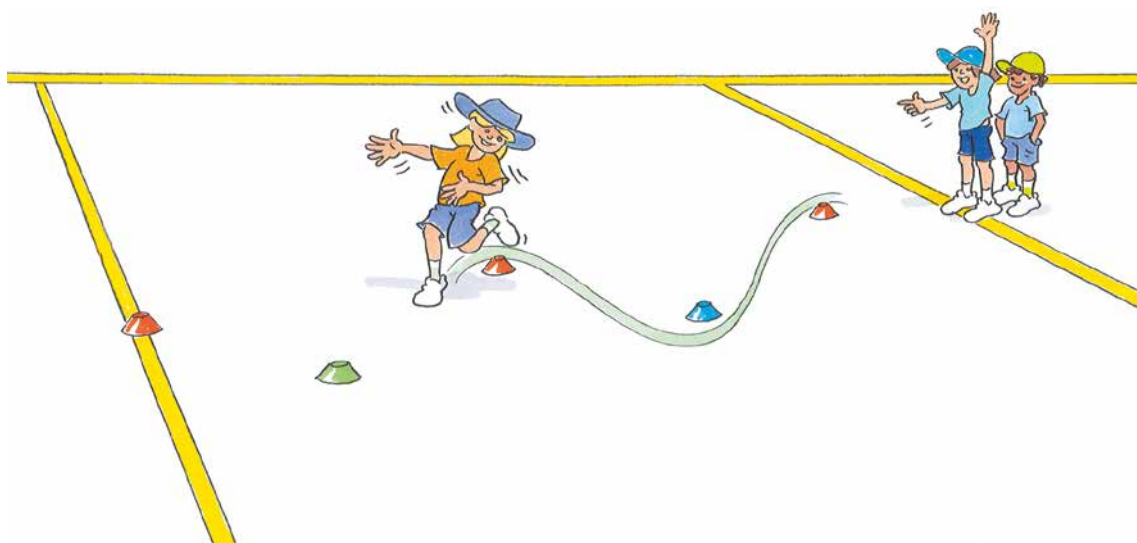
### ↻ Change It

Down: Reduce the number of markers.

Up: Introduce a competition between teams;  
After the last marker the player leads for the ball.

### ? Questions

Why is it important to be able to change direction?



## Boundary Pass

### Objectives

To practice passing and catching technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

Players run around the outside of the court passing to each other using a variety of passes (for example, chest, bounce and shoulder pass).

On the whistle, players change direction.

### ⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

### ↻ Change It

Down: Use a soft ball; Stand still to pass, then change partners on the whistle.

Up: Add a change of direction; the thrower must see the change of direction made by the player before they pass the ball.

### ❓ Question

What are the key points for a good chest, shoulder or bounce pass?

## Corner Ball

### Objective

To practice netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Each team has one player in diagonal corners.

The ball starts in one corner. Players pass the ball and score one point if they can pass it to the other corner. The opposition then start with the ball.

If intercepted, the defender rolls the ball to their nearest corner and becomes the attacking team.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Reinforce all techniques during the activity.

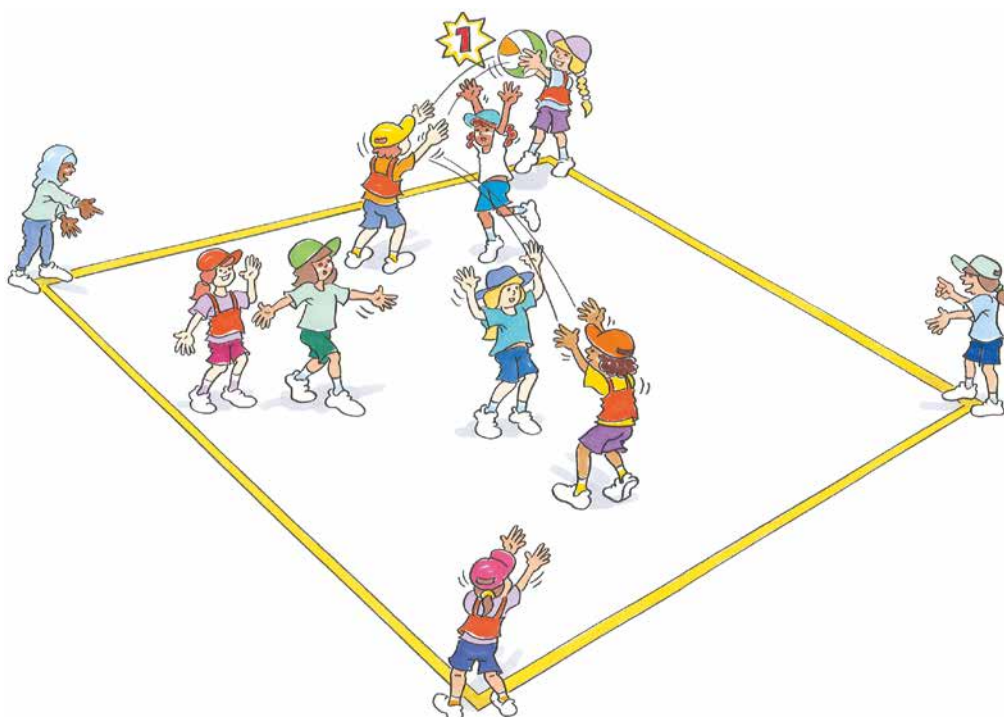
### ↻ Change It

Down: Use a soft ball; Decrease the number of defenders.

Up: Set a number of passes that must be completed before a point is scored; All players must touch the ball before a point is scored.

### ? Question

How many points did your team score?



## NetSetGO Game

### Objective

To develop understanding of a modified netball game.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce the goal shooter (GS) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

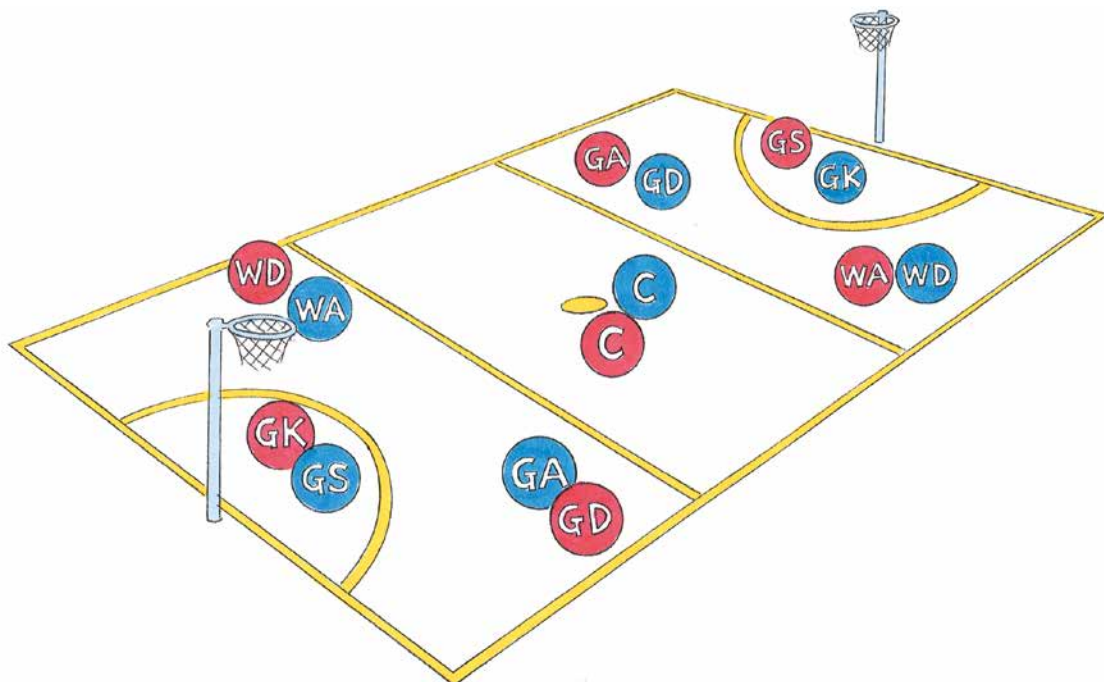
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow/stay close when defending opponent.

### 🧠 Coach Tip

Treat players as individuals.



FINISH UP (5–10 MIN)

## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.



# Set Session Plans

SESSION

2

## Mirror Balance

### Objective

To improve participants' balance.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, players mirror each other's balances.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

### ↻ Change It

Down: All players mirror the coach.

Up: Add movement before the balance.

### ? Question

What things did you do to stay balanced?

## Footwork at a Corner

### Objective

To practice jumping technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Lines.

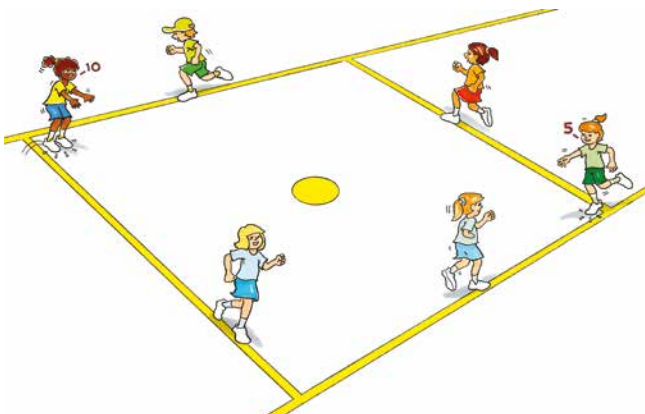
### Group Management

Individuals.

### Description

Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities:

- 10 jumps forward and backward across the line
- 10 jumps side to side across the line
- 5 hops on each leg
- 10 criss-cross legs across the line.



### ⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### ↻ Change It

Down: Reduce the number of jumps or size of area; Coach calls the activity.

Up: Increase the speed of running between activities.

### ❓ Questions

In which activity were you able to jump the highest?

## Teach Passing in Pairs

### Objectives

To develop passing techniques – lob/bounce.

To practice passing techniques – shoulder/chest.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

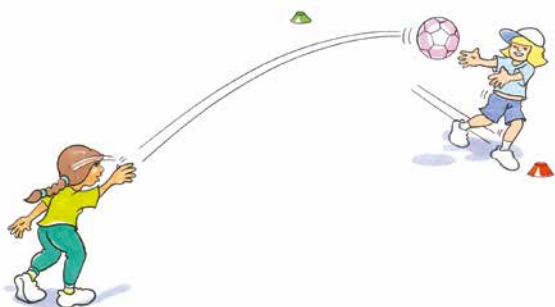
### Group Management

Pairs.

### Description

Pairs approximately 3–4 metres apart should do 20 passes each:

- Shoulder
- Chest
- Lob
- Bounce.



### ! Safety

Define the area appropriate for numbers.

### 🕒 Coaching Tips

Lob:

- Start movement from the shoulder
- Short back movement
- One-handed high release
- Follow through in direction of pass with wrist/fingers.

### 🕒 Coaching Tips (cont.)

Bounce:

- Step forward and bend/lunge on opposite leg
- Push ball forward and downward
- Release ball between the hip and knee
- The path of the ball is lower, under the outstretched hands of the defender
- The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height.

Shoulder:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Chest:

- Head up, eyes on the ball
- Transfer weight forward
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Ball comes out evenly from both hands.

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

### 🔄 Change It

Down: Use a soft ball.

Up: Introduce a competition.

### ? Question

When would you use these types of passes in a game?

## Catch the Bounce

### Objective

To practice catching technique using bounce pass.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

Players stand approximately two metres apart.

One player throws the ball so it bounces once before their partner, who then catches the ball.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🕒 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

### ↻ Change It

Down: Use a softer ball.

Up: Move further apart; Bounce the ball more than once.

### ? Questions

What did you have to do differently to catch the bounce pass?



## Kings and Queens

### Objective

To practice balance technique and hands over ball defense.

### Equipment/Area

Netball court or suitable playing area.

Line or markers (to start).

### Group Management

Groups of 5–6.

### Description

Group lines up along a line.

The coach faces the group – the first player on the coach's right is the king and the second is the queen.

When the coach calls players to 'defend the pass', they must get back 1.2m (4 feet) and put their hands up to defend.

If a player is slower than the player on their right (coach's left), they move down one spot.

The aim is to be the quickest and become the king.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🕒 Coaching Tips

Recovery to 1.2m (4 feet)

Push off strongly 1.2m distance.

Strong stride/jump back – can be one large stride or a few quick steps.

Use arms for power to jump back.

Head up with eyes on ball and opponent.

Hand over the ball:

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

### ↻ Change It

Down: Remove the competition.

Up: Combine with specific arm positions (Balance Activity - Norma Says).

### ? Question

How far away do you need to be to defend a player with the ball?

What did you do to stay balanced?



## Numbers Netball

### Objective

To practice netball skills in a match-like game.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Bibs.

### Group Management

Groups of 10–12.

### Description

Two teams, consecutively numbered, line up on the sideline.

The coach calls two numbers and those players from each team run into the playing area.

Only the first number called is able to contest the first ball rolled by coach.

The team which gains possession becomes attackers and may pass to sideline players.

Both teams shoot towards the same goal ring. If the ball is intercepted, the defending team becomes the attacking team but must pass the ball back to the coach (or sideline player) before shooting.

Work for one minute using NetSetGO rules.

The ball getting into the goal circle scores two points and an additional point if a goal is scored.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

Reinforce intercept, shadow and shooting coaching points.

### ↻ Change It

Down: Use a soft ball; Decrease the number of defenders.

Up: Set a number of passes that must be completed before a point is scored. All players must touch the ball to score.

### ? Questions

What moves did you use to lose the defender?

What did you do to stick tight to the defender?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce the goal keeper (GK) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

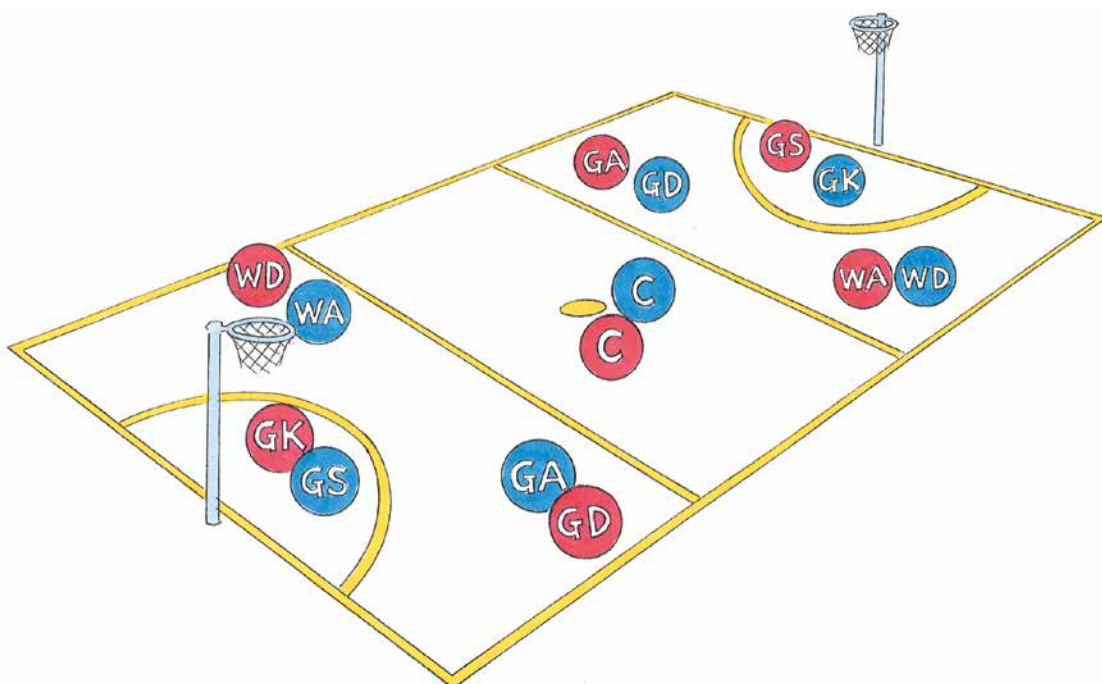
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow/stay close when defending opponent.

### 📌 Coach Tip

Reinforce coaching points.





## Concluding Activity

### Objective

To develop understanding of a netball game.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.



# Set Session Plans

SESSION

3

START OUT (10–15 MIN)

## Straight Line Partner Tag

### Objective

To develop change of pace.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Groups of 2–3.

### Description

Players form into groups of two or three with one nominated leader.

Starting behind the sideline, players jog towards the opposite sideline. At any point between the sidelines, the leader turns and sprints back to the start line.

The other players in the group aim to beat the leader back to the sideline.

Repeat then change roles.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 👁 Coaching Tip

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

### ↻ Change It

Down: Players change direction at a designated spot.

Up: Add a further change of direction (for example, before the player reaches the start line they change direction and sprint back to the other sideline).

### ❓ Questions

What did you do to speed up/change pace?



## Bounce Ball and Balance

### Objective

To practice balance techniques incorporating ball movement

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals.

### Description

Balance on one leg while bouncing a ball.

Hop and bounce a ball.

Cross legs and bounce a ball.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

### ↻ Change It

Down: Move ball around rather than throwing it and/or copy partner's movements.

Up: Bounce ball consecutively with one hand; Bounce two balls at once.

### ❓ Question

What things did you do to stay balanced?

## Leap from Hoop to Hoop

### Objective

To practice landing technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Hoops.

### Group Management

As a group.

### Description

Place hoops in a third of the court. Hoops can be placed either next to each other or spaced apart.

Players leap from hoop to hoop, and balance after each leap.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Body weight over the outside foot with shoulders even and weight on the outside foot.

### ↻ Change It

Down: Reduce the numbers of hoops.

Up: Leaps become continuous.

### ? Questions

How did you keep your balance after jumping?

## Norma Says

### Objective

To practice balance technique and hands over ball defence.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Using the rules of Simon Says, the coach calls out commands for players to perform.

Players should move back 4 feet to defend the pass when 'Norma says defend the pass'.

Other commands are:

Norma says high wide pass – move back 4 feet with arms wide.

Norma says lob pass – move back 4 feet with arms high in the air.

Norma says bounce pass – move back 4 feet with arms low.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

### 🔄 Change It

Down: Play just with arm actions and not moving back 4 feet; Use lines so players know how far to move back.

Up: Combine with Kings and Queens (Balance Activity).

### ❓ Question

Which was the easiest activity to stay balanced?

Which was the hardest?

## Square Pass

### Objectives

To practice shoulder pass technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Markers

### Group Management

Groups of three.

### Description

Place four markers in a square. Three players stand at a marker, one of the players holding a ball.

The player with the ball throws to one of the other players, then runs to the free marker. The other players then repeat the activity.

### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Eyes on target.

Step towards target, this should be opposite foot to throwing arm for shoulder pass.

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

Place in front of moving player.

Receiver to receive at full stretch, in front of defender.

Into space created by attacker.

### ↻ Change It

Down: Use a soft ball.

Up: Ball starts with one of the players who is adjacent to the free space. The player adjacent on the other side then moves to the free space and receives the pass, then continues the pattern.

### ❓ Question

Where did you need to pass the ball to keep the activity going?



## Five Point Play

### Objective

To develop passing and catching technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Groups of 10.

### Description

Form two teams of five players.

The attacking team passes the ball between themselves scoring one point per pass.

After five passes a bonus five points is scored when the ball is passed to a team-mate in one of the goal circles who then scores a goal.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Reinforce all techniques during the activity.

### ↔ Change It

Down: Use a soft ball; Reduce number of defenders; A successful pass to a player in the goal circle scores five points.

Up: Score one point for 15 seconds of passing then a bonus five points for passing to a team-mate in the goal circle who then scores a goal. The player who shoots for goal must score on the first attempt.

### ? Questions

How many points did you score?

Did you score any bonus points?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce the goal attack (GA) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

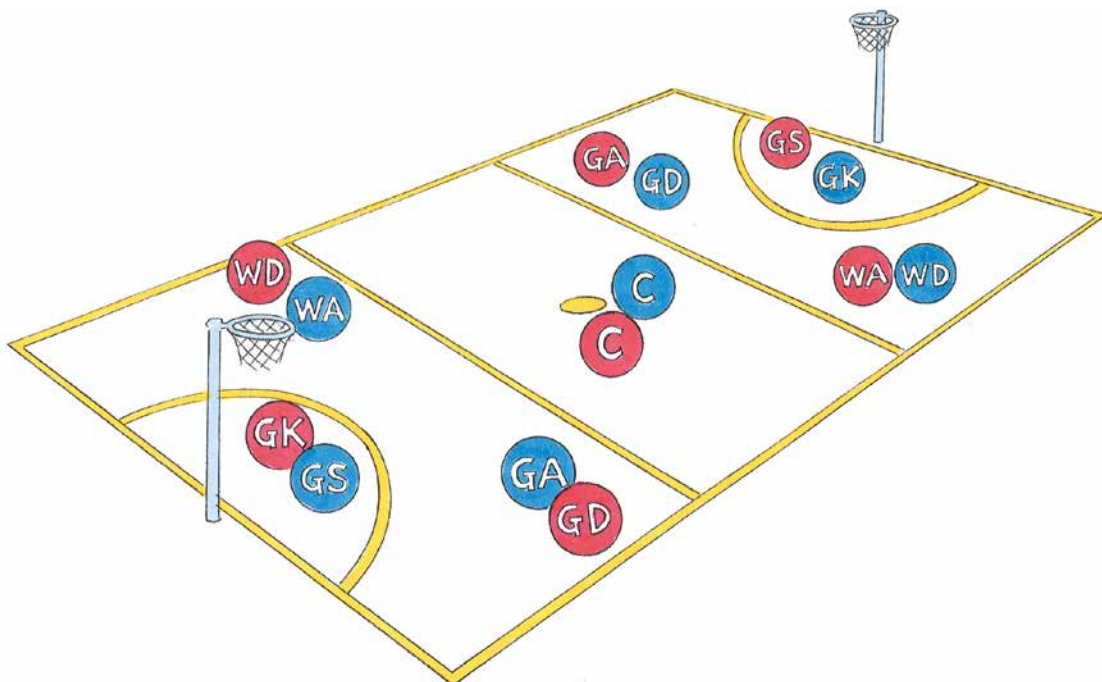
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 📌 Coach Tip

Keep it simple.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.



# Set Session Plans

SESSION

4

## Bounce Ball between Legs

### Objective

To develop hand–eye coordination and ball control.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals.

### Description

Bounce the ball between the legs from front to back (catch behind).

Repeat, bouncing the ball from back to front.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes on the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

### 🔄 Change It

Down: Use a softer ball.

## Leap Frog

### Objective

To practice jumping and landing techniques.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Groups of 3–4.

### Description

Divide group into teams.

Participants leapfrog the width of the court.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### ↻ Change It

Down: Leap over only one person.

Up: Introduce a competition.

### ❓ Question

Which technique helped you jump over the person in front of you?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## START OUT (10–15 MIN)

# Landing on the Circle Edge

### Objective

To practice landing technique in a confined space.

### Equipment/Area

Netball court or suitable playing area.

Goal circle.

Markers.

Size 4 netballs (for advanced players).

### Group Management

Groups of three.

### Description

Players line up three metres from the circle edge in groups of three.

The first player in the line runs forward and jumps to land on the circle edge and hold their balance for 2–3 seconds.

They join a different line for their next turn.

### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Land softly on two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

### 🔄 Change It

Down: Add a marker as a guide of where to take off.

Up: Add a ball to be thrown to the player as they land.

### ❓ Questions

How did you make sure you didn't go offside when landing on the circle edge?





## Scarecrow Tiggy

### Objective

To practice running and changing direction in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

One player is nominated as the tagger.

When the tagger catches the other players they become 'scarecrows'.

Scarecrows are released when another player crawls underneath the legs of the player captured.

Limit space depending on numbers.

Variation: Change the type of movements (for example, skip, hop, jump).

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### ↻ Change It

Down: Increase the size of the area; Increase the number of taggers.

Up: Increase the size of the area.

### ? Questions

What did you do to avoid the tagger?



## Numbers Game

### Objectives

To practice passing technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

As a group.

### Description

Stand in a circle with each half of the circle numbered consecutively.

Place two balls in the middle of the circle.

The coach calls a number (for example, 1). Both number 1s run into the middle of the circle, pick up their ball and then pass to another member of their team.

### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

### ↻ Change It

Down: Use a soft ball.

Up: Introduce a competition – one point for the team finished first.

### ❓ Question

What did you do to make sure your pass was accurate?

## Shooting a Goal

### Objective

To develop accuracy of pass and shot.

### Equipment/Area

Netball court or suitable playing area.

Modified goalpost.

Hoops.

Bean bags.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

Work in pairs.

One player shoots using a bean bag and the other player rebounds (collects) and passes the bean bag back.

Shoot five times and swap roles.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Encourage players to have their feet, hips and elbows pointing towards the goal post.

Players should avoid shooting with 'chicken wings' (elbows sticking out to the side) as this develops poor technique for shooting.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

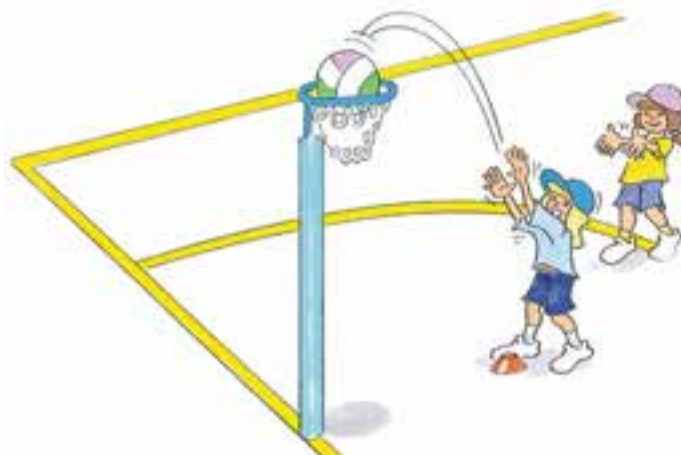
### ↻ Change It

Down: Aim for a hoop held by a partner rather than a ring.

Up: Use a soft ball or a netball; Introduce a competition (for example, score out of five); Relay race – player has one shot, collects bean bag/ball, passes to next player in line then goes to the end of the line, continuing for a time limit or reaching a number of goals.

### ? Question

Where did you aim to get a goal?



## Find the Goal Line

### Objective

To practice netball skills in match-like game.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Groups of 4–5.

### Description

Two teams work across the centre third.

One team attempts to pass the ball to each team member, while the opposing team tries to intercept the ball. All members of the team must touch the ball at least once before the team can score.

A point is scored if the ball is placed over the goal line.

The opposition throws the ball in from that spot.

NetSetGO rules apply.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce passing/catching technique.

Encourage a range of attacking moves to move ball in the space.

Encourage defending team to use shadowing.

### ↻ Change It

Down: Use a soft ball; Not all players have to touch the ball before a goal can be scored.

Up: Increase the size of the playing area.

### ? Questions

What did you do to keep close to your player?

What did you do to make sure you passed the ball safely?



## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce the centre (C) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

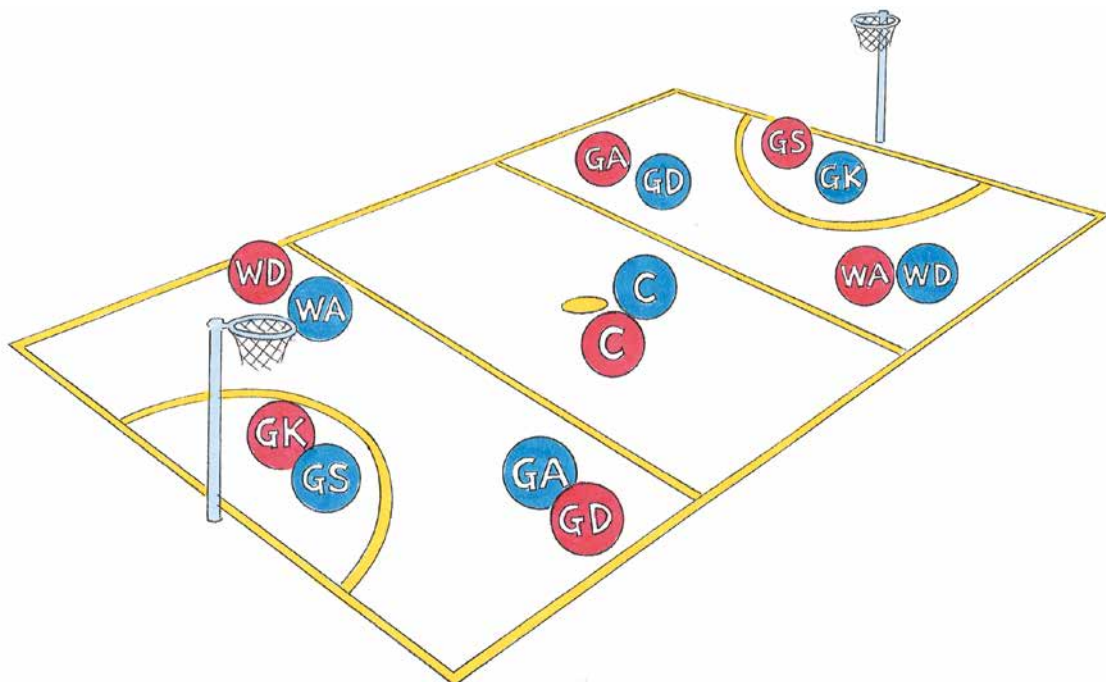
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 📌 Coach Tip

Quality rather than quantity.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.

# Set Session Plans

SESSION

5

## Hopscotch

### Objective

To practice jumping and landing techniques.

### Equipment/Area

Netball court or suitable playing area.

Chalk.

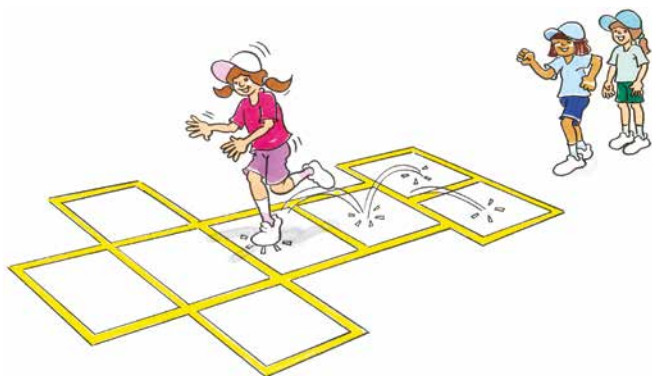
### Group Management

As a group.

### Description

Set up hopscotch so players need to hop and jump through the activity.

Variation – make it part of a circuit.



### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on the opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### 🔄 Change It

Down: Set up the footwork pattern without the lines.

Up: Introduce a competition; Set a time limit.

### ? Question

Was it easier to hop on your left or right foot?



## River, Rock, Bridge and Tree

### Objective

To practice running, jumping and leaping in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Groups of four.

### Description

Four players line up in a relay formation.

The first player runs out to a marker and lays on the ground to form a river.

The second player jumps over the river, runs to the next marker and crouches down to form a rock.

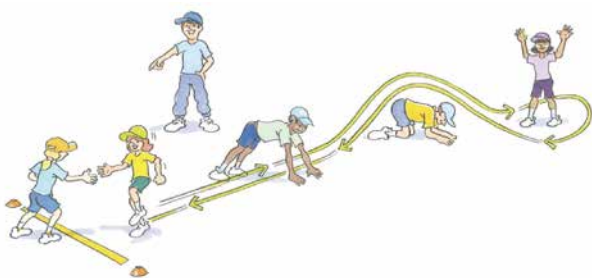
The third player jumps the river, leaps over the rock, runs to the next marker and stands astride to form a bridge.

The fourth player jumps over the river, leaps over the rock, crawls under the bridge and stands with arms out to form a tree.

Once the river is leapt by the fourth player, they stand up and leap over the rock, crawl under the bridge, run around the tree and run back to the start.

The rock, bridge and tree complete the activity in order.

Repeat with players taking on different roles.



### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🕒 Coaching Tips

Take off:

- Arms/legs in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up.

Two-foot jump:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Step into take off with a quick left/right or right/left step pattern
- Use both arms to drive up
- Land on both feet, cushioning landing by bending at knees, hips and ankles.

One-foot leap – right/left foot:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Push strongly off take off foot
- Drive arms up
- Land on one foot, cushioning landing by bending at knees, hips and ankles.

### ↻ Change It

Down: Reduce the number of formations in the relay.

Up: Introduce a competition.

### ? Questions

How did you encourage your team-mates in the relay?

## Chain Tag

### Objective

To practice running and change of direction in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

One player is designated the tagger and chases the other players.

Once another player is caught, they join hands then continue to chase remaining players extending the line after each additional tag.

Only players on the ends of the chain are able to tag players.

### ⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Arms/legs move in opposition.

Lean body forward.

Start with small steps and gradually move to bigger steps.

Arms drive forward in relaxed style, elbows bent.

Keep head erect and eyes up.

If leading to the right, take off with the right foot and vice versa.

### 🔄 Change It

Down: Begin with more than one tagger.

Up: When the chain has four players, they split in half and form two separate tagging groups.

### ❓ Questions

What did you do to avoid the taggers?

## Partner Tag

### Objective

To develop dodge technique.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, one player uses a dodge to try to evade their partner and 'shake the shadow'.

The partner tries to stay within arm's length so when the coach blows their whistle they can touch their partner.

Players change roles and repeat.

Players cannot turn and run away from their partner.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### 🔄 Change It

Down: Decrease number of pairs working within an area; Increase distance the partner should be on the whistle (for example, two steps to touch partner).

Up: Increase the number of pairs working the area.

### ❓ Questions

What moves worked best to shake the shadow?

## Crocodile

### Objective

To develop passing technique for distance and accuracy.

### Equipment/Area

Netball court or suitable playing area

Size 4 netballs (or equivalent)

### Group Management

Two groups.

### Description

Divide players into two teams, approximately eight players per team.

Divide the centre third in half, with each team standing in their own half.

A player starts with the ball and shoulder passes into the other team's area.

If the ball hits the ground, the team who threw the ball scores a point.

If the ball is caught, no points are scored and the ball is thrown back to the first half.

Play continues until a team scores 10 points.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

### ↻ Change It

Down: Use a soft ball; Decrease the size of the area; Increase the number of players.

Up: Increase the size of the area; Decrease the number of players.



## Turn and Catch

### Objective

To practice catching technique under pressure.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

One player stands with their back to the player with the ball, who stands three metres away.

The player with the ball calls the other player's name, who then turns and catches the ball.

The ball can be placed high, low and bounced in front.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

### ↻ Change It

Down: Use a softer ball.

Up: Release the ball more quickly or further away.

### ❓ Questions

What did you do to turn quickly?

What pass was the easiest to catch?

What pass was the hardest to catch?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce Goal Defence (GD) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

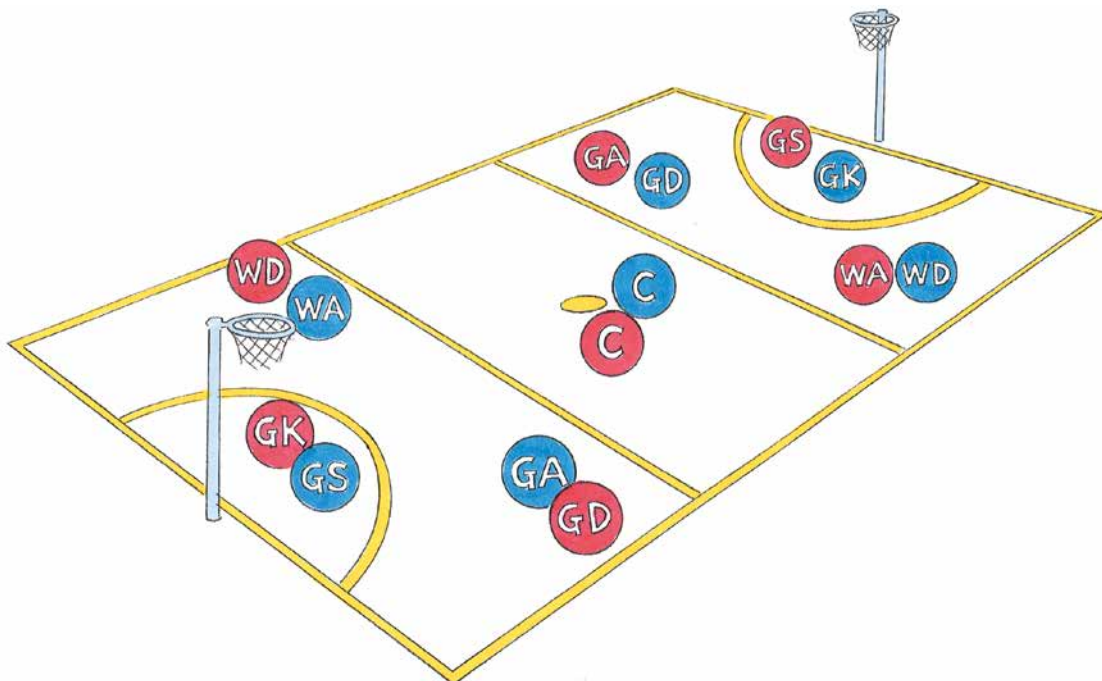
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 📌 Coach Tip

Quality rather than quantity.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.





# Set Session Plans

SESSION

6

## Throw to Self, Using a Bean Bag/Ball Standing on One Leg

### Objective

To practice balance techniques incorporating ball movement.

### Equipment/Area

Netball court or suitable playing area.

Bean bags/balls.

### Group Management

Individuals.

### Description

Complete each of the following standing on one leg then repeat standing on the other leg:

Throw bean bag from hand to hand – high/low.

Throw to self in the air and catch.

Throw to self and clap once before catching.

Repeat, extending the number of claps.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes on the bean bag.

Hands towards the bean bag.

Pull the bean bags towards body.

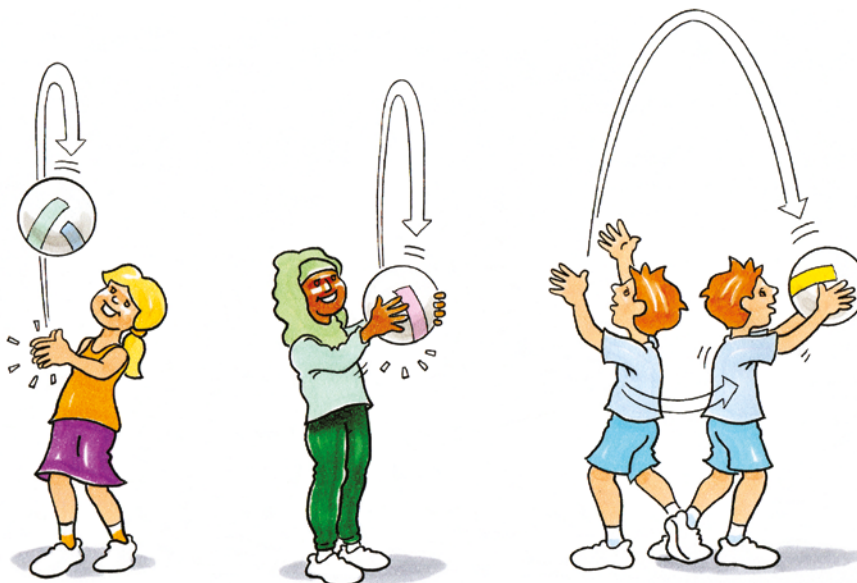
### ↻ Change It

Down: Move bean bag around rather than throwing it and/or copy partner's movements.

Up: Increase the difficulty of activities with the bean bag (for example, bean bag in each hand throwing both up in the air at once).

### ? Question

What things did you do to stay balanced?



## Hear the Catch

### Objective

To practice reaction time and ability to catch the ball under pressure.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

One partner stands with back towards player with ball.

The player drops the ball. When the partner hears the ball bounce they turn and catch it before it bounces a second time.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🕒 Coaching Tips

Feet shoulder-width apart

Shoulders back and down

Knees slightly flexed

Knees over toes

Head up with eyes looking in direction of play

Arms relaxed by side of body

Centre of gravity is low and over base of support

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

### ↻ Change It

Down: Call partner as ball is dropped so they turn earlier.

Up: Release the ball lower to the ground; Move further away.

### ? Question

What did you do to turn around quicker?

## Elastics

### Objective

To practice jumping and landing technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Elastics.

Chair (or players)

### Group Management

As a group.

### Description

Set up hopscotch elastic between two players/chairs.

Complete different jumping patterns over the elastic.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🕒 Coaching Tips

Bend slightly at the knees, hips and ankle, weight forward over toes.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### ↻ Change It

Down: Complete the same jumping patterns over lines on the ground.

Up: Increase the difficulty of the patterns.

### ? Questions

Which pattern was the easiest?

Which pattern was the hardest?

## Jump, Land, Pivot

### Objective

To develop movement, balance and landing techniques in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

In groups of 4–5.

### Description

Players move around the room in time with the music. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, each player jumps, lands and pivots.

When the music restarts, players continue to move around the room.

Variation – introduce one or two balls. One or two players carry the ball around. When the music stops, they make eye contact with another player and pass them the ball. To receive the ball they perform their jump, land and pivot. Two passes are completed each time the music stops.

### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

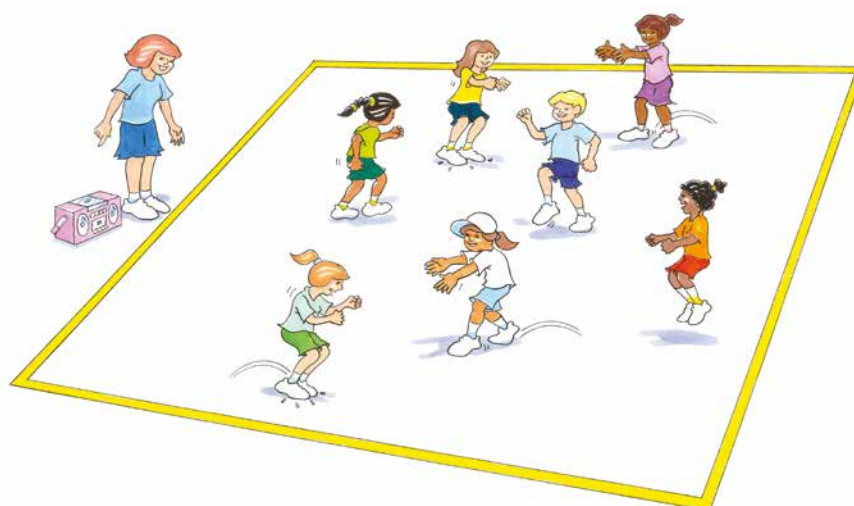
### 🕒 Coaching Tips

Reinforce balance, landing and movement technique during activity.

### ↻ Change It

Down: Only jump and land to begin.

Up: Introduce multiple balls.



## End to End

### Objective

To practice netball skills in a match like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Modified goalpost.

### Group Management

Two teams.

### Description

Pair off two teams and spread the length of the court.

On command, the player with the ball at one end passes the ball to a team-mate towards their goal at the other end.

Players are restricted to one third or the goal circle.

Only one player can be the designated shooter and they are not defended.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Reinforce all techniques during the activity.

### ↻ Change It

Down: Use soft ball.

Up: Defended end person;  
Add a modified goalpost.

### ❓ Questions

How many passes did it take to score a goal?

## Half Court

### Objective

To practice netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Two teams.

### Description

Players stand ready for a centre pass with defence.

On the whistle, a player passes the ball until a shot is taken, then reset the centre pass.

Players should play in all positions.

NetSetGO rules apply.

### ⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tip

Reinforce all techniques during the activity.

### ↔ Change It

Down: Use soft ball. Remove defenders as required.

Up: All players must touch the ball before a shot can be taken.

### ❓ Questions

What different moves did you use to get free for the centre pass?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce the wing attack (WA) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

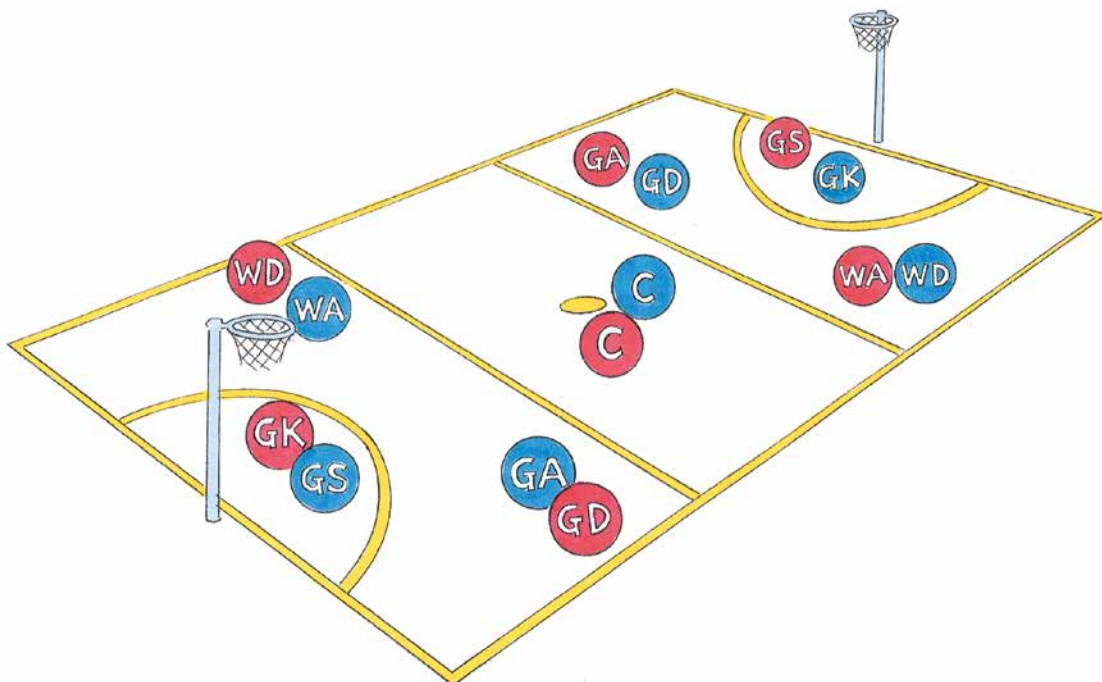
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 📌 Coach Tip

Question players to ensure understanding.





## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.



# Set Session Plans

SESSION

7

## Octopus

### Objective

To practice running and change of direction in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Players line up along the transverse line.

One player is in the middle, the octopus. This player calls 'octopus' and the rest of the group must run to the other side of the third without being tagged.

Tagged players sit down where they are tagged, keeping feet tucked in. These players help tag runners but cannot move from their spot.

The last player left untagged is the winner.

### ⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

### ↻ Change It

Down: Start with more participants in the middle being octopuses.

Up: Make the playing area larger.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Triangle Tag

### Objective

To practice change of direction using quick footwork movements.

### Equipment/Area

Netball court or suitable playing area.

Bibs.

### Group Management

Groups of four.

### Description

Three players hold hands, with one of those players (X) wearing a bib.

The worker (W) attempts to tag X on their arms/legs.

The defenders (D) put themselves between the worker and X.

Each player should have a turn at being the worker.

Players protecting X should initiate movement (that is, X should not drag defenders around).

### ⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Eyes looking forward.

Move feet using small steps – no lunging.

Feet shoulder-width apart.

Change direction by pushing off on outside foot.

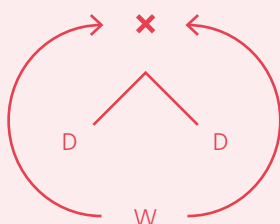
### 🔄 Change It

Down: Decrease the size of the triangle.

Up: Increase the size of the triangle; Introduce a tagging time frame; Introduce a competition.

### ❓ Question

What did you do to tag player X?



## 1.2m (4 feet) Stance

### Objective

To practice quick footwork to recover to defending distance.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

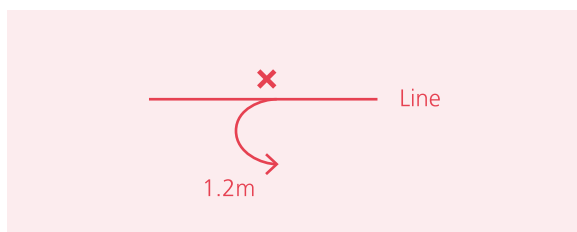
### Group Management

Individuals or groups of three.

### Description

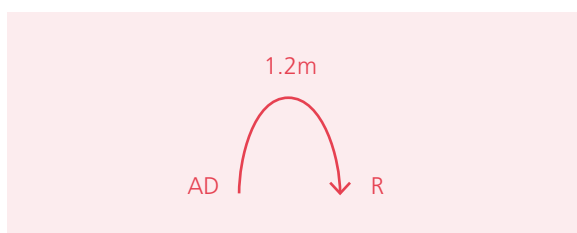
Individuals:

- Players start on the line, and then move with quick small steps back to 1.2m and put their hands up.



In groups of three

- Attacker (A) throws the ball up, catches it and pivots.
- Defender (D) must get back to 1.2m and put their arms up.
- Attacker (A) passes to receiver (R).



### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use small steps to move backward to 1.2m keeping arms by sides.

Extend arms to defend ball.

### ↻ Change It

Down: Just continue with individual activity.

Up: Vary arms position when defending.

### ? Question

What helped you get back to defend quickly?

## Hands Over Intercept Drill

### Objective

To develop intercepting skill.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of 7–8.

### Description

Two defenders (D) are in the middle.

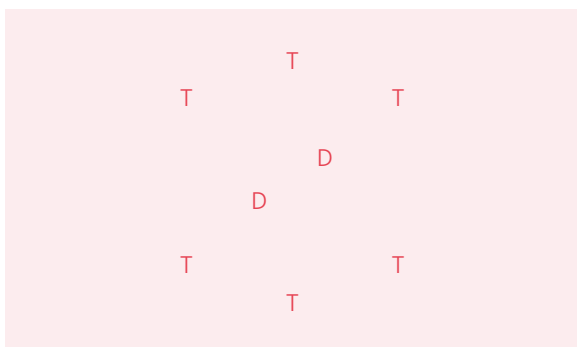
Throwers (T) pass to each other.

One defends positions at 1.2m (4 ft) and the other defender attempts to intercept.

Throwers can't pass to a person directly beside them.

Defenders recover after attempting an intercept to defend at 1.2m (4ft).

After score six points (one for tip, two for intercept), rotate roles.



### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

### 🎯 Coaching Tips

Arms over pass:

- Eyes forward
- Bend at knees as required
- Use small steps to move backward to 1.2m, keeping arms by sides
- Extend arms to defend ball.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

### ↻ Change It

Down: Reduce group size (two defenders and two throwers).

Up: Add an extra ball.

### ? Questions

What did you look for when attempting an intercept?

How did you work together as a team (defenders)?

## 4 on 4 Keeping Off

### Objective

To develop intercepting technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

As a group.

### Description

Form two teams of four players.

Team one starts with a ball on a line and passes until it gets to the other line (one point).

Team two defends at 1.2m (4ft) and attempts intercept.

NetSetGO rules apply. If there is a turnover, take it from the nearest end and start again.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Arms over pass:

- Eyes forward
- Bend at knees as required
- Use small steps to move backward to 1.2m, keeping arms by sides
- Extend arms to defend ball.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

### ↻ Change It

Down: Reduce activity space.

Up: Make playing area bigger; Add competition.

### ? Question

How did you work together as a team to get an intercept?





## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce wing defence (WD) position.

- What is their role?
- What area do they play in?

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

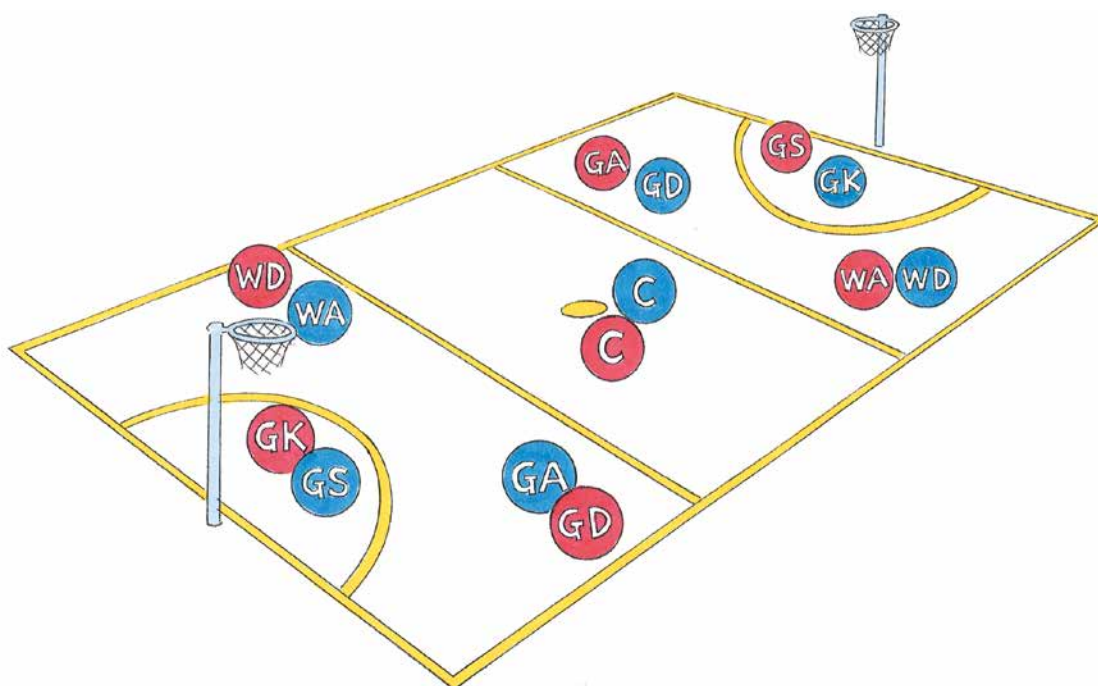
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 📌 Coach Tip

Know the rules.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.

# Set Session Plans

SESSION

8

## Cone Jumps

### Objective

To develop take-off and landing skills.

### Equipment/Area

One third of a netball court.

Cones or markers.

### Group Management

Small groups of approximately 4 players.

### Description

Players line up in small groups in front of a row of six cones.

The first player jumps over the cones using a two foot take off and land, at the end walk back to the end of the line.

Each player jumps over the cones x 5.

Start facing side on to the cones jumping over the cones with a sideways jump.

Work both the right and left side.

### ! Safety

Define the area appropriate for the number of players.

Have cones sized appropriate for the size of the players.

### 🎯 Coaching Tips

Reinforce the importance of light landing technique with hips, knees and ankle flexion.

Keep the head over the feet with the body upright.

### ↻ Change It

Down: Reduce the number of cones

Up: Add a sprint forward of 5 metres at the end of the cones

### ? Question

When might you need to take off and jump up in a game of netball?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



Player P

## Cones Moves

### Objective

To practice using changes of direction.

### Equipment/Area

A full netball court or suitable training space.

2 cones or markers per pair of players.

Size 4 netballs (or equivalent).

### Group Management

Divide the group into pairs with two cones and a ball.

### Description

P1 positions inside two cones placed approximately 2 metres apart.

P2 stands out in front holding a netball for P1 to keep vision of during changes of direction.

P1 moves from side to side between the cones keeping their head up seeing the ball on each movement.

### ⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

### 🎯 Coaching Tip

Players should push off on the outside foot when changing direction

Shoulders and body should face in the direction of the intended move but the head should remain looking at the ball

### 🔄 Change It

Down: Keep the throwers in close so the movement is not too long

Up: Make the receiver (P2) slightly active to create a decision for the worker on where to look

### ❓ Questions

Where were you looking as you moved to the between the cones?

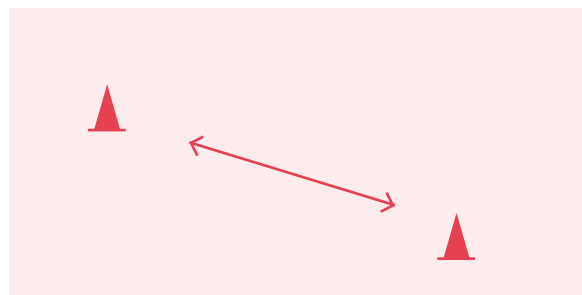
What did you do to keep looking forward and see the cones as well?

Extension 1: Complete a figure of eight movement around the cones



Player P   Ball ●

Extension 2: Move cones on an angle to practice moving into and away from the ball



## Lines

### Objective

To practice lead, pivot and passing technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

As a group.

### Description

Players line up one behind the other, facing the thrower.

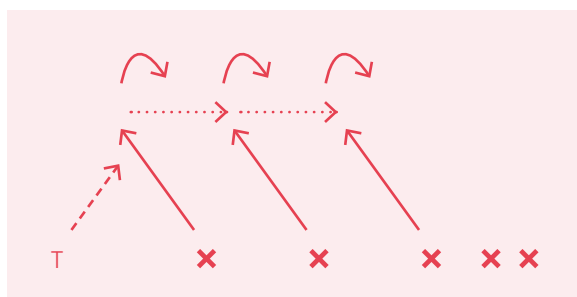
Player 1 leads out for 2–3 steps at a 45-degree angle forward to thrower.

Player 1 takes the ball out in front, lands on the outside foot and pivots out.

Player 1 then passes to the next lead.

Timing – wait until player before pivots, before next player leads.

Work both sides.



Thrower T    Player X

### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Ball placement should be out in front of player.

The lead should be angled forward towards the passer.

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pivot:

- Pivot must always be on landed foot
- Turn on the ball of the landed foot, pushing off with other foot
- Pivot in the direction of the landed foot.

Pass:

- Eyes on target.
- Step towards target (this should be opposite foot to throwing arm for shoulder pass).
- Transfer weight forward.
- Hip to shoulder rotation during throw.
- Throwing arm follows through to target

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

### ↻ Change It

Down: Reduce to a group of three; Stationary thrower and receiver.

Up: Add in a dodge.

### ? Question

Why do you pivot on the outside foot?

## Lead and Pivot

### Objective

To practice lead, pivot and passing techniques.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

### Group Management

Groups of four.

### Description

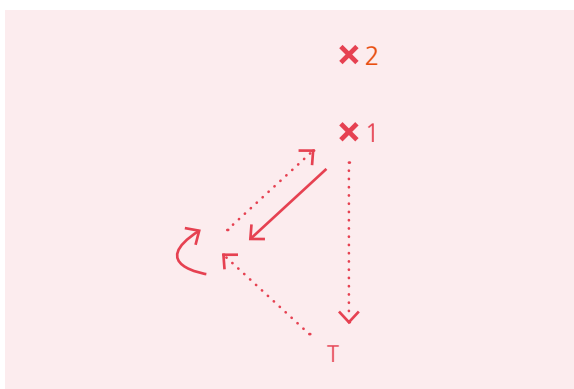
Player 1 (X1) leads on a 45-degree angle for 2–3 steps (left or right).

X1 turns their shoulders in direction of lead, catches a pass from the thrower (T) and lands on their outside foot.

X1 then pivots outside and passes to the next player in line (X2), who passes back to the thrower.

The lead should be angled forward towards the passer.

Players should work both sides.



Thrower T    Player X

### ⚠ Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Ball placement should be out in front of player.

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pivot:

- Pivot must always be on landed foot
- Turn on the ball of the landed foot, pushing off with other foot
- Pivot in the direction of the landed foot.

### 🔄 Change It

Down: Remove pass – lead out, land, pivot.

Up: Add defender.

### ❓ Question

Why is it important to lead at a 45-degree angle?

## Straight Lead

### Objective

To practice straight lead and passing on the move.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of four.

### Description

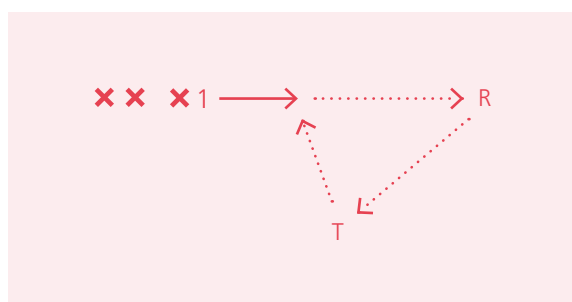
Player 1 (X1) sprints straight forward to receive a pass from the thrower (T).

X1 lands, steps forward and passes to the receiver (R).

The receiver passes back to the thrower and X1 returns to the end of the line.

Players should use shoulder passes.

Players change sides and swap roles throughout the activity.





**⚠ Safety**

Define the area appropriate for numbers.

**🎯 Coaching Tips**

Ball placement should be out in front of player.

Take off:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward
- Knee lifts.

Lead:

- Run strongly to the ball, shoulders in direction of lead
- If leading right, land on the right foot
- If leading left, land on left foot.

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.
- Reinforce weight transfer on shoulder pass and catching technique.

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

**↻ Change It**

Down: Move the thrower to where the receiver stands and remove the receiver.

Up: Add a defender; Change type of pass.

**❓ Question**

Where would you use a straight lead in a netball game?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce basic centre pass attack strategies.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

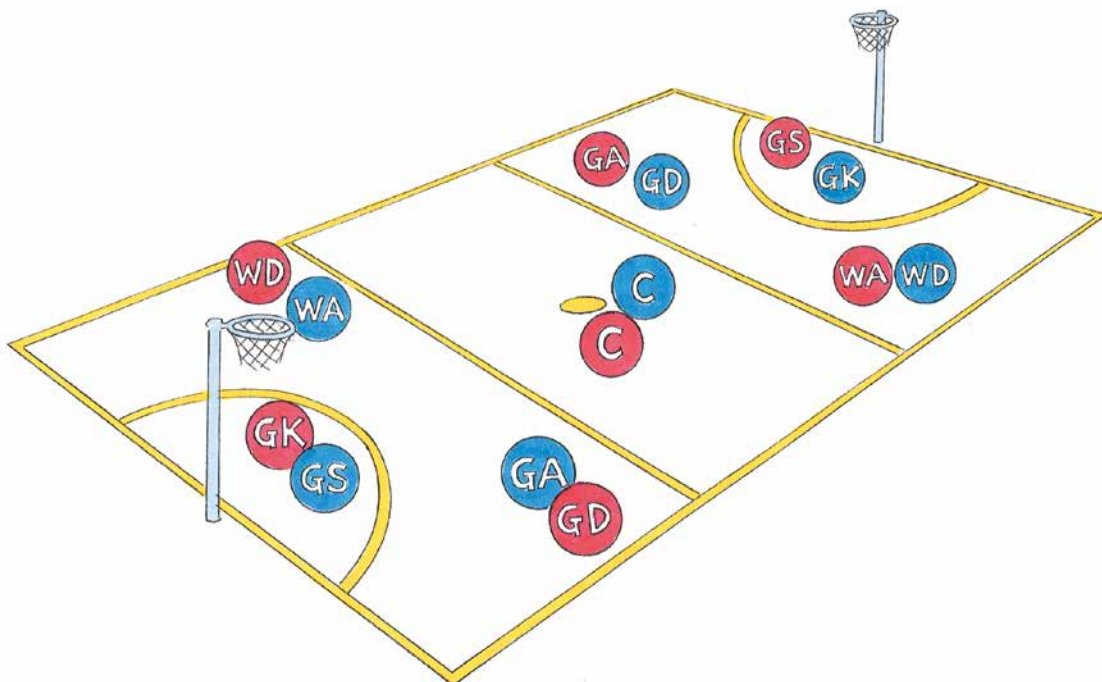
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 🧠 Coach Tip

Encourage teamwork.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.



# Set Session Plans

SESSION

9

START OUT (10–15 MIN)

## Leg Ladder Game

### Objective

To practice footwork skills.

### Equipment/Area

A full netball court or a suitable training space.

### Group Management

Two lines of players facing a partner.

### Description

Pairs sit opposite each other facing in with legs extended and touching. This will form a human ladder.

The first pair stand up and move through the ladder by stepping over the rungs (pairs of feet).

At the top of the ladder the pair runs around the outside of their line and sit back down.

The next pair work up the ladder around the outside then over the first pair to return to their starting position.

Continue until all players have had a turn.

### Extensions

Hop over the legs

Double leg jump over the legs

Side step over the legs

### ⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

### 🎯 Coaching Tips

Each player must keep their head up and move their feet quickly to step over each set of legs.

### ↻ Change It

Down: Spread the pairs out so there is ample space between the legs for the players to move through quickly.

Up: Number the pairs and the players can only move if their number is called.

### ❓ Question

What things did you do to stay balanced?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## Leading on an Angle

### Objective

To practice ball handling and footwork skills.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

### Group Management

Groups of four to six players.

### Description

Players line up with one standing out in front with a ball.

P1 leads out to take a pass on an angle of about 45°.

The ball is thrown to the space ahead of the moving player.

Player one lands in a balanced position preferably on the outside foot, grounds the second foot and passes back to the thrower.

Extension 1: Pivot to pass to the next player in the line who would then pass back to the thrower before making a lead.

Extension 2: Place a cone out on the first lead. The player must change direction at the cone then make another lead to take a pass.

### ! Safety

Define the area appropriate for the number of players.

### 🕒 Coaching Tips

Encourage players to take off on the foot on the same side as the intended lead and then land on the outside foot.

On landing keep the body upright flexing ankles, knees and hips.

The knee of the landed foot should stay in line the foot.

### ↻ Change It

Down: Shorten the distance between the thrower and the receivers.

Be lenient with the 5 second rule.

Up: Limit the possession time to 5 seconds.

Encourage players to land on their outside foot and quickly ground the other foot for balance.

### ? Questions

What did you do to keep balance and ready yourself to throw the ball?



Player P   Thrower T   Ball ●

## Modified Around the World

### Objective

To practice lead, passing and catching techniques in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of 5–6.

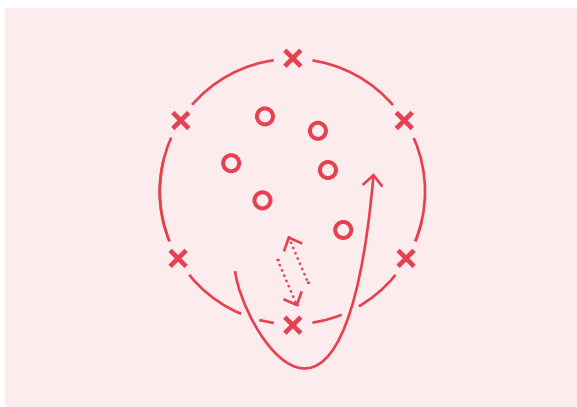
### Description

Players are put into two even teams, one team forming an outer circle (X) and the other team inside the circle (O).

The players in the outside circle each have a ball.

Each X passes to an O. O passes back then jogs around the back of the player they received the pass from, and then sprints back into the circle and receives a pass from another X.

Play for three minutes then swap roles. Repeat twice.



### ! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce passing and catching technique.

Use a variety of attacking moves to create space and receive pass.

### ↻ Change It

Down: Use a soft ball; Only one (O) in the middle; Only one (X) has a ball and (O) passes back to another (X).

Up: Play as a larger group; Introduce a competition.

### ? Questions

What kind of movements did you use to create space?



## Lead, Receive and Shoot 3

### Objective

To practice goal shooting in a dynamic activity.

### Equipment/Area

A full netball court or suitable playing area.

Size 4 netball (or equivalent).

Modified posts.

### Group Management

Full group work but could also be set up as two groups working one half of the goal third.

### Description

Players line up in pairs at the transverse line.

Another group line up just outside the baseline and step on court as a pair starts to work down court.

The first pair work the ball between themselves down to the circle edge then pass to the goaler on the move.

The goaler then puts up a shot for goal.

Rotate pairs and goalers.

### ! Safety

Define the area appropriate for the number of players.

Ensure there is sufficient space between groups and there is an awareness of safety considerations such as avoiding the area near the goalpost and the rebounding balls.

### 🎯 Coaching Tips

Emphasise landing technique and correct pivot action.

Encourage players to have their feet, hips and shoulders in line with the goal ring.

Encourage the high release with elbow movement to initiate the shot.

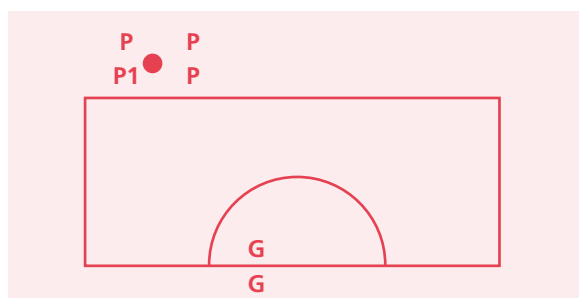
### 🔄 Change It

Down: The player who is to shoot for goal can start in the circle closer to the goalpost.

Up: Encourage the players to take their shots from a variety of lengths and angles in their half of the goal circle.

### ? Question

What helped you successfully shoot for goal?



Goalers G Ball ●

## End Ball

### Objective

To practice netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Hoops/floor discs.

### Group Management

Groups of 5–6.

### Description

Form two teams of approximately six players.

The game is started with a toss-up between two players.

After a goal is scored, the game is restarted with the opposite team taking a pass from behind the goal line.

Using NetSetGO rules the team in possession passes the ball, attempting to score a goal by passing to the end person who must catch the ball on the full.

No player other than the end person may step in the hoop or enter the goal area.

Rotate the end person.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tip

Reinforce all techniques during the activity.

### ↻ Change It

Down: Use a soft ball; Small group (for example, 3v3); Decrease the size of the area (for example, across a third).

Up: Defended end person (1v1 in circle).

### ? Questions

How does this activity relate to what happens in a netball match?



## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce special awareness on court.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

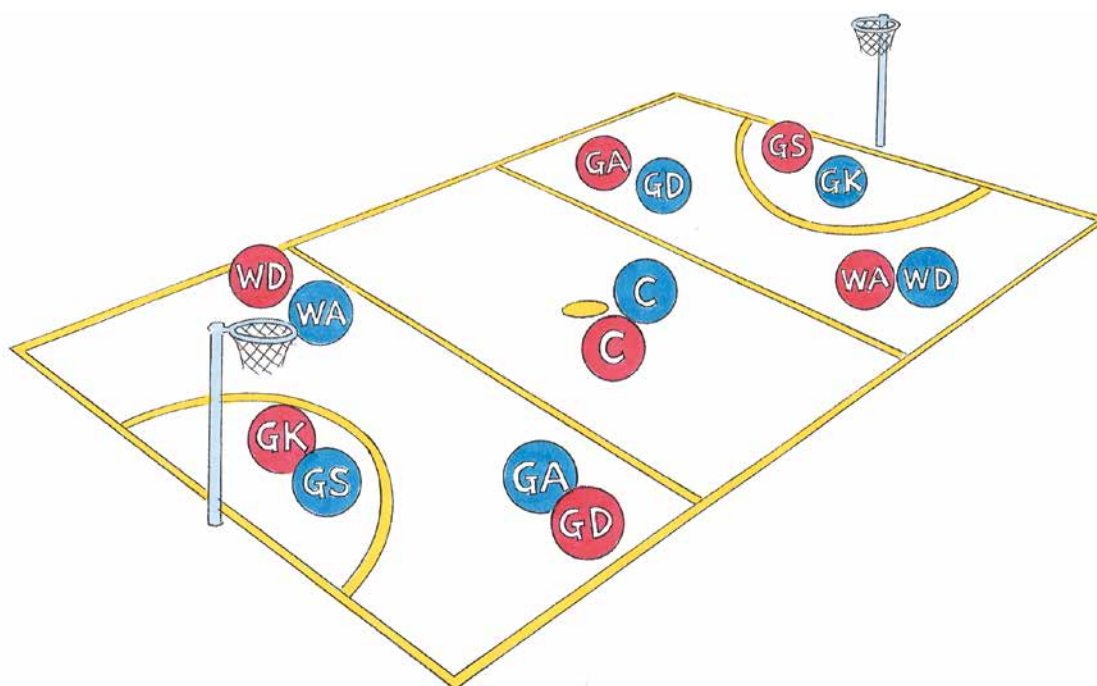
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 📌 Coach Tip

Provide challenges with the opportunity for success.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.

# Set Session Plans

SESSION

10

## Jump High

### Objective

To develop elevation skill focusing on gaining height and landing in a balanced position.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

Set the group up in pairs with a ball spaced out around the court.

### Description

One of the pair hold the ball above their head with one or two hands.

The partner jumps up to take the ball and land safely with control (balanced over two feet).

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Players should take off and land with two feet shoulder width apart.

Take the ball strongly with hands in a catching position and move it away from the holder.

### ↻ Change It

Down: The partner holds the ball at a lower height

Up: The ball can be held higher (player on tip toes or standing on a step or bench)

### ? Questions

Where did you place your feet to ensure a balanced taking off and land?

## Beat the Ball

### Objective

To develop spatial awareness and reactive movement skills.

### Equipment/Area

A full netball court or suitable training space  
Size 4 netball (or equivalent).

### Group Management

Set up groups of four to six players with a ball.

### Description

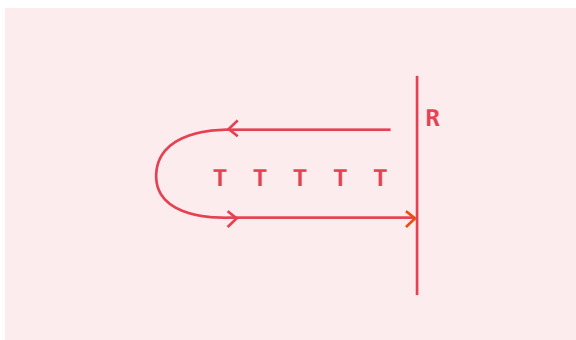
Team line up approximately 2 metres apart with one player positioned out to the side (the runner) on a line or beside a cone.

The front player starts with the ball.

The ball is thrown down the line, each player catching the ball and pivoting to pass to the next player and then thrown back up the line.

The runner moves down and around the throwers to cross the line on the other side before the ball reaches back to the start.

All players take turns to be the runner.



Team T Runner R

### ! Safety

Define the area appropriate to the numbers.

### 🕒 Coaching Tips

Runners should use strong arm pumps to generate speed.

Throwers may use a two-handed pass.

Encourage correct pivoting technique with body upright and weight over the pivoting foot.

### ↻ Change It

Down: Move throwers closer together or reduce the number of players in the line

Up: Encourage the players to move the ball quickly using a one-handed shoulder pass

Extend the distance between throwers

### ? Question

How did you generate speed?

Were you watch where the ball was when you were running?

## Hunt the Ball

### Objectives

To develop quick ball handling skills.

### Equipment/Area

A third of a netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

All players

Two or three players in coloured bibs.

### Description

The bibbed players are taggers.

The rest of the group are spaced around a the third.

The group move about to receive a pass.

The taggers work to touch a player who is in possession of the ball.

If tagged the players change over roles.

### ! Safety

Define the area appropriate for the number of players ensuring there is an awareness of team mates moving about in the same area.

### 🎯 Coaching Tips

The players work to limit their time in possession of the ball to avoid being tagged.

Ensure correct catching skills.

The ball may be thrown with one or two hands.

### ↻ Change It

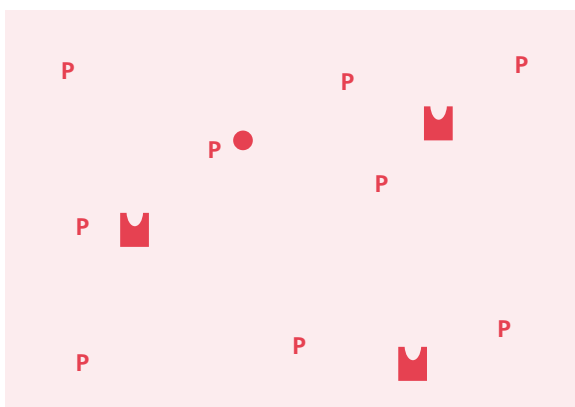
Down: Reduce the number of taggers.

Up: Any new players tagged put on a bib and join the tagging team.

### ? Question

Did you have a strategy to avoid being tagged?

Taggers what did you do to ensure you were able to touch a player?



Player P Ball ●



## Egg in a Basket

### Objective

To practice movement and ball handling skills.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Hoops.

Bean bags and tennis balls.

### Group Management

Four teams if three or four players.

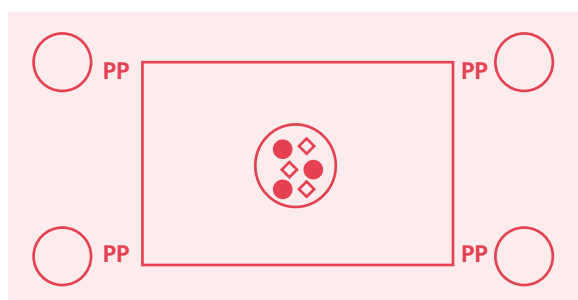
Lots of netballs, bean bags and tennis balls placed in a hoop in the centre of the playing area.

### Description

The four teams position at a corner of a square approximately 6 metres square.

The first player runs in picks up a ball/bag and throws it to the next player who places it in their hoop.

If the pass is dropped the ball must be taken back to the middle.



Player P   Bag ◇   Ball ●

### ! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements in the restricted space.

### 🎯 Coaching Tip

The game continues until all the balls are gone.

Encourage players to use correct catching and throwing skills.

### ↻ Change It

Down: Reduce the size of the area.

Up: Only passes one handed passes may be used.

### ? Questions

Did you specifically pick a piece of equipment to throw?

Why did you do this?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

Netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Introduce basic throw-in strategies.

### ! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

### 🎯 Coaching Tips

Reinforce footwork rule.

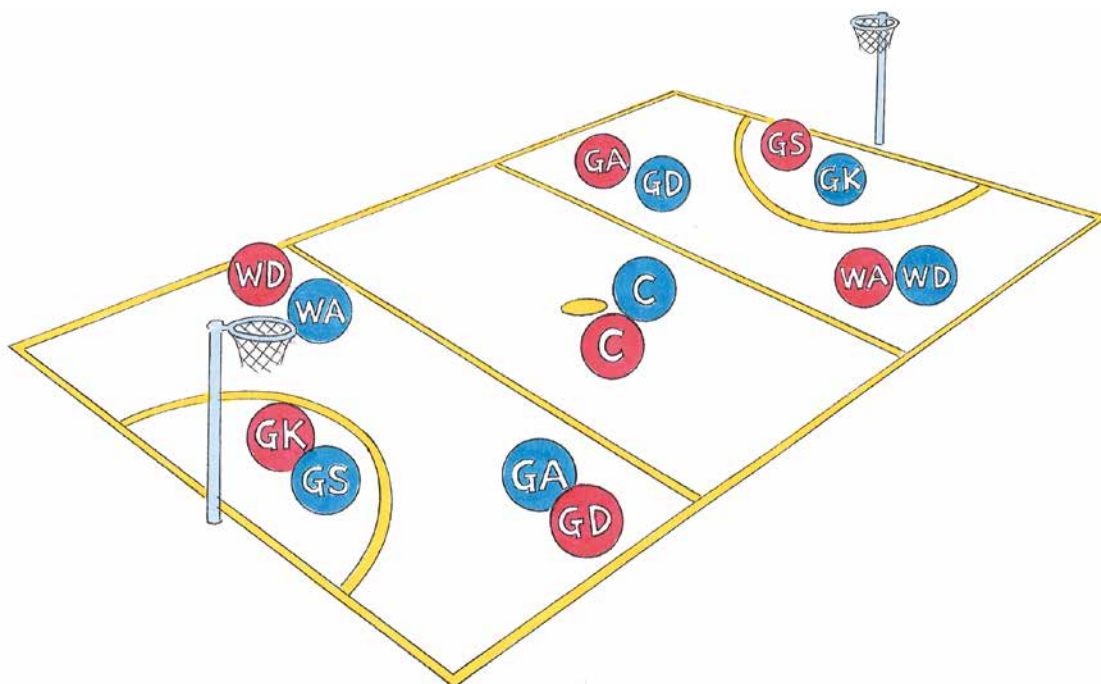
Encourage correct passing and catching technique.

Reinforce use of attacking moves to create space.

Encourage players to shadow opponent and attempt to intercept.

### 👉 Coach Tip

Players like to play the game.



## Concluding Activity

### Objective

To reinforce skills and positions learnt.

### Description

Summarise skills covered.

### Stretch!

Select an appropriate activity from the Stretch Coaching resource.



# Coaching Points

## Footwork, Balance and Movement Skills

### Initial Stance

Forms the starting point for most attacking and defending skills.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Feet shoulder-width apart</li> <li>✓ Shoulders back and down</li> <li>✓ Knees slightly flexed</li> <li>✓ Knees over toes</li> <li>✓ Head up with eyes looking in direction of play</li> <li>✓ Arms relaxed by side of body</li> <li>✓ Centre of gravity is low and over base of support</li> </ul>	<ul style="list-style-type: none"> <li>✗ Base of support too narrow</li> <li>✗ Shoulders forward and leaning inward</li> <li>✗ Knees straight</li> <li>✗ Knees not over toes</li> <li>✗ Head down</li> <li>✗ Arms tensed and away from body</li> <li>✗ Centre of gravity high and not over base of support</li> </ul>

### Safe Landing

When landing on one leg it is important to teach the players which foot they should be landing on.

Teaching Points	Common Errors
<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✓ Land with feet shoulder-width apart to give a firm support base</li> <li>✓ Keep body upright, bend at hips, knees and ankles on impact to cushion landing</li> <li>✓ Continue to bend knees after impact to assist with a balanced soft landing</li> <li>✓ Body weight over both feet with shoulders even and weight on both feet</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ If player leads to the left, they should land on the left (outside) foot. If they lead to the right, land on the right foot</li> <li>✓ Body weight over the outside foot with shoulders even and weight on the outside foot</li> <li>✓ Place other foot on the ground quickly to help absorb impact and provide balance</li> </ul>	<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✗ Landing with feet too close together</li> <li>✗ Not continuing to bend knees, ankles and hips on and after impact</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Landing on incorrect foot (inside)</li> <li>✗ Not bending knees, ankles and hips on and after impact and weight on the outside foot to cushion landing</li> <li>✗ Second foot not landing quickly and overbalancing on first</li> <li>✗ One shoulder is dipped – usually same side as landed foot</li> </ul>

## Take-Off

Stride length should be short on take-off.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Arms/legs move in opposition</li><li>✓ Lean body forward</li><li>✓ Start with small steps and gradually move to bigger steps</li><li>✓ Arms drive forward in relaxed style, elbows bent</li><li>✓ Keep head erect and eyes up</li><li>✓ If leading to the right, take off with the right foot and vice versa</li></ul>	<ul style="list-style-type: none"><li>× Initial step back before driving forward</li><li>× Same arm and same leg</li><li>× Arms at side of body not driving or swinging across the body</li><li>× Stride length too big</li><li>× Eyes looking down</li></ul>

## Jumping and Leaping

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

Teaching Points	Common Errors
<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul> <p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Push strongly off take-off foot</li> <li>✓ Drive arms up to extend towards ball</li> <li>✓ Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles</li> </ul> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> </ul>	<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Extra step not taken so only a one-foot take off used</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on one foot</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take-off</li> <li>✗ Knee straight before take-off</li> <li>✗ Pattern of skipping is incorrect</li> </ul>



## Pivot

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

Teaching Points	Common Errors
<p><b>Pivoting must always be on the landing foot</b></p> <ul style="list-style-type: none"><li>✓ Bring weight over grounded foot</li><li>✓ Bend knees slightly</li><li>✓ Turn on ball of the pivot foot, pushing off with the other foot</li><li>✓ Non-grounded foot is lifted and regrounded to maintain balance throughout movement</li><li>✓ Players must be able to turn quickly after receiving a pass and face the play down court</li><li>✓ Keep ball close to body and positioned ready to throw</li></ul> <p><b>Remember:</b></p> <ul style="list-style-type: none"><li>✓ When leading to right, land on right foot and pivot to right</li><li>✓ When leading to left, land on left foot and pivot to left</li><li>✓ When leading straight, pivot on first landed foot away from defended side</li></ul>	<ul style="list-style-type: none"><li>✗ Landing on incorrect foot</li><li>✗ Pivoting before the ball is securely caught</li><li>✗ Pivoting into opponent</li><li>✗ Dragging the pivoting foot on the pivot action</li><li>✗ Pivoting with the leg straight</li><li>✗ Weight not over grounded foot</li><li>✗ Grounded foot is lifted and regrounded during pivot</li><li>✗ Weight of grounded foot is moved from heel to toe during pivot</li><li>✗ Ball not brought into body after catch</li></ul>

## Ball Skills

### Catch

Encourage players to catch with two hands to increase control.

Teaching Points	Common Errors
<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✓ Eyes on the ball</li> <li>✓ Move towards the ball</li> <li>✓ Extend hands forward with fingers spread and thumbs behind the ball ('W' formation)</li> <li>✓ Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs</li> </ul>	<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✗ Eyes not on the ball</li> <li>✗ Catching with the palms of the hand</li> <li>✗ Thumbs not behind ball</li> <li>✗ Arms bent and close to body</li> <li>✗ Not taking the ball while on the move</li> <li>✗ Movement away from the ball</li> </ul>

### Shoulder Pass

One-hand pass used for speed and accuracy over long distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Opposite foot to the throwing arm forward</li> <li>✓ Feet shoulder-width apart, with weight on back foot at start of throw</li> <li>✓ Ball held with two hands initially then in one hand with arm back behind the shoulder</li> <li>✓ Arms extended with elbow slightly bent, shoulders turned</li> <li>✓ Fingers spread wide behind the ball</li> <li>✓ Transfer weight forward as throwing arm comes through</li> <li>✓ Follow through throwing arm until almost extended, fingers and wrist extend in the direction of the pass</li> <li>✓ Rotate hips and shoulders towards target</li> <li>✓ Direct pass to space ahead of receiver</li> </ul>	<ul style="list-style-type: none"> <li>✗ Same foot as arm forward</li> <li>✗ Throwing hand resting on shoulder</li> <li>✗ Weight on front foot initially – little with transfer resulting in loss of power</li> <li>✗ No transfer of weight from back foot to front foot</li> <li>✗ Ball held in palm</li> <li>✗ Elbow not bent when taken back</li> <li>✗ No shoulder rotation as ball taken back – stab pass</li> <li>✗ No hip/shoulder rotation as ball comes through</li> <li>✗ Arm taken back too high and the ball travels down on release</li> <li>✗ Hand under ball causing spin on release</li> <li>✗ Pass not directed to space in front of receiver</li> </ul>

### Chest Pass

Pass with two hands from the chest (used for quick, short and accurate passes).

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Stand front on with the ball in two hands at chest height and elbows down</li><li>✓ Spread fingers around the ball with thumbs behind</li><li>✓ Step forward with weight transferred onto front foot as you push the ball with wrist and fingers</li><li>✓ Ball comes out evenly from both hands</li><li>✓ Head up, eyes looking forward</li></ul>	<ul style="list-style-type: none"><li>✗ Elbows at shoulder height</li><li>✗ Hands at the side of the ball with thumbs upward</li><li>✗ No weight transfer, use upper body only</li><li>✗ Ball pushed from palm – lack of touch on pass</li><li>✗ One hand dominates pass</li><li>✗ Head down looking at ball</li></ul>

### Bounce Pass

Used when the thrower is closely defended or when play is crowded, generally over short distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Step forward and bend/lunge on opposite leg</li><li>✓ Push ball forward and downward</li><li>✓ Release ball between the hip and knee</li><li>✓ The path of the ball is lower – under the outstretched hands of the defender</li><li>✓ The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height</li></ul>	<ul style="list-style-type: none"><li>✗ Step is across body</li><li>✗ Pass not directed downward</li><li>✗ Ball released at shoulder height</li><li>✗ No weight transfer</li><li>✗ Bounce the ball too close to the thrower</li><li>✗ Bounce the ball too high</li></ul>

## Ball Skills (cont.)

### Lob

A high pass used to lift the ball over the arms of the defending players.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Start movement from the shoulder</li> <li>✓ Short back movement</li> <li>✓ One-handed high release</li> <li>✓ Follow through in direction of pass with wrist/fingers</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball begins at waist/hip level</li> <li>✗ Large 'back swing' movement</li> <li>✗ Ball released from chest position</li> <li>✗ No follow through, arm action 'stabs' pass</li> </ul>

### Ball Placement

An important aspect of all passes.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Place in front of moving player</li> <li>✓ Receiver to receive at full stretch, in front of defender</li> <li>✓ Into space created by attacker – hold for a bounce or a lob</li> </ul>	<ul style="list-style-type: none"> <li>✗ Pass placed behind or at receiver</li> <li>✗ Pass too high or low</li> <li>✗ Receiver moves off too soon – allowing defender to move into the space created</li> </ul>

# Shooting Skills

## Shooting

Predominantly a one-handed shot with the other hand resting on the side of the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Ball is held above the head</li><li>✓ Arms are extended with the shooting arm reasonably straight and close to the ear</li><li>✓ Ball rests on the base of the spread fingers and the thumb</li><li>✓ The opposite hand is placed on the side of the ball to steady it</li><li>✓ Stand upright with the feet about shoulder-width apart</li><li>✓ Feet, hips and elbows pointing towards the goalpost</li><li>✓ Bend elbows and knees</li><li>✓ Straighten elbows and knees</li><li>✓ Release the ball just before elbows and knees are straight</li><li>✓ Flick the ball with the wrist</li><li>✓ Follow through, arms towards post</li><li>✓ Straighten fingers pointing them towards the post</li><li>✓ The ball should travel in an arc towards the post</li></ul>	<ul style="list-style-type: none"><li>✗ Ball is behind or in front of head</li><li>✗ Arm is extended out from ear</li><li>✗ Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips</li><li>✗ Opposite hand is placed under the ball</li><li>✗ Feet too close or too far apart and body is hunched</li><li>✗ Feet, hips and elbows not aligned with each other and the post</li><li>✗ Keeping elbows and knees extended and ball dropping behind the head</li><li>✗ Keeping elbows and knees flexed on the release phase of the shot</li><li>✗ Releasing ball after elbows and knees are straight</li><li>✗ Not using any wrist action</li><li>✗ Arms not following the ball in the direction of release</li><li>✗ Fingers not pointing in the direction of the ball release</li><li>✗ The ball travels flat in the air</li></ul>

## Attacking Skills

### Timing of Lead

An important aspect of all attacking moves.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Reading cues from the thrower</li> <li>✓ Reading available space</li> </ul>	<ul style="list-style-type: none"> <li>✗ Moving too early before thrower is ready to release</li> <li>✗ Driving into space already taken</li> </ul>

### Straight Lead

Timing is key for successful execution.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle to the free side</li> <li>✓ When the lead is to the right, take off with the right leg and vice versa</li> <li>✓ Emphasis should be on strong first 3–4 steps with shoulders in direction of lead</li> <li>✓ When leading to the right, land on the right foot and pivot to the right</li> <li>✓ When leading to the left, land on the left foot and pivot to the left</li> <li>✓ Strong arms to accelerate</li> <li>✓ Maintain speed onto ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Leading too soon</li> <li>✗ Step back before drive forward or taking off with the incorrect leg</li> <li>✗ Run with body 'flat' to ball</li> <li>✗ Arms swing across body or not at all</li> <li>✗ Lead is to the side but not towards the ball</li> <li>✗ Slow down before the pass is taken</li> <li>✗ Landing on the inside leg</li> </ul>

## Single Dodge

Movements should be quick and decisive.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Eyes on thrower</li><li>✓ Body upright, feet shoulder-width apart, slightly bent knees and hips</li><li>✓ Move a few steps away from the intended catching position (should be a definite move)</li><li>✓ Place outside foot strongly on ground and push off in the opposite direction, turning hips to face towards direction of travel</li><li>✓ Use arms to accelerate and extend to receive ball</li></ul>	<ul style="list-style-type: none"><li>✗ Feet too far apart</li><li>✗ No weight transfer onto outside foot</li><li>✗ Push off on the inside foot</li><li>✗ Dodge not a definite movement, just a sway</li><li>✗ Movement too slow, allowing defender to hold attacker's position</li><li>✗ Moving head and losing sight of thrower</li><li>✗ Eyes and head looking down</li><li>✗ Arms beside body and not using to increase power</li></ul>

## Change of Direction (Two Straight Leads)

First movement is longer than that used in a single dodge.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle. Shoulders should be in direction of movement</li><li>✓ Emphasis should be on strong first 3–4 steps</li><li>✓ Push off strongly on outside foot and use inside foot as take-off foot to move into a new space</li><li>✓ Emphasis again on strong first steps when moving to the new space</li></ul>	<ul style="list-style-type: none"><li>✗ Leading too soon</li><li>✗ Shoulders not turned in direction of lead</li><li>✗ Push off on the inside foot</li><li>✗ Movement onto second move not definite</li><li>✗ Not changing direction into a free space</li><li>✗ Arms beside body and not using to increase power</li><li>✗ Eyes and head looking down</li></ul>

## Defence Skills

### One on One Shadowing

Basic defending position.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand in front of opponent with back to attacker and body halfway across opponent's body</li> <li>✓ Arms close to sides of body</li> <li>✓ Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright</li> <li>✓ Vision to see attacker and the ball</li> <li>✓ Shadow moves using fast small steps</li> <li>✓ Aim to move feet, keep head up and maintain vision of the attacker and not swing head</li> </ul>	<ul style="list-style-type: none"> <li>✗ Standing directly in front of attacker or directly beside attacker</li> <li>✗ Watching either the ball or the attacker exclusively</li> <li>✗ Bottom is not tucked in and legs straight</li> <li>✗ Feet too close together or too far apart</li> <li>✗ Arms positioned out from the body causing obstruction</li> <li>✗ Moving head and not feet to maintain vision on attacker</li> </ul>

### Interception

Reading the pattern of play allows the defender to predict the most likely passing option.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Read cues provided by thrower to anticipate direction of pass</li> <li>✓ Drive for an intercept at an angle</li> <li>✓ Focus on ball</li> <li>✓ Emphasis should be on strong first 3–4 steps</li> <li>✓ Run through to take the ball</li> <li>✓ Land on the outside foot and balance</li> </ul>	<ul style="list-style-type: none"> <li>✗ Misreading the cues</li> <li>✗ Leading too soon</li> <li>✗ Angle too flat</li> <li>✗ Eyes and head looking forward</li> <li>✗ Push off on the inside foot</li> <li>✗ Lunging at the ball</li> <li>✗ Landing on incorrect foot and overbalancing</li> </ul>



### Recovery to 0.9m (3 feet) for Netball and 1.2m (4 feet) for NetSetGO

Quick recovery enables the defender to position to defend the next pass.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Push off strongly 0.9m distance (1.2m for NetSetGO)</li><li>✓ Strong stride/jump back – can be one large stride or a few quick steps</li><li>✓ Use arms for power to jump back</li><li>✓ Head up with eyes on ball and opponent</li></ul>	<ul style="list-style-type: none"><li>✗ Push off not quick enough to get back to distance</li><li>✗ Feet too wide or too close together – difficult to change direction</li><li>✗ Eyes on ground – attempting to judge distance</li></ul>

### Hands Over Ball (NetSetGO Distance is 1.2m)

Balance should be maintained ready to defend the attacker after they release the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Stand 0.9m in front of the person throwing (1.2m for NetSetGO)</li><li>✓ Feet shoulder-width apart, knees, hips and ankles slightly bent</li><li>✓ Weight balanced over two feet with knees over toes and entire foot on ground</li><li>✓ Arms up and in position over the ball</li></ul>	<ul style="list-style-type: none"><li>✗ Incorrect distance</li><li>✗ Hands coming up before correct distance is taken</li><li>✗ Feet narrow/legs straight/on toes – lose balance and shorten distance</li><li>✗ Bend forward too much at waist</li><li>✗ Arms waving and not defending ball</li></ul>

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