




BALLSKILLS

- BOUNCE PASS
- LOB PASS
- BALL MOVEMENT

Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

1. WARM UP 10 minutes

2T 1
 **A. NETBALL TAG**
 Third of Court


1 team passes ball b/w members, using Netball rules, to be close to an opposition player to tag her with the ball (not throw at her). When tagged, player leaves court area. Continue until all opponents are out.

B. STRETCHES All Body Parts

2. BALL HANDLING 5 minutes


2 1
 **A. MAVERIC BALL SKILLS**

1. Lifting one knee at a time, pass ball under knees in a fig 8, using one hand.
2. Throw ball in air and see how many different activities you can do before catching again.
3. With ball on hand of outstretched arm (to side), try to flick ball over to hand of other outstretched arm - watch fwd - not ball.


3 1
 **B. SPACE BALL**

As in Session 1:2A: 3 girls pass the ball in set area, using chest/shoulder passes, change of direction, & accelerate into space.


3. SKILL DEVELOPMENT 25 minutes

2 1
 **A. BOUNCE PASS**


Players 5m apart, practice the Bounce pass.


-  *Take ball back at hip height.
- *Opposite foot fwd to throwing hand.
- *Transfer weight as step fwd.
- *Keep hand behind ball as push it down.

SKILL DEVELOPMENT CONT

2 1
 **B. TRIANGLES**


As in Session 4, pairs pass ball in a triangle, using the skills of pivoting & the passes learnt. On Coach whistle, change direction.


-  *Pass ball in front of leading player.
- *Hold lead until partner has eye contact.

3 1
 **C. 2 VERSUS 1**


6m square.


2 Attackers pass ball b/w themselves, as defender tries to intercept. Attackers to use chest / shoulder / bounce passes.

-  *Attackers to drive into space.
- *Use variety of passes to beat defender.


2 1
 **D. LOB PASS**

Pairs, 5m apart, practice the Lob pass.

-  *Take ball back at shoulder height.
- *Transfer weight, & step into pass.
- *Highest spot for ball - over defender's hands.

3 1
 **E. ARMS OVER THE BALL**

Thrower to lob ball over defender's arms (3 ft) to receiver. Intro receiver to lead for the ball (either side /back / forwards).

-  *Step fwd & push ball up & over from shoulder.
- *Aim for highest peak over defs hands.

BALLSKILLS

SKILL DEVELOPMENT CONT

4. COURT APPLICATION : 20 minutes



F. LOB TO DEFENDED PLAYER

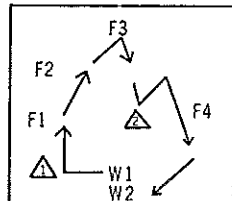
Thrower to lob ball to attacker, who is closely defended by defender in front. Attacker to move backwards (run sideways) to get the ball.

- *Pass ball over attacker's head, out of defender's reach.
- *Attacker to jump high to catch ball.



G. BALL CIRCUIT

W1 passes to F1, then runs to the left to cone 1, pushes off to R to receive pass from F1. W1 passes to F2, and continues running past, to receive a bounce pass. W1 throws to F3, runs to touch F3 foot, then back for a lob. W1 passes to F4, runs to cone 2, then dodges to L and drives R to receive pass from F4. W1 runs on to pass to W2, etc.

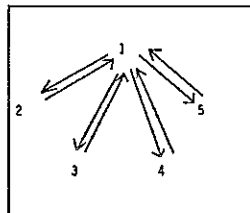


- *Push off strongly.
- *Accelerate to next feeder.
- *Try to go through faster each time.



H. CORNER SPRY

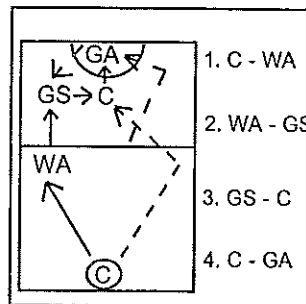
1 passes a chest pass to 2, 3, 4, & 5. 2nd time through, 1 passes a shoulder pass. 3rd time through, 1 passes a bounce pass. 4th time through, 1 passes a lob (2 to run in & back etc). Now, 1 throws ball into air and takes No 5 spot, everybody else shuffles across, and 2 becomes the leader. Repeat from the beginning. 1st team to have No 1 back to the starting position is the winner.



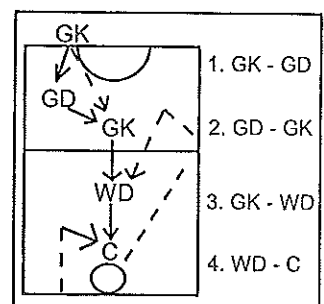
A. TEAM SYSTEMS

1. Recap systems introduced last week
2. Add the following:

ATTACK



DEFENCE



B. 1/2 COURT MATCH PLAY

OR FULL GAME

Today's game will concentrate on players driving into space, pushing strongly off outside foot, using a variety of passes, and encouraging girls to practice the systems, while exploring space and options.

C. COOLDOWN JOG AND STRETCH