



KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

DEFENDING SKILLS 2

The 'Change It' Approach

As a coach, it is important that you cater for individual skills and abilities - which in a team sport can be quite difficult. Every player in your team should have the opportunity to take part in every activity. One way to do this is to follow the major concept behind the 'change it' approach. Each time you plan an activity or drill, keep in mind how you can make that drill a bit easier and how you can make it a bit harder. In that way the same drill can meet the needs of all players.

Ways that you can change a drill to vary the difficulty include;

- make the playing area larger or smaller
 - alter distances between players or targets
 - vary the number of players involved in teams
 - change the rules - make it easier or harder to score points
 - use different equipment - softer balls, shorter goals, smaller balls
 - introduce time limits
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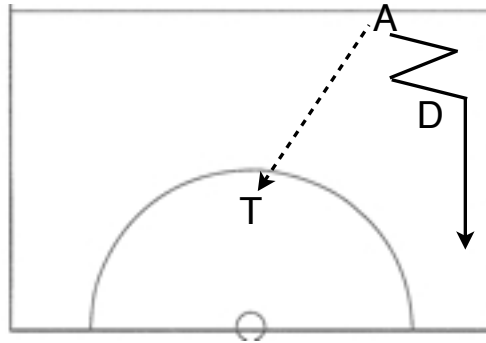
Delaying

Coaching Points:

- If an attacker gets a pass away, the defence then needs to step in and delay the attack's movement down court.
- Try to make the attack have to dodge two or three times before they can get past. In this way valuable time has been wasted and the defence has essentially taken that player out of contention for the next pass.

Delaying Drills

1. Delaying the Drive. Use half a width of one third for this drill. Set up with one attacker, one defender and one thrower.



The attacker passes the ball to the thrower. They then make a break down the court for the next pass. The defender tries to block and delay their progress down court, making them change direction a number of times and therefore slow their passage. Ideally the defender tries to make the attacker go down the sideline so that the defender always stays between the attacker and the ball. When the player gets past them, the defender should 'open out' so that they have eyes on the ball to try and take the intercept.

Coaching Points:

- The defender should try to have eyes on the ball at all times.
- Once the attacker gets past them, they need to open out so that they are facing the ball and have an in-front defence position.
- If they can make the attacker change direction at least twice, they will be very close to having a held ball called.

2. Up to the Line. Players stand about 5m behind the transverse line facing down the court.

- Sprint to the transverse line. Work the ground moving backwards in defensive shuffle to the starting point. Repeat 5 times.
- Sprint to the transverse line. Imagine you are going for an intercept - that is, put your arms out for an imaginary ball. Work the ground back to the starting point. Repeat 5 times.
- Sprint to the transverse line. Imagine you are going for an intercept. Get back 3 feet from where you went for the intercept. Hold that distance for 3 seconds with your arms out over the imaginary ball. Work the ground back to the starting point. Repeat 5 times.
- Sprint to the transverse line. Imagine you are going for an intercept. Get back your 3 feet with arms over the ball. Hold for 3 seconds. Imagine the thrower has released the pass and you then 'close off' the distance - that is, jump forward about 30cm towards the thrower to delay their next move. Work the ground back to the starting point. Repeat 5 times.

Lean Defence of Shot at Goal

The aim of the Goal Keeper and Goal Defence is to limit the scoring opportunities of the opposition and to try to gain possession of the ball. They also try to make the shooters take their shots at goal from further out so that they have the least chance of success.

Coaching Points:

- Take a position 3 feet from the shooter's landed foot.
- Lean over the ball with one hand or two hands to apply instant pressure on the shot.
- A player can obtain greater stretch using one hand, but has greater balance leaning with two hands.
- The defence can use a swinging action where they start defending with one hand, then switch to the other hand to assist with balance as they fall to the side of the shooter.

Jump Defence of Shot at Goal

Coaching Points:

- Mixing up the type of defence can keep the shooter guessing and unsure of their timing of shot.
- On the jump, defenders start with their knees bent in a crouched position, ready to explode and jump to tip the ball.
- They must time their jump for the shooter's release of the ball or for the full 3 seconds.
- Varying the timing of the jump can put more pressure on the shooter as they don't know what to expect.

Rebounding

One of the most important aspects of circle defence is rebounding. The defence should aim to get in the best position for a rebound, which generally means a front position. A circle defender needs to be quick thinking and block the shooter out from getting a good position for a rebound.

Coaching Points:

- After a shot is released, the defender needs to recover quickly, turn and block the shooter with a wide, balanced stance.
- They then have front position for the rebound.
- The defender should always go up for the rebound with two hands and pull the ball down aggressively to their chest.
- The defender of the non-shooter needs also to set up for a rebound. They should aim to secure a front position whilst also keeping an eye out for an off-load by the shooter.

Court Systems

Court systems are used at training to set up likely game scenarios and plan some team strategies. If you practise systems enough, players will be able to fall back into familiar routines when they face pressure situations in games. Rather than learn specifics (such as it will go to the WA here, followed by the GS here and then the GA under the post), encourage players to learn to read off their team-mates movements and create and use space effectively. Players need to learn to be able to adapt and think on their feet when things don't always go to plan.

Aspects of the game which can benefit greatly from court systems work include back line throw ins, throw ins down court and centre passes. When learning different systems, start first with no defence, and then gradually add in more and more defence until it reflects a real game situation.

Back Line Throw Ins

