



## KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

# ATTACKING SKILLS 1

## 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

## Power Position

This body position encourages a strong central core and improved balance by players.

### Coaching Points:

- Feet shoulder width apart and knees slightly bent.
- Weight slightly forward.
- Head and eyes always up.
- Suck in tummy and have strong core.
- You should be able to maintain solid balance if someone comes past and pushes you.

## Take-Off

Stride length should be short on take-off. The feet are on the ground more often which allows for greater force and therefore speed.

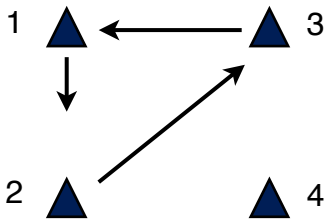
### Coaching Points:

- First step must be forward.
- First steps are small and then gradually get bigger
- Arms drive on take-off with elbows bent.
- Keep head and eyes up at all times.
- If leading to the right, then your first step should be on your right foot. If leading to your left, then your first step should be on your left foot.
- If you are leading straight out, then your first step should be on the inside foot. This means that you cut your opposition off from being able to move their feet and body across the front of your body.

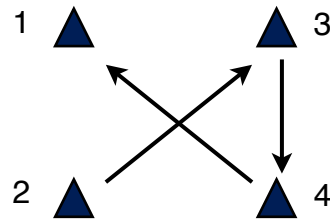
## Balance and Take-off Drills

1. Power Position Reactions. Players all stand along the goal line facing the coach. They adopt the power position. If the coach calls 'right', they turn to the right and back again, landing in a stable, balanced power position. If the coach calls 'left', they turn to their left and back again. If they call 'back', they turn 180 degrees and then back again. If the call is 'up', then they jump high in the air, land in a solid stance and then sprint forward to the transverse line. Work for about 30 seconds each time and repeat 3 or 4 times in total.
  
2. Take-off Foot. Start along line as in previous drill, in power position. Remind players that when they take-off, their first step should always be forwards. Use cones or dots to mark a distance 5m from goal line. On the coach's command or whistle, players sprint forward 5m. Check that their first step was forward. Repeat approximately 3 times until you have had a chance to look at each player carefully. If players are having trouble, allow them to fall their weight forward before you tell them to 'go', until they get the hang of that first step. Once comfortable, extend the drill;
  - starting off with fast feet (pitter patter)
  - from a slide movement
  - facing away and then turning to sprint
  - from a jump
  - lead out to the right
  - lead out to the left
  
3. Inside foot take-off. Line up in pairs side by side on a starting line, thrower about 6m in front. The thrower tosses the ball to themselves to start the drill. As soon as she catches it, the first pair drive out for the ball, both taking off on their inside foot. Repeat for the next pair etc. Players go back to the opposite line each time. Swap throwers regularly.

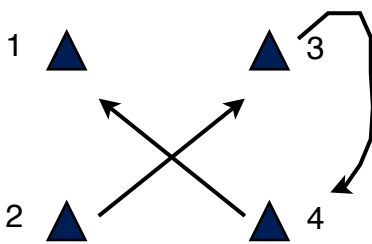
5. Footwork Grids. Work in groups of 3 or 4. Set up a grid of four cones approximately 3m apart.



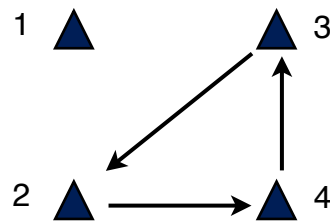
- Sprint 2-3
- Sidestep 3-1
- Jump back 3 feet and arms up



- Sprint 2-3
- backwards 3-4
- Sprint 4-1



- Sprint 2-3
- Clearing drive 3-4
- Sprint 4-1



- Sidestep 2-4
- Sprint 4-3
- Turn and sprint 3-2

Encourage players to develop their own footwork routines using the grid.

## Shoulder Pass

A shoulder pass is a one handed pass used for speed and accuracy over longer distances. The pass should be aimed in front of the receiver to where they are running to. This is the pass that should be used by all players most of the time - thus is the focus when teaching passing to younger players.

### Coaching Points:

- Opposite foot to throwing arm forward.
- Feet shoulder width apart. Weight should be on back foot when begin the pass.
- Hold ball with 2 hands initially, then bring back behind shoulder with one arm.
- Fingers should be spread wide behind the ball.
- Transfer weight forward as you bring the throwing arm through. This provides the power to the pass.
- Follow through until throwing arm is extended and wrist and fingers also follow the pass.
- Your hips and shoulders rotate in the direction of the pass.
- Direct the pass into the space ahead of the receiver.

## Chest Pass

This pass is used for quick, short and accurate passes. It is not as important as a shoulder pass when developing skills in young players.

### Coaching Points:

- Stand front-on with the ball in two hands at chest height, with elbows down (chicken wings in!)
- Spread fingers around the ball with thumbs behind.
- Step forward and transfer your weight to this foot as you release the ball.
- Flick the wrist and fingers as the ball comes out evenly from both hands.
- Always keep your head up and eyes looking forward.

## Bounce Pass

This pass is used when the area is crowded and should only be used over a short distance. It is a good pass to teach shorter players who have trouble getting around a defender's long arms.

### Coaching Points:

- Step forward on opposite leg and lunge down.
- Push the ball forward and downwards, so it bounces 2/3 of the distance towards the receiver.
- The ball should be released by the thrower below hip height.
- The ball should be received by the catcher at knee height.
- The aim is for the pass to stay low at all times, they should bend to throw it and bend to receive it - otherwise it defeats the purpose of doing a bounce pass at all.

## Lob

This pass is used to go high over a defender's arms, in a looping arc.

### Coaching Points:

- Begin in a similar position to how you would stand for a shoulder pass.
- As you step forward to pass, you extend your throwing hand upwards and forwards, releasing the ball when your arm is fully extended (at about head height).
- Pass the ball in a high arc which lands in the space ahead of the receiver.
- The receiver should run sideways back to catch the ball so that they can see both the thrower and where they are running to.
- The receiver should jump up and snatch the ball out of the air at the highest point possible. They should never stay on the ground and wait for the ball to reach them.

## Pass Placement

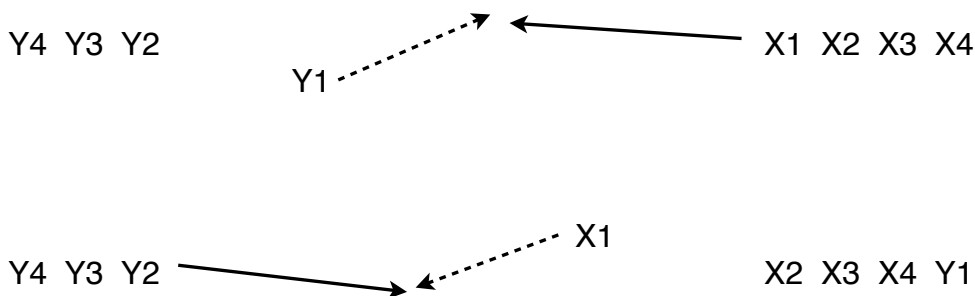
Players should always aim to pass the ball in front to where a player is running to. In most instances you are aiming to deliver the ball at chest height.

## Timing

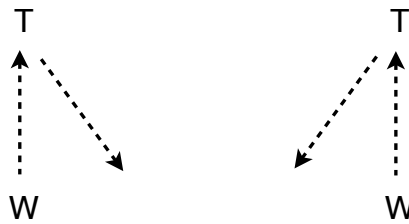
Players should wait to make their final break when the thrower has turned and is ready to pass. Having good landings and balance is important for timing to work. It is hard for a player to judge timing if a team-mate lands unbalanced or fumbles the ball.

## Passing Drills

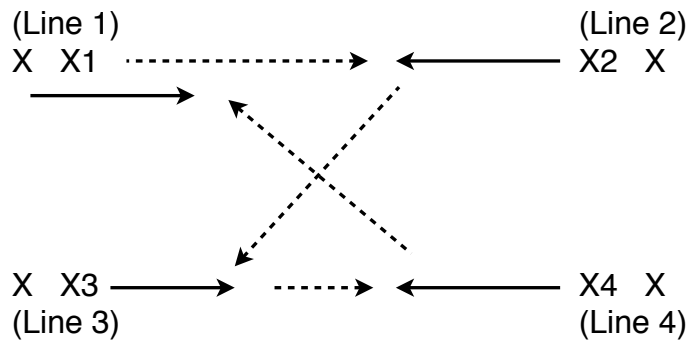
1. **Power Position Passing.** Players work in pairs. One player stands on transverse line with the ball (thrower), their partner stands opposite them on the goal line (worker). The thrower stands on the line in the power position, feet shoulder width apart. The worker completes about 10 pitter patters, then sprints forwards for the ball. The thrower steps out of the power position and passes a flat, strong shoulder pass to the worker. The step forward by the thrower imparts a lot more strength into the pass. Repeat 5 times then swap over. Insist on strong, flat passes delivered with perfect placement to chest height. Ensure that the worker's first step on take-off is forward.
2. **Pings.** Start in two lines, approximately 12m apart. Y1 starts with the ball. X1 drives out, catches and lands in a balanced position. Y2 then drives out from the other end, takes a pass from X1, catches and lands in a balanced position. X2 then drives out and the drill continues. Once you have passed the ball, you join the end of the other line.
  - Pass placement should be at chest height, in front to where the player is running.
  - Use strong, direct shoulder passes.
  - Players should be catching and landing on their preferred foot so they can continue to step forward on their opposite foot to complete the next pass.
  - Timing is everything. Do not break until the person throwing to you is ready to pass.
  - Insist on good pass placement and good timing of breaks in this drill.



3. Lob Passes. Work in pairs - one thrower, one worker. Worker runs up to thrower, touches the ball and then moves sideways backwards on a diagonal to take a lob. Repeat moving backwards on the other diagonal as well. Do 10 passes, then swap roles.



4. Bow Tie Drill. Players form four lines, two lines facing each other. X1 passes to X2 driving out, then joins the end of Line 2. X2 passes diagonally to X3 driving out, then joins the end of Line 1. X3 passes to X4 driving out, then joins the end of Line 4. X4 passes diagonally to X1 driving out, then joins the end of Line 3. Thus players always stay on the lateral side for the drill, but keep swapping ends. You can extend the drill by changing the type of pass used as well as the distance between lines.



5. Four Corners. You need at least 8 players and 2 balls for this drill to work. Players stand in four corners in equal lines. The two balls start in diagonally opposite corners (B in the diagram below). First players from lines A lead diagonally across square. They receive a pass from the player on their right. They then pass to the player who they are running towards (the other Line A), and then join the end of that line. Then the first players in Line B lead out on the diagonal, again take a pass from the player on their right, then pass on to the player they are running towards (other Line B). They then join the end of that line. Over time, change to take a pass from your left instead. To extend the drill, you can vary the type of pass and the size of the square. Timing and pass placement are extremely important to this drill.



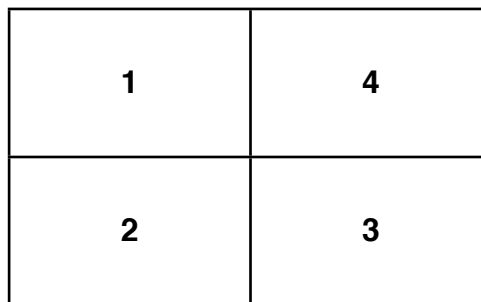
## Space Awareness

Like most team sports, netball is a game that has a focus on the importance of space. Attackers try to create space and defenders try to shut down space to get an intercept.

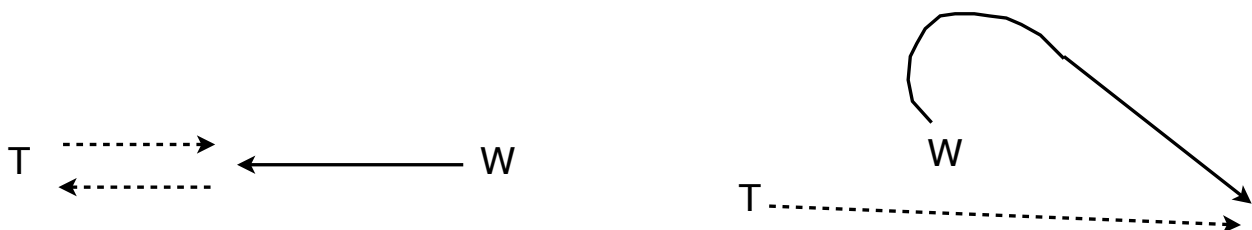
The netball court should be balanced at all times. There needs to be enough room for all players to make effective breaks. If you are not actually making a break for a ball, then you should be creating space for someone else to use.

## Space Awareness Drills

1. Four Zone. Split one third of a court into 4 zones. Have a player stand in Zone 1, Zone 2 and Zone 3. The 4th Zone remains empty. When the coach gives the signal, the players move to a new zone. They should move to the empty zone (there will always be one empty zone). Ensure that they do not just run in circles. They will need to adapt and change direction when they see where other players move. Once their movement is good, add a ball into the drill. Players then pass to another player as they move into the empty zone.

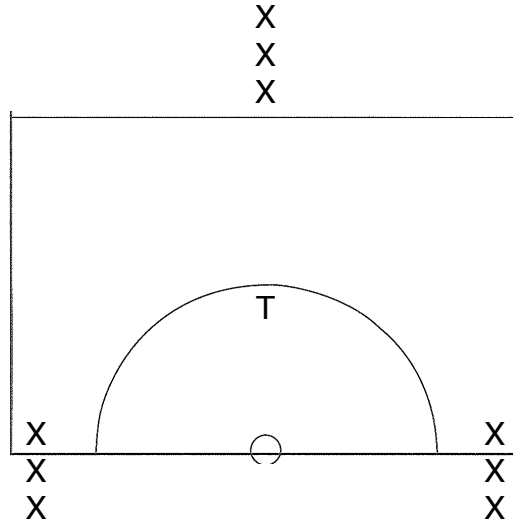


2. Clear and Re-offer. Work in pairs. Pairs stand about 8m apart across the court. The worker offers a straight lead towards the thrower and receives a pass. They then pass the ball back. The worker then does a clearing run out to the side, then drives back to the start to receive another pass. Repeat 5 times to each side then change roles.



3. Number Chasers. Assign each team member a number from 1 to 8 (or however many people you have). Work in one third. Players are to move around the third passing in sequence from 1 to 8 and then back to 1. Keep working for a set period of time. Players must drive for the ball when it is their turn to receive. When they are not receiving the ball, they should be clearing space and creating space for others. Nobody should be standing still. Ensure that the space remains balanced at all times. Extend the drill by changing the number order (e.g. go backwards, go from 1,3,5,7,2,4,6 etc). You can also gradually add defences so eventually it is one team against the other.

4. Triangle Leads. Form 3 groups of roughly equal players. Two groups start at the corners of the goal line, one group starts at the centre of the transverse line. One player starts with the ball at the top of the goal circle. The front person from each line breaks forward - the thrower can pass to any of them. The other 2 players must continue to re-offer breaks until they have received a pass. The last player to catch the ball can pass to any of the next 3 players to break from each line. Continue until you reach a target of consecutive passes (e.g. 12).



5. Progressive Keepings Off. Split into 2 equal teams and work in one third. The first team begins by passing 10 consecutive passes using all of the space in the third. When they make 10 passes without dropping the ball, they progress to have 1 defender from the other team against them. They again try to make 10 consecutive passes using all of the space. Each time they make 10 consecutive passes, 1 more defender is added against them. If the attacking team drops the ball or the defence makes an intercept, the other team comes in and has a turn. The winning team is the one that first makes 10 consecutive passes with full defence against them.

6. 3 Lane Highway. Divide the court into 3 imaginary channels. Players line up behind each channel at one end of the court. One player from each lane moves down the court, one in each channel. The coach calls out a number and the player in that lane must move to another lane. Players must then move to re-balance the court. Continue calling out numbers for players to change as they move down the court. The next 3 players then start the drill again.

