



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

BASIC NETBALL 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

Catching

Aim for junior netballers to always try to catch with two hands.

Coaching Points:

- Keep eyes on the ball all the time.
- Move towards the ball when going for a catch. You should never be standing still when you take a catch.
- Extend your hands forward with your fingers spread and thumbs behind the ball ('W' or 'butterfly').
- When the ball makes contact with your hands you snatch the ball towards your body.

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

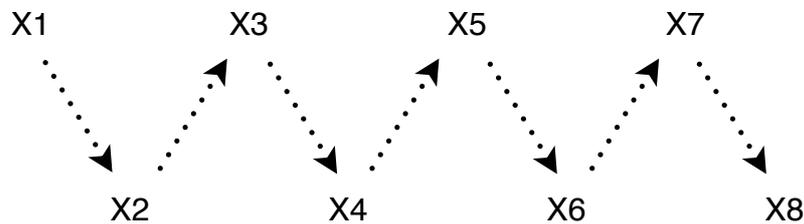
This pass is used when the area is crowded and should only be used over a short distance. It is a good pass to teach shorter players who have trouble getting around a defender's long arms.

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.

Passing & Catching Drills

1. Pairs Passing & Catching. Have players stand in pairs approximately 3m apart. Have them throw up and down court, rather than across court. Partners shoulder pass/chest pass/ bounce pass to each other concentrating on technique and ball placement. Extend this drill by adding challenges, e.g. how many passes can you do in 30 seconds without dropping the ball? You can also add a distance challenge - every time a pair completes 10 passes without dropping the ball they take a step back. If they drop the ball, they take a step in. After a set amount of time, see which pair has been able to increase their distance the most.
2. Long Throw. Work in pairs, starting approximately 2 metres apart. A shoulder pass is thrown between the two players. If the ball is caught, they both step back. If the ball is dropped, they step forward. The winning pair is the one who has retreated the furthest. Work for a set amount of time or a set number of passes.
3. Cross Ball. Set up team in zig zag formation (you might like to use dots or cones to help with this). Players pass from one player to another up and back down the zig zag. To extend this drill, you can add a time challenge - see if they can beat their time to get up and back twice. You can also vary the pass used - shoulder, chest or bounce. Add difficulty to this drill by having players shoulder pass using their non-preferred hand.

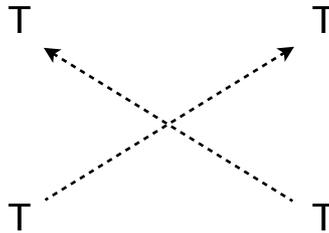


4. Shuttle Ball.

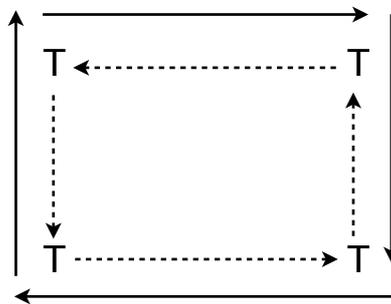
- Work in groups of 3 to 5 players.
- Set up markers approximately 3 metres apart.
- Player 1 throws the ball to player 2 and then runs to line B.
- Player 2 throws the ball to player 3 and then runs to join the group at line A.
- Continue repeating this pattern.



5. Cross Square. Work in groups of 4. Stand 2-3m apart in a square. One pair bounces the ball diagonally across the square and one pair chest passes. After 10 passes, pairs swap over their type of pass.



6. Bounce Pass Throw and Run. Bounce pass ball clockwise around square. After passing, run anti-clockwise around square and back to start to get next pass.



Safe Landings

A safe and effective landing technique will reduce the chance of ankle and knee injuries by reducing the forces experienced by the body.

Coaching Points:

- Knee and toe should be facing the same direction
- Knee and hip should be controlled - they should not swing inward or outward
- 'Soft' landing, with knees slightly bent.

[SEE KNA COACHING WEBSITE FOR SAFE LANDING COACHING RESOURCE](#)

Two Foot Landing

Coaching Points:

- Land with feet shoulder width apart to give good base of support for better balance.
- Keep body upright. Bend at knees, hips and ankles to soften the impact. Shouldn't sound like elephants when they land.
- Keep body weight evenly placed above both feet.

One Foot Landing

Coaching Points:

- When you run to your right you should land on your right foot and pivot to your right.
- When you run to your left you should land on your left foot and pivot to your left.
- Once landed, place the other foot on the ground quickly to help absorb impact and help with balance.
- Bend your knees, ankles and hips on impact to cushion your landing.

Pivot

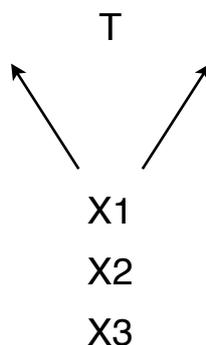
Players should be encouraged to pivot to the outside as that is the way their body is naturally heading. It also means that they will be turning away from their defender.

Coaching Points:

- Pivoting must always be done on the grounded foot.
- Bend knees slightly and put weight on grounded foot.
- Turn on the ball of the grounded foot while pushing off with the other foot. This other foot provides you with direction and balance.
- Turn your body to face down the court to your team's goal post.
- While pivoting, keep the ball close to your body and get in a position ready to throw.
- Make sure you catch the ball cleanly before you begin pivoting.

Footwork/ Movement Drills

1. Hoop Landings. Line players up in groups of approximately 4. Place a hoop out in front of each line. One by one, players run up and do a 2 foot landing in the hoop. Extend the drill by players landing with a 2 foot stop in the hoop, then stepping out on their opposite foot pretending to make a shoulder pass. Extend again by adding a ball. Have a thrower out the front. Players run to the hoop, catch a pass and land in the hoop with a 2 foot stop. They then step out of the hoop on their opposite foot and throw a shoulder pass back. Swap throwers regularly.
2. One Foot Landing. Work in groups of approximately 4 players. One thrower out the front. X1 passes to T, then makes a straight lead to the right. They receive a shoulder pass from T, catch and land on the right foot. They pivot around to their right and pass to X2 who begins the drill again. Change over throwers regularly, and change angle of straight drive to left side.



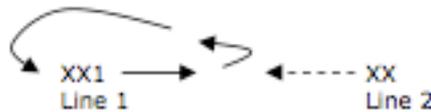
3. Court Pivots. Players spread out over at least one third, in a space of their own. On 'Go' they jog around the space. The coach blows their whistle and on the whistle, the players must land their grounded foot, pivot around on the spot and then push off and run in a different direction. Work hard for 20-30 seconds, rest and repeat. Pivots and change of direction should be done as quickly as possible – head and eyes up all the time. Extend this drill by letting go a loose ball at any time. The nearest player must retrieve the ball and return it.

4. Continuous Captain Ball. Work in groups of 4 or 5. Player 2 catches a pass from player 1, lands in two foot stop and then passes a shoulder pass back to player 1. They then run and stand behind player 1. Player 1 continues this routine through to the last player in line. When they catch the pass from player 1 they become the new leader and the game continues facing the other way. Continue until all players have had a turn at being thrower. You can race the two teams through to add variety if necessary.



5. Shuttle Ball with Pivot.

- Have two lines facing each other.
- The worker (X1) leads forward from the line and receives a pass from line 2.
- X1 lands on two feet, pivots and then passes back to their line and returns to end of their own line.
- The sequence continues with alternate leads from line 1 then line 2.
- Can change drill to do one foot stop and lead out on the diagonal.



6. Statue of Liberty. Work in pairs with one ball between two. One player stands like the statue of liberty with ball held high with one arm. Their partner runs, leaps and snatches the ball, landing with the correct footwork and balanced. They then pivot around and pass the ball back to the statue. Repeat 5 times before swapping roles.