



KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

ATTACKING 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

Straight Lead

This is the most important attacking move for players to develop.

Coaching Points:

- Sprint strongly out to the ball. Go directly forward, or at a 45 degree angle on either side. Players should never run sideways across the court for a pass.
- If you are leading to the right, you should take off on your right foot. If you are leading to your left, then take off on your left foot.
- The first 3 or 4 steps made are the ones that have to be strong.
- When leading to the right, encourage players to pivot on their right foot.
- When leading to the left, encourage players to pivot on their left foot.
- Pump your arms to go faster.
- Do not slow down until the ball is in your hands.
- Do not start your break until the person with the ball has got their balance and is ready to throw to you.

Change of Direction

This is essentially two straight leads joined together. The idea is you convince the defender you are making a break in one direction before you actually make your real move in another direction.

Coaching Points:

- Sprint strongly out to the ball, either directly forward or at a 45 degree angle on either side.
- The first 3 or 4 steps made are the ones that must be strong.
- Push off on your outside foot strongly and move in the direction you want to go.
- Again, put emphasis on the first 3 or 4 steps when moving in the new direction.

Dodge

All movement when dodging should be quick and definite.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Keep body upright, your feet shoulder-width apart and your knees and hips slightly bent.
- Move a few steps (2 or 3) away from your intended catching direction.
- Push off your outside foot strongly and move in the direction you want to go.
- Pump your arms to accelerate faster and extend your arms to catch the ball.
- Do not have your feet too far apart as it is harder for you to change direction quickly and strongly.
- Make sure movements are strong and definite and not just a bit of a lazy sway. You are supposed to be fooling your opposition about which way you are going to run.

Double Dodge

This is just another dodge added to the first one. It is used when the first dodge did not work properly and the defender is still with you.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Keep body upright, your feet shoulder-width apart and your knees and hips slightly bent.
- Move a few steps (2 or 3) towards your intended catching direction.
- Push off your outside foot strongly and move in the opposite direction for 2 or 3 steps.
- Perform a second dodge by placing the other foot firmly on the ground and pushing off in the other direction.
- Pump your arms to accelerate faster and extend your arms to catch the ball.

Lead and Drop

This preliminary move is designed to set up space for a pass behind you.

Coaching Points:

- Keep your eyes on the thrower at all times.
- Sprint out hard towards the ball using a straight drive.
- The first 3 or 4 steps should be very strong.
- Stop suddenly and push off strongly on your front foot. Move back in a direction opposite to your initial drive.
- When moving backwards, the first 3 or 4 steps should again be very strong.
- Ensure when moving in a backwards direction your body is turned to the side. In this way you can still maintain a view of the thrower but also see where you are running.
- Extend arms to their fullest to receive the pass.

Roll

When standing, turn on one foot 180 degrees with your shoulder leading backwards, so you are facing the opposite direction. Keep turning so you actually turn a full 360 degrees, then lead. You should roll backwards towards the direction that the defence is not facing.

Half Roll

When standing, turn on one foot 180 degrees with your shoulder leading backwards. Turn back the same way and sprint towards the ball.

Clear and Drive

A player uses a clear when they want to move out of the area of play and create space for themselves or another player. This might happen if they find themselves too close to the player who has the ball, or when they have made a drive but not received the ball, or when the area of play is too crowded.

Coaching Points:

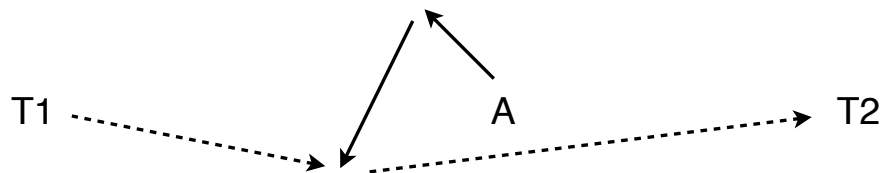
- Players most often use a side step or jog to perform a clear.
- When clearing, you should always maintain a clear vision of play - never turn your back to the ball.
- When space is created, or when a team-mate receives the ball the player can then drive again.

Go-Stop-Go

This just refers to a change of pace. The player can accelerate, then slow down (or stop), then accelerate again over a short distance. A player who runs at one speed all the time is very easy to defend. By mixing up their speed, an attacker can continually be unpredictable and difficult to defend.

Preliminary Move Drills

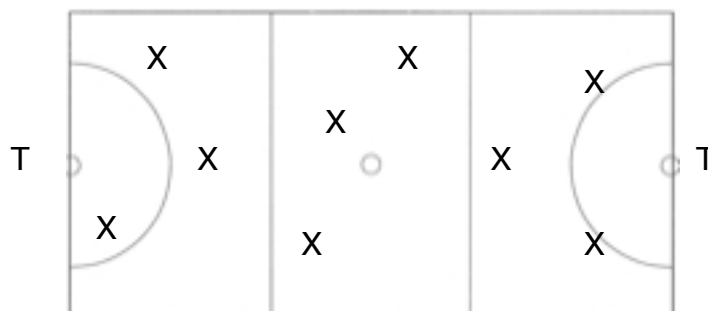
1. **All Leads with a Ball.** Work in groups of 3. Two throwers, one attacker. Thrower 1 starts the drill by tossing the ball up in the air and catching it again. This signals the attacker to time their move. The attacker receives the ball, pivots and throws to Thrower 2. Repeat until all the attacking preliminary moves have been practised. Swap attackers. Drill Extension: Change Thrower 2 to be a defending player instead. Thrower 1 tosses the ball which signals to the attacker it is time to move. The attacker uses a variety of preliminary moves to evade the defence and receive the ball. Complete each preliminary move at least once before swapping roles.



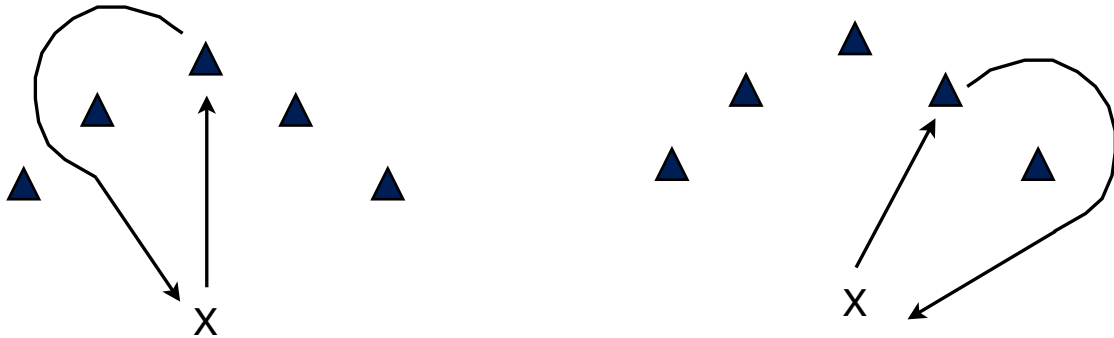
2. **Teamwork Dodging.** Use this drill with 8 players. Split into 2 teams and use 1 third of a court. Divide the court into 4 squares and assign one attack and one defence per square (see diagram). Teams pass the ball from one square to another without the defences being able to take an intercept. They must use a variety of dodges to break free from their defences. If the other team takes an intercept, teams swap over.

AD	AD
AD	AD

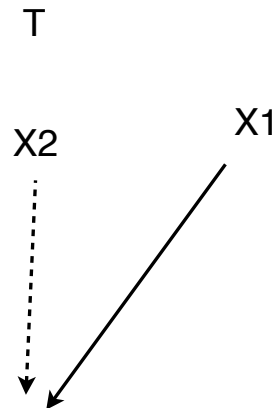
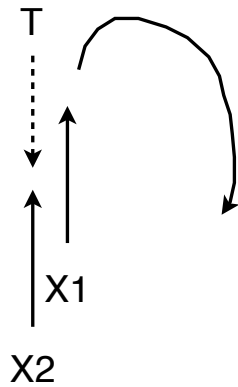
3. **Three in a Third.** Have 3 players in each third with a stationary thrower at each end. (Use 2/3rds only if have 8 players). Pass the ball to each player in the third before you can move the ball into the next third. All players must offer a lead when the ball is entering their third. If they don't receive the pass they must change direction and re-offer. Extend this drill by adding a defence in each third, then 2 defences etc.



4. Clear and Drive. Set up 5 cones in a semi circle. Players drive to a cone, then use a jog or sidestep to clear around another cone, then drive back down court.



- Extend this drill by adding a thrower at the top of the cones. When X drives to the cone, they don't release the ball, but then X clears and receives a pass as they drive back down the court.
- Extend again by removing the cones and having 2 attackers, one behind the other. X1 drives forward for a ball, but doesn't receive a pass and clears out to the side. X2 then drives forward and receives the pass instead. After clearing, X1 drives back down the court and receives a pass from X2.

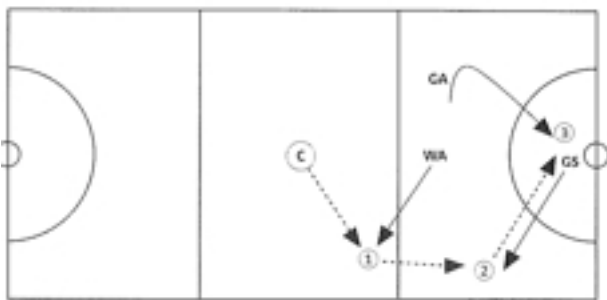


Court Systems

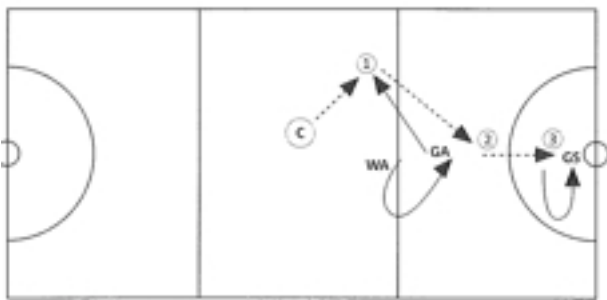
Court systems are used at training to set up likely game scenarios and plan some team strategies. If you practise systems enough, players will be able to fall back into familiar routines when they face pressure situations in games. Rather than learn specifics (such as it will go to the WA here, followed 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.

Centre Passes



—————▶ Player Movement
 - - - - -▶ Ball Movement



—————▶ Player Movement
 - - - - -▶ Ball Movement

