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Coaching Clinic

July 2021

Appropriate Skills for Age

| | FOUNDATION NET/SET/GO | DEVELOPMENT 11-13 YEARS | INTERMEDIATE 14-15 YEARS | ADVANCED 16-17 YEARS | ELITE 17 YEARS & OVER |
|-------------------------|---|---|--|--|---|
| MOVEMENT SKILLS | <p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Balance Jump/leap/hop and landing (1 foot / 2 feet) Pivot - outside turn Sprint Side step Take off and sprint <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Sprint, decelerate and stop Jump off right and left foot and both feet simultaneously Land and balance on right or left foot and both feet | <ul style="list-style-type: none"> Working a number of combinations (directional footwork) Sprint and change direction Change of pace | <ul style="list-style-type: none"> Pivot - inside turn Application of footwork related to specific skill <ul style="list-style-type: none"> Speed of footwork Recovery footwork | <ul style="list-style-type: none"> Shuffle / slip step Turn in the air | <ul style="list-style-type: none"> Turning from a sprint movement Deceleration and safe landing after sprint Application of all movement skills in court setting |
| BALL SKILLS | <p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Catch Chest pass Shoulder pass <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Bounce Pass Lob | <ul style="list-style-type: none"> Application of Lob Overhead pass | <ul style="list-style-type: none"> Introduce one hand control Fake pass | <ul style="list-style-type: none"> Introduce use of ball on either side of body Timing on release of pass Variety of options under pressure Step around pass Hook ball into catch | <ul style="list-style-type: none"> Catch high and low balls one handed Release from any point of catch Advanced use of ball on either side of body |
| ATTACKING SKILLS | <p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Straight lead Single dodge Change of direction <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Lead, pivot & pass <p>GO (9-10 Years)</p> <p>Two leads</p> | <ul style="list-style-type: none"> Double Dodge Split/Re-offer Combine into simple movements on court Lead and drop Clear and drive Introduce Hold Double Play - give and go | <ul style="list-style-type: none"> Half roll, full roll Front cut Lunge to catch Application of the Hold Spatial Awareness Creating space <ul style="list-style-type: none"> Recognising space Moving into space Repositioning <ul style="list-style-type: none"> In a crowded situation after delivery Reading the Play Vision Body cues Timing of leads Attacking against 1 on 1 or double defence Using triangles/swing | <ul style="list-style-type: none"> Drive, stop and lunge back Feeders hitting the circle edge Basic Screens | <ul style="list-style-type: none"> Position & Feeding Feeding shooters in the circle On and off the circle Relationships within Attack unit Read game to apply screens Resetting Outlet pass strategy From Stoppages From Turnovers Attack against area defence strategy and off-line |

| | FOUNDATION NETSETGO | DEVELOPMENT 11-13 YEARS | INTERMEDIATE 14-15 YEARS | ADVANCED 16-17 YEARS | ELITE 17 YEARS & OVER |
|--|---|--|--|--|--|
| DEFENDING SKILLS & STRATEGIES | <p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Shadow movement Shadow defence <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Hands over the ball <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Recovery to 0.9 metre (three feet) Defence of shot (lean) | <p>Defensive footwork</p> <ul style="list-style-type: none"> One on one - defending from the front to dictate One on one - defending from the side <p>3 Phases of Defence</p> <ol style="list-style-type: none"> First ball pressure to a contest Application of interception Hands over ball (recovery to dictate pass type or direction) <ul style="list-style-type: none"> Dictating or denying the space Defence of the shot (two hands, jump) and deny space to contest a rebound | <ul style="list-style-type: none"> One on one - defending from behind Extend 3 phases of defence with focus on dictating or denying the space Double defence Defence of the shot - inside hang, double jump by one defender Strategies for rebounding | <ul style="list-style-type: none"> Extend one on one defence of the player to explore: <ul style="list-style-type: none"> Positioning Reading the play Timing Interception/transition Switching Sagging Two on one <ul style="list-style-type: none"> Back and up using 2-foot take-off to intercept Spilt circle Work together - in/out of circle Positional choice for defence of shot | <ul style="list-style-type: none"> Defence on and off the circle (WD/C) Relationship of defensive unit - relevant roles <ul style="list-style-type: none"> Area Defence - including box, diamond and triangle Off-line (off the line of the ball) Defence of the shot: <ul style="list-style-type: none"> - against the shuffle shot |
| SHOOTING SKILLS & STRATEGIES | <p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Basic shooting action <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Rebounding | <ul style="list-style-type: none"> Basic shooting action increasing distance from post Rebounding Introduce working together in and out of circle Shooter rotation | <ul style="list-style-type: none"> Shooting Technique - correct and accurate Step forward/back/side Shooter hold Shooter rotation extension Shooter to shooter passes <ul style="list-style-type: none"> - from the shooting position - from the feeding position from a holding and moving shooting circle including with a tall shooter | <ul style="list-style-type: none"> Shooting Technique - variation on timing and release Shooter to shooter passes <ul style="list-style-type: none"> - Application of working together - Splitting the circle - Closed circle Basic screens including toe to toe e.g. 'Ridgy Didge' | <ul style="list-style-type: none"> Types of movement to shot - jump, shuffle, fake, falling out of court and layup shot Circle entry and exit Shooters working together (space awareness, vision and balance in the circle) Awareness of space between WA and C Understanding of attack unit Set ups for stoppages in and out of circle Inside and outside links between GS, GA |
| STRATEGIES | <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Basic centre pass attack options WA/GA sides & swap Basic centre pass defence options GD/WD inside of GA/WD Defending C with hands over | <ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> - Narrow (one behind other) - Wide - Back e.g. GD, WD Centre pass defence options: <ul style="list-style-type: none"> - 1 on 1 - Throw in options: <ul style="list-style-type: none"> - Narrow - Wide - Back (except goal line) | <ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> - 1 off the line - 2 off the line Centre pass defence options: <ul style="list-style-type: none"> - 2 on 1 - Thorough/long court transition | <ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> - Screens - overload Centre pass defence options: <ul style="list-style-type: none"> - wall - forcing attack wide Shooter throw-ins - attack and defence strategies Outlet pass from intercept or rebound | <ul style="list-style-type: none"> Reading play to apply appropriate strategies <ul style="list-style-type: none"> - Penalty pass/shot and free pass - pass options - defence strategies |

https://netball.com.au/sites/default/files/2019-06/NetballSkillsDevelopmentFramework_UpdatedFINAL_Sept2018.pdf

Seven Steps of Skill Progression

- by Netball Australia

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| 1 | Explain and Demonstrate (app 2mins) | Explain "when" and "why" you use the skill so that a player has a clear picture of where it fits into the game. Use key "cue" words such as "outside leg". eg. "We would use a bounce pass into the shooters when we are trying to get around the defence player" - demonstrate the correct technique of a bounce pass into the shooter. |
| 2 | Basic Movement (app 2mins) | Player should be allowed to practice the skill without any equipment used at this stage. Individual feedback should be given to each player regarding the execution of the skill. (fault detection and correction - remember constructive criticism). Corrections should be made where there are errors that do affect the outcome of the skill. Identify the main problems first; do not try to correct too much at one time. Players should be given time to practice the skill once feedback has been given. Ensure you observe their next attempt. Comment on their performance. Remember that all team members are individuals and at times need individual attention. |
| 3/4/5 | Add Equipment (app 2 mins) | The player should practice the skill with appropriate equipment, eg, the use of markers for teaching the change of direction. Feedback should be the same as noted in step 2. |

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| 3/4/5 | Add Ball (app 2 mins) | <p>After players have been given adequate time to practice the skill individually or in groups, the ball should be introduced.</p> <p>The ball can be introduced as a stationary object held by another player or coach.</p> <p>The ball should then be introduced in the "on the move" situations, as the skill requires.</p> <p>Continue feedback.</p> |
| 3/4/5 | Add Opponent (app 2 mins) | <p>Once the player is able to successfully perform the skill with the ball, an opponent should be introduced.</p> <p>You may decide to remove the ball from the skill performance in the initial stages whilst the player is developing body awareness.</p> <p>Continue feedback</p> |
| 6 | Dynamic Activity (app 5mins) | <p>Players should be given the opportunity to develop the skill in a dynamic drill situation so as to incorporate skills of timing and decision making.</p> <p>This could involve the use of more players and other skills, which are within the capabilities of the players.</p> <p>This step may involve a couple of stages and will require plenty of feedback regarding the skill being taught and other relevant skills/movements required.</p> |
| 7 | Court Application (app 5mins) | <p>The skill should be incorporated into a court situation.</p> <p>This does not necessarily have to involve the whole court or the entire team.</p> <p>The application to the game may involve 1/3 or area of the court where the specific skill is executed.</p> <p>Players could be asked to apply the skill to the court in their designated areas.</p> |

<https://www.cdna.com.au/assets/Uploads/7-step-progression.pdf>

<https://www.glenhavennetball.com.au/pdfs/coaching%20tips.pdf>

http://www.donvalenc.com.au/uploads/9/0/5/4/9054119/coach_steps_of_progression_030214.pdf

Feedback - Player Focused - Same Good Better

Ball Work - Shoulder Pass

| | Step | Instructions | Diagram |
|-----|--------------------------------|---|---|
| 1 | Explain and Demonstrate | For strong long flat passes: ☺ Opposite foot to throwing arm forward ☺ Feet shoulder width with weight on back foot ☺ Ball in hand behind shoulder ☺ Transfer weight forward as arm comes through ☺ Extend arm in direction ball to go ☺ Rotate hips & shoulders towards target ☺ Direct pass to space ahead of receiver | |
| 2 | Movement | ☺ Perform without ball/equipment | W |
| 3&4 | Add Ball and Opponent | ☺ 20 stationary R shoulder passes ☺ 20 stationary L shoulder passes | T T |
| 5 | Add Equipment | ☺ Place 1 dot where worker is, to left, in front and right ☺ Worker drives to different dots and receives a shoulder pass from thrower ☺ Worker returns a shoulder pass and retreats to start ☺ Repeat then switch worker | W M M M T |
| 6 | Dynamic Activity | ☺ 6 passers with ball down the side line ☺ Worker drives and received shoulder pass and retreats 3 times from thrower before moving to next thrower ☺ Switch throwers and workers ☺ Progress to workers in pairs ☺ Progress to add a defender | <u>W T</u> W T <u>W</u> W D T W |
| 7 | Court Application | ☺ Game play with only shoulder passes ☺ Ball gets turned over if a shoulder pass is not thrown ☺ Winner can either be goals scored, goals attempted or team with the least amount of ball turnover due to incorrect pass | |

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| Common Faults | <ul style="list-style-type: none"> ☞ Foot placement and direction ☞ Ball placement and release spot ☞ Timing ☞ Hip and shoulder rotation |
| Other Ideas | <ol style="list-style-type: none"> 1) Force em Back - 2 teams @ half pass long and force opposition out of centre third 2) Tri chase – players in tri, pass ball around tri whilst runner runs around trying to beat ball 3) Circle passes - pass, add replace, add defend and replace 4) Star passes – 6 players, pass and replace 2 people over so in start formation. Progress to pass defend and replace. 5) 4 T in square formation, 1 W – W runs diagonally trying to intercept ball at corners, T pass ball anticlockwise 6) Players in 2 lines along sidelines – W runs up line passing and receiving then passes across to other line, then leaves ball and sprints back to other end – can race! |
| Notes | |

Defence - 1 on 1 Tracking

| | Step | Instructions | Diagram |
|---|--------------------------------|---|-------------------------|
| 1 | Explain and Demonstrate | To prevent opponent gaining the ball: <ul style="list-style-type: none"> ↳ Back to attacker ↳ Position half way across opponents body on ball side ↳ Feet shoulder width apart ↳ Triple flexion - ankles, knees, hips ↳ Weight slightly forward ↳ Back upright ↳ Arms by side ↳ Head up - vision on ball and player ↳ Shadow using small fast steps ↳ Reposition frequently | |
| 2 | Movement | <ul style="list-style-type: none"> ↳ In partners, set up start position ↳ Shadow over a small lateral space such as 3 steps slowly ↳ Shadow from sideline to sideline | A D |
| 3 | Add Opponent | <ul style="list-style-type: none"> ↳ Add a T with imaginary ball, mimicking ball changing sides ↳ Defender repositions with ball changes ↳ A drives for ball at 2-3 secs and D prevents this ↳ Gradually increase tempo | A D T |
| 4 | Add Equipment | <ul style="list-style-type: none"> ↳ Use markers for area ↳ Repeat from above | A D T |
| 5 | Add Ball | <ul style="list-style-type: none"> ↳ Add a ball for thrower and repeat step above | A D T |
| 6 | Dynamic Activity | <ul style="list-style-type: none"> ↳ 2 defenders and 2 attackers with 1 thrower in a third ↳ Same as above but now 2 options ↳ Add non receiver reoffering ↳ Add transition across the third | A A D D T |
| 7 | Court Application | <ul style="list-style-type: none"> ↳ Use set up for centre passes ↳ Use set up for feeding circle | |

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| Common Faults | <ul style="list-style-type: none">☞ Space between player☞ Position across player☞ Body posture☞ Arms loose☞ Head and vision focus☞ Movement speed |
| Other Ideas | <ul style="list-style-type: none">☞ Mirror mirror - across the court with thrower at other side☞ Moving piggy in the middle - 2 D and 2 attacking lines |
| Notes | |

Attacking – Clearing

| | Step | Instructions | Diagram |
|---|--------------------------------|---|--|
| 1 | Explain and Demonstrate | <p>After an unsuccessful drive (too close, crowded, not clear) , creates space for another drive - self or other:</p> <ul style="list-style-type: none"> ☞ After driving for the ball and not receiving it, ☞ Clear out by side stepping or jogging towards non ball side sideline ☞ Keep vision on play | |
| 2 | Movement | Move around a third sprinting then clearing | |
| 3 | Add Equipment | <ul style="list-style-type: none"> ☞ Drive to cone ☞ Clear around marker to start ☞ Worker 2 drives to marker and clears to start | <p style="text-align: right;">M</p> <p>WW</p> <p style="text-align: right;">M</p> |
| 4 | Add Ball | <ul style="list-style-type: none"> ☞ Add thrower in front of cones ☞ Worker 1 drives to a marker and doesn't receive the ball so clears out ☞ Worker 2 drives to a marker and receives the ball | <p style="text-align: right;">M</p> <p>WW T</p> <p style="text-align: right;">M</p> |
| 5 | Add Opponent | <ul style="list-style-type: none"> ☞ Add defender on first driver ☞ Repeat above | <p style="text-align: right;">M</p> <p>WWD T</p> <p style="text-align: right;">M</p> |
| 6 | Dynamic Activity | Progress to reoffering down the court | |
| 7 | Court Application | <ul style="list-style-type: none"> ☞ Thrower at post ☞ 2 attackers and 1 defender in each third ☞ Defender tracks first drive who clears out ☞ Second drive receives the ball, pivots and looks down court ☞ First attacker reoffers then looks down court to the next set up ☞ Repeat down the court | |

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| Common Faults | <ul style="list-style-type: none">☞ Choice to clear☞ Timing of clearing☞ Location of clearing☞ Vision whilst clearing☞ Movement of clearing |
| Other Ideas | |
| Notes | |

Shooting – Technique

| | Step | Instructions | Diagram |
|-----|--------------------------------|--|-------------------------|
| 1 | Explain and Demonstrate | <p>Correct technique ensures accuracy:</p> <ul style="list-style-type: none"> ☞ Feet, hips, body and elbows pointing towards goal post ☞ Feet shoulder width ☞ Ball rests on fingers spread ☞ Opposite hand on side of ball to steady ☞ Arms extended with shooting arm straight and close to ear, ball above head ☞ Aim for – lifting above front of ring; back of the ring; 15cm above middle of ring ☞ Bend knees and elbow ☞ Bring body up from ankles ☞ Release ball just before elbows and knees straight ☞ Flick ball with wrist ☞ Follow through arms and straighten fingers towards post | |
| 2 | Movement | <ul style="list-style-type: none"> ☞ Each player sets up (no ball) and is corrected ☞ Each player goes through movement slowly and is corrected | |
| 3&4 | Add Ball (Equipment) | <ul style="list-style-type: none"> ☞ Using ball repeat above ☞ Aim for goal ring ☞ Start close, progress distance with accuracy | |
| 5 | Add Opponent | <ul style="list-style-type: none"> ☞ Add defender for something to aim over ☞ Start close, progress distance with accuracy | S D P |
| 6 | Dynamic Activity | Teams with shooting competition | S D P S D |
| 7 | Court Application | <ul style="list-style-type: none"> ☞ T on circle/goal line, W in circle - pass, turn and shoot, pass back out, move repeat*#varied locations (need partner) ☞ As above, D on W, shove/contest *#varied locations (need partners) ☞ T on circle/goal lines, W1 & W2 in circle rotations* # (need partners) | |

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| Common Faults | <ul style="list-style-type: none"> ☞ Body direction ☞ Posture ☞ Feet placement ☞ Ball placement ☞ Hand placement ☞ Arm action ☞ Movement ☞ Pointing of fingers |
| Other Ideas | <ul style="list-style-type: none"> ☞ # shots in a row short, medium, long from close, mid, long ☞ Line of # - only move out if successful ☞ Reverse line of # - only move in if successful ☞ Collect ball, turn and shoot *#varied locations ☞ Eyes closed *#varied locations |
| Notes | |