

## COACHES SESSION PLAN

### Skill Presented: Clear and Drive

#### STEP 1: EXPLANATION AND DEMONSTRATION

A player uses a clear to move out of the area of play and create space for another player, and drives when space is created or a teammate has the ball.

The clear is generally away from the ball and involves a change of pace and variation of speed such as a jog or sidestep. The clearing player should maintain vision of the play, and move out of the area of play so it can be utilised by other players. The player should read the cues of the play as to when they should lead again and drive for the ball. This is usually when space is created, after a teammate receives the ball.

#### The initial lead can be turned into a 'clear';

- When the attacking player is too close to the thrower (for example; mistimed lead or thrower hesitates on the pass)
- When the initial lead, whether mistimed or well-timed, wasn't used as the next passing option
- When the attacker has driven into an overcrowded area and needs to get out to create space

The 'drive' follows after the initial wide clearing movement of the player away from the thrower. The decision to re-offer on the drive is made with an awareness of team mate's likely attacking movements and position of the ball and opposition players. The drive occurs after another teammate has received the pass.

#### CLEAR AND DRIVE

Coaching points	Common Errors
<ul style="list-style-type: none"> <li>• Clear is most often a jog or side step.</li> <li>• Player should maintain vision of the play</li> <li>• Player should move out of the area of play so it can be utilised by other players (i.e. Into another channel)</li> <li>• Player to read cues when to lead again and drive for the next ball - when space is created or when team mate receives the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes taken off the play</li> <li>• Player does not move out of area sufficiently and therefore crowds the play (i.e. stays in the same channel)</li> <li>• A player does not read when they are needed and either drives into a crowded area or does not drive when required.</li> </ul>

### CHANGE OF PACE

Coaching points	Common Errors
<p>For Speed:</p> <ul style="list-style-type: none"> <li>• Slight forward lean of the body</li> <li>• Arms/legs move in opposition</li> <li>• Lead leg goes straight forward without a backwards movement</li> <li>• Accelerate rapidly – quick short steps</li> <li>• Land softly on balls of feet</li> <li>• High knee lift</li> <li>• Arms drive forward with elbows bent at 90 degrees</li> </ul> <p>Slower Movement – Side Step:</p> <ul style="list-style-type: none"> <li>• Facing side on to the direction of travel with feet shoulder-width apart</li> <li>• Knees slightly bent, weight on balls of feet, body upright and arms by side</li> <li>• Step wide with the leading foot</li> <li>• Bring second foot across towards the first foot back to shoulder-width apart</li> </ul>	<ul style="list-style-type: none"> <li>• Arms at side of body not driving</li> <li>• Eyes looking down</li> <li>• Low knee lift</li> <li>• Stepping back before driving forward</li> </ul> <p>Slower Movement – Side Step:</p> <ul style="list-style-type: none"> <li>• Feet too wide or too narrow</li> <li>• Feet come together when second foot is brought across or too large a step</li> <li>• Movement action is too high in air – creating a bouncing effect</li> <li>• Body bent forwards</li> <li>• Arms too high</li> </ul>

### COACHING BEHAVIOURS MODELLED THROUGHOUT THE SESSION

- Safe environment and practices
- Effective group management (Position)
- Maximum participation
- Know the coaching points of the skill(s)
- Vary presentation styles (verbal, visual, kinesthetic)
- Communication skills /Voice/Active listening
- Player centered approach using questioning
- Feedback sandwich using specific coaching points (1:1 vs group)
- Use coachable moments

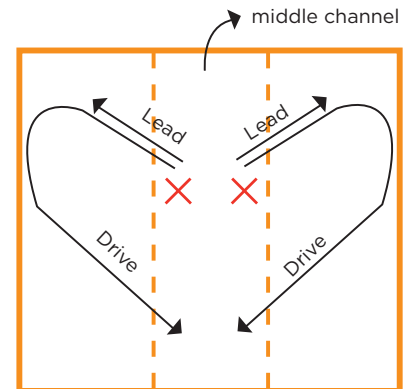
## Clear and Drive

### STEP 2: BASIC MOVEMENT/NO EQUIPMENT

#### 10 players are spaced evenly within the area of two thirds of the court

(5 players each side within the middle channel). With an awareness of other players' position on court and the space available to move, all players make a sprint forward on a straight lead then clear wide using a jog or side step, before a strong drive (ball position would be in the middle channel)

Players' use a wide clearing lead then drive strongly in anticipation of the next pass. The transition from initial lead to clear to drive involves variations in speed (change of pace) but each movement should be linked together without stopping.



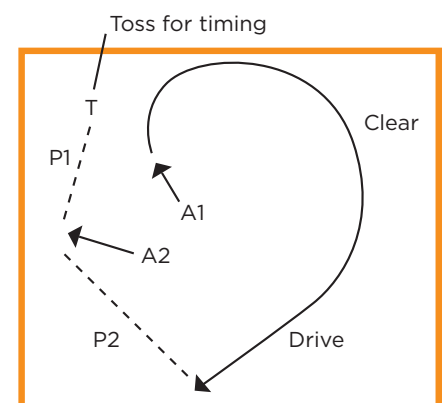
### STEP 3: BASIC MOVEMENT WITH EQUIPMENT

#### Groups of two: players work independently (W:R ratio 1:1)

- A central cone/marker is placed at the top and cones down the outside channel
- Attacking player drives to the top 'spot' then clears wide to right and then left sides. Practise clearing various distances down court before the next drive
- For example; Attacking player drives to top 'spot' then clears right, wide and deep down court. Ensure players look into the area before driving into the space. This is important as the decision in subsequent progressions about when and where to drive will be determined by their awareness of the attacking cues around them.
- Repeat with wide clears practised from an angled lead right or left (not leading directly to the top marker/cone but on an angled drive to the right or left side)

### STEP 4: ADD A BALL

- The thrower is off-set slightly to the left of top cone/marker
- Demonstrate the desired set-up with a well-timed lead;
- The Thrower (T) initially faces away, throws the ball to self, turns to pass to the attacking player on a definite well-timed lead to receive the pass.
- However, in this set-up and to replicate the mistimed lead the thrower initially faces away, throws the ball up then lets it drop to catch after the bounce. The attacking player (A1) leads on the anticipated throw/catch then clears right to create space for the teammate (A2) to receive the first pass. The wide clear is designed to create the space for the teammate and the drive to receive the pass back from A2.
- Practise with A1 and A2 beginning in a wide split lead set-up (as in the example above).
- Repeat with various leads; A1 leads left, A2 through the middle to receive the pass.
- For the split starting stance to be effective the back player must maintain vision of the front player and lead in a different direction.



## Clear and Drive

### STEP 5: ADD AN OPPONENT

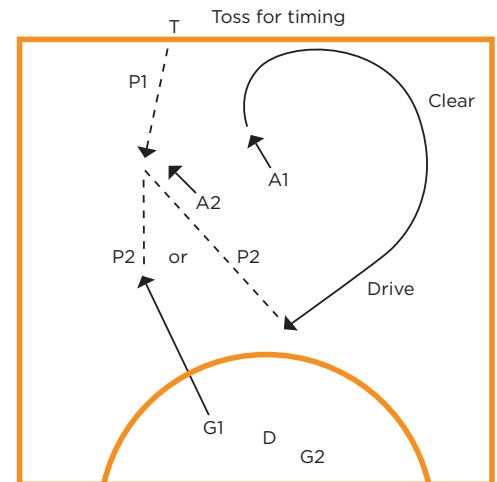
#### Groups of six: Thrower (T), Defender (D), Goalers (G1 and G2) Attackers (A1 and A2)

Court Specific set-up:

Thrower (T) begins on the transverse line with two goalers inside goal circle. Repeat the A1 clear from the previous set-up with A2 receiving the pass. A2 can pass to A1 on the drive or to the goaler on the lead out of the circle. As an alternative play, one goaler will lead out of the circle to receive the pass from A2, This will impact the timing of the clear and drive for the pass by A1, with the aim to receive the pass on the edge of the goal circle from a wide clear then drive.

Passive to active defender covering initial lead by A1 and re-offer on the drive

- Against passive defence the attacking player can use change of pace on the clear to receive pass on the drive.
- Against active defence the attacking player may need to use other attacking skills on the drive to receive the ball (ie., dodge, cutting in front of defender to receive the pass)



## CREATING A DYNAMIC PRACTICE ENVIRONMENT USING DECISION-MAKING AND GAME SENSE

### CORNER BALL

#### Objective / Skill focus:

- To explore attacking, movement and passing options to set up a scoring opportunity
- To create space in attack using clear and drive skill to receive a pass or to create space for a teammate to receive a pass to eventually score a point.
- To create opportunities to force a turnover and make passing and scoring difficult for the team in attack

#### What you need – area and equipment

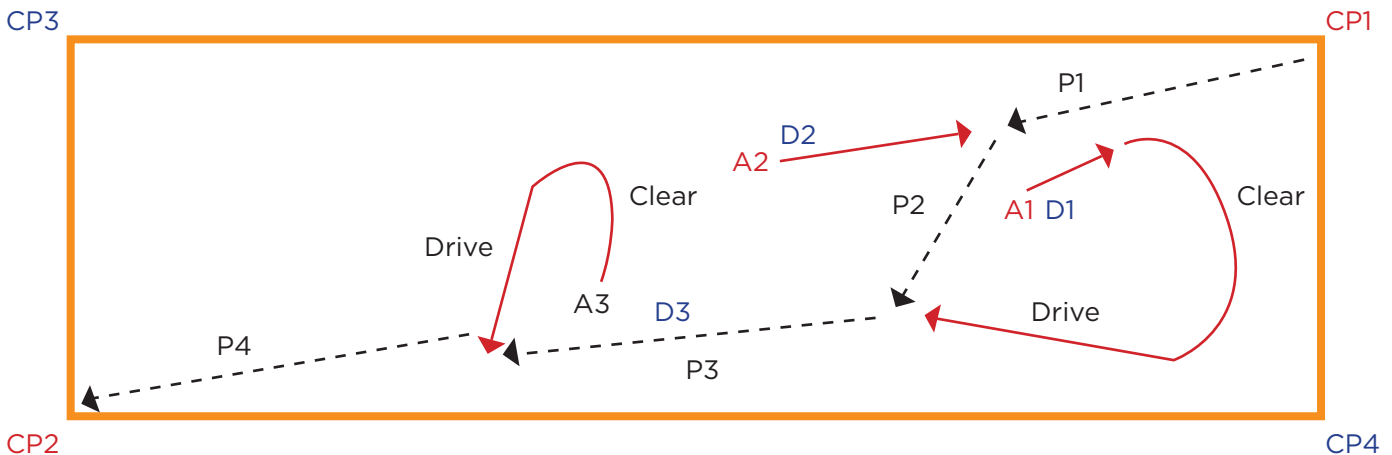
- Players: 10 players; 2 'corner' players in each team and 3 active players in the playing area
- Playing area: one third netball court (modify area appropriate to numbers)
- Equipment: netball, positional bibs to distinguish teams

#### How to play

- The team that starts with the ball aims to score a point by moving the ball from their corner player (CP1) via all three attacking players to the corner player diagonally opposite (CP2). Each successful passing sequence scores one point. Points are only scored by a team when in attack.
- The game is continuous with possession of the ball switching after every passing sequence/
- If the ball is turned over by the defensive team through an interception or for attacking errors such as out of court, held ball, footwork errors or contact the ball is rolled uncontested to the defending teams nearest corner player (either CP 3 or CP4) and they immediately become the attacking team. This encourages a quick transition from defence to attack with the new attacking team attempting to move the ball from their corner player to the corner player diagonally opposite.

## Clear and Drive

- Three attacking and three defending players are permitted in the playing area. Corner players are stationary corners and do not move into the playing area after passing or receiving the ball. Rotate playing positions every few minutes.



### QUESTIONS TO CONSIDER WHEN DECIDING 'HOW TO PLAY':

What restrictions or limitations will you apply at the beginning of the game?

- For example; No 'goal tending' the corner players, If all players are required to receive a pass will you restrict the defenders to one on one defence?
- How will your decision alter the objective or skill focus of the activity for your group?
- What flow on impact does this have on the game?
- For example; Do all players need to receive a pass before passing to the diagonally opposite corner player?

### HOW WILL RULE CHANGES AND OTHER CHANGE IT MODIFICATIONS CHANGE IT 'UP' OR 'DOWN'?

Consider Coaching style, How to score, Area, Numbers, Game Rules, Inclusion, Time elements

For example; How to Score variations

- Ball can be passed back to a team's CP at any time to re-set the play (begins the passing sequence again but retains possession of the ball)
- Not all attacking players need to receive a pass as the ball moves from CP to the opposite CP (defenders no longer restricted to one on one defence)

#### Game Sense sequence:

All activities should continue to follow the game sense sequence to guide the practical session;

- Play the game (2 minutes)
- Discuss a strategy
- Play the game (2 minutes)
- Did the strategy work?
- Did they follow the strategy?
- Play the game again with either the same or a different strategy

## Clear and Drive

### **When discussing a strategy for the team in possession of the ball**

Discuss a strategy based around the concepts of width, depth/getting the ball past defender and mobility.

Player suggestions will generally relate to one of the following concepts:

- **WIDTH:** for example; use side passing options, clearing leads for the front attacking player if too close or crowded
- **DEPTH:** for example; release ball quickly, use longer passing options, create space for attacking teammates to lead then drive further into the playing area
- **MOBILITY:** for example; pass and re-reposition, keep on the move, clear and drive, split lead and re-offer

### **When discussing a strategy for the team in defence**

The team not in possession of the ball should be challenged to find ways to gain possession and/or make it difficult for the attacking team to move the ball forward and score. Discussion may include;

- Strategy versus skill execution (are they performing one on one defence at the required level to be successful)
- Effectiveness of the initial starting stance in dictating the attacker away from the ball
- Ability to maintain pressure on the attackers lead and/or clearing lead and therefore on the thrower to deliver a pass under pressure
- Quick transitions from defence to attack after gaining an interception or forcing an attacking error by pressuring their opponent
- How to impact the next attacker's pass by quickly regaining defending distance, hands over or repositioning to attempt another intercept