

COACHES SESSION PLAN

Skill Presented: First Ball Pressure to a Contest

STEP 1: EXPLANATION AND DEMONSTRATION

Defenders maintain first ball pressure to a contest to intercept the ball or prevent attacking players from receiving a pass.

Starting from a good position, close to the attacker, the defender pushes off strongly from the back foot to drive forward. They should drive towards the ball between their opponent and the thrower to intercept the flight of the ball. With their arms extended out in front of their body to reach for the ball, they land on the outside foot. This means when they are driving left, they land on the left foot, and when driving right, they land on the right.

POSITIONING SIDE

Coaching points	Common errors
<ul style="list-style-type: none"> • Position on the ball side of the attacker forcing them away from the ball. • Stand side-on to attacker with one foot in front and one behind - forming a 'T' • Arms close to sides of body • Feet shoulder-width apart, knees bent, weight slightly forward over toes • Back upright, turn head slightly using peripheral vision to maintain sight of opponent AND thrower • If in a side-on position when the ball is passed, the defender should attempt intercept the ball leading with the hand closest to the ball (front arm) • Driving forward towards the ball and away from opponent for the intercept (to avoid contact and shortening the distance to the ball) 	<ul style="list-style-type: none"> • Arms positioned out from the body causing obstruction • Watching either the ball or the attacker exclusively • Stance too wide to allow a quick take-off and to reposition as needed • Watching the flight of the ball rather than using quick footwork to reposition and attempt an interception • In a side on position and attempting to tip or intercept leading with the back arm (therefore contacting with the shoulder) • Attempting the intercept too close to opponent and causing contact

First Ball Pressure to a Contest

FIRST BALL PRESSURE TO A CONTEST

Coaching points

- Good start position, close to attacker
- Push strongly off back foot to drive forward
- Drive towards the ball, between opponent and thrower to intercept the flight of the ball
- Arms extend out in front of body to reach for the ball
- Land on outside foot, i.e. when driving left, land left, when driving right, land right

Common errors

- Start position too far away or too close to attacker
- Not respond to attacker's first move
- Moving head rather than feet to shadow player's movements
- Weight on back foot or moving back before the forward move
- Following opponents lead rather than driving towards the ball between the opponent and the thrower
- Not completing drive to attempt intercept
- Running too far past the attacker
- Not attempting intercept with two hands in front of body
- Leading with the arm closest to opponent and contacting
- Landing on the inside foot

COACHING BEHAVIOURS MODELLED THROUGHOUT THE SESSION

- Safe environment and practices
- Effective group management (your 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

STEP 2: BASIC MOVEMENT/NO EQUIPMENT

Players work individually

Work through variations in starting stance (side on, front with angled body or one foot back). Once players have an understanding of the different starting stances and terminology progress to the more realistic practice against a stationary opponent or chair in step 2. Continue feedback throughout each step.

First Ball Pressure to a Contest

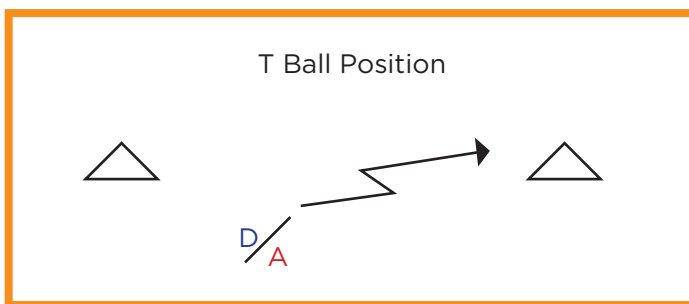
STEP 3: BASIC MOVEMENT WITH EQUIPMENT (AGAINST A PASSIVE ATTACKER)

Groups of two: defender (D), attacker (A)

Work through variations in starting stance outlined in step 1 against a stationary opponent or around a chair (side on, front with angled body or one foot back). Progress from a stationary to passive opponent working between two cones/markers placed 4-5m apart (depending upon size and ability of players). Against a passive attacker the defender aims to dictate the movement option ensuring they are not shadowing and 'copying' the attackers lead but dictating the movement option. Coach can call LEFT or RIGHT and the defender actively tries to keep the attacker from moving to reach this cone.

For example; on the call of LEFT the defender works to keep the attacker away from the left cone; forcing attacker right side. On the coach's signal switch to work the opposite side, keeping the attacker away from the right cone and forcing them to the left.

Repeat trying a different defending starting position to dictate the movement of the attacker.



STEP 4: ADD A BALL

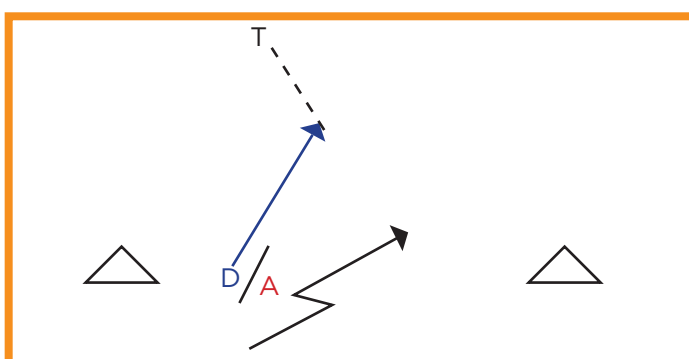
Groups of three: thrower (T), defender (D), attacker (A)

The thrower is off-set slightly to the left cone. The defender uses a strong starting stance to actively dictate the movement of the attacker away from the ball side (left side).

The thrower initially faces away (can throw or catch ball or simply turn) and after turning releases the ball within three seconds. On release of the ball the defender drives strongly onto ball, between opponent and thrower and with two hands to take an intercept. The thrower aims to give a flat, direct pass to the area just outside the right cone (this can be varied to provide increased challenges for different abilities).

At this step it isn't necessary for the attacker to make a lead to the right as the aim is for the defender to drive strongly onto the ball and take the pass (in an attempt to try to eliminate the common error of the defender lunging at the defensive intercept instead of driving through the line of the ball as they would from an attacking lead). The focus of the strong starting position is to keep the attacker away from the ball and then on release the focus shifts to the attempted interception of the ball.

Repeat x 2-3 times and to each side



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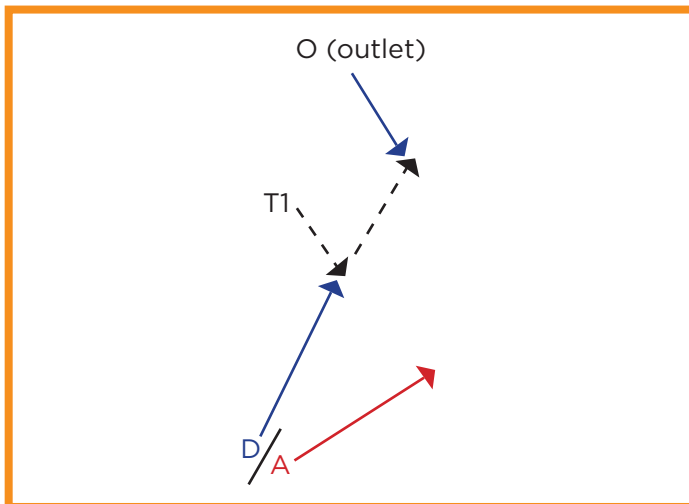
STEP 5: ADD AN OPPONENT (AGAINST AN ACTIVE ATTACKER)

Groups of four: thrower (T1), defender (D), attacker (A), outlet option (O)

Set up an outlet player (O) 5-7 meters behind initial thrower (T1) to enable a pass-off from an interception by the defender. The outlet option (O) begins with the ball and passes to T1 on the drive. This will also create variety in the receiving position of the thrower and enable the defender to restrict and dictate the attacker as the ball moves down court.

If the defender intercepts the ball the Outlet Option (O) leads to receive a well-balanced and powerful pass from the defender.

Extension option; if the pass is taken by the attacker the thrower then leads down court for another pass ('double play'). This creates an opportunity for the defender to quickly recover to hands over or to drive strongly in another challenge for the ball.



First Ball Pressure to a Contest

HANDS OVER BALL

Coaching points

Push off strongly to 0.9m distance

- Strong stride/jump back – can be one large stride or few quick steps
- Use arms for power to jump back
- Head up with eyes on ball and opponent
- Feet shoulder-width apart, knees, hips and ankles slightly bent
- Weight forward with knees over toes
- Back straight and upright
- Arms up and in position
- Entire foot on ground
- Position arms restricting passing options
- Re-position quickly to defend attackers next move

Hand positions:

- *Track the ball:* The defender should follow the path of the ball as it is moved around above the shoulders of the attacker
- *Wide:* Hands start wide to encourage the thrower to pass the ball over the throwers head. On release the defender brings their arms together in an attempt to intercept the pass
- *One arm up and one to the side:* One arm up covers the high pass possibility and one arm to the side covers the other passing option
- *Hidden arm:* One arm is kept close to the side of the defender's body which encourages the thrower to pass the ball closer to the defenders body. On release the defender moves their arm up in an attempt to intercept the pass.

Common errors

- Push off not quick enough to get back to distance
- Feet too wide or too close together – difficult to change direction
- Eyes on ground – attempting to judge distance
- Incorrect distance
- Hands coming up before correct distance is taken
- Weight not balanced or too much on toes
- Feet narrow, knees, hips and ankles straight – lose balance
- Bending forward too much at waist with hands over a low ball
- Arms waving aimlessly and not defending the pass

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

FIRST BALL PRESSURE

Objective / Skill focus:

- To explore attacking and passing options to set up a scoring opportunity
- To determine effective defensive options to make positioning, receiving a pass and scoring difficult for the opposition
- To create opportunities to force a turnover and make passing and scoring difficult for the opposition

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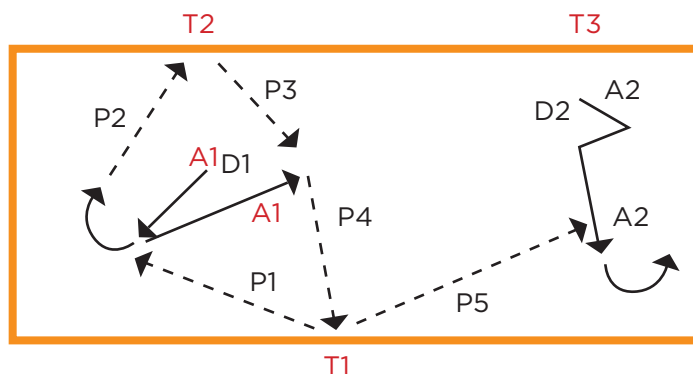
What you need – area and equipment:

- *Players:* 7; attackers (T1, T2, T3, A1, A2) and defenders (D1, D2)
- *Playing area:* one third netball court (modify area appropriate to numbers)
- *Equipment:* 1 ball, positional bibs to distinguish attackers and defenders

How to play:

- The attacking team starts with the ball and aims to move the ball from one transverse line to the other transverse line and back.
- A point is scored for the attackers when they move the ball from T1 via any attacking player to T2 or T3 on the opposite baseline then back via this same attacking player to T1.
- A point is scored for the defenders after an interception and successful pass to the other defender. However, the ball must begin again with T1 and possession is regained by the attacking team.
- A point is also scored for the defenders and the ball returns to T1 for any other attacking errors such as out of court, held ball, footwork errors or contact.
- Only the two attacking and two defensive players are permitted in the playing area

Refer to drawn diagram



QUESTIONS TO CONSIDER WHEN DECIDING 'HOW TO PLAY':

- What restrictions or limitations will you apply at the beginning of the game?
- For example; will you allow the defenders to defend the throwers on the baseline or double up on the attacker that receives the ball?
- 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; will previously stationary throwers be permitted to dodge and move along the transverse lines?

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 must pass between both attacking players before being passed to either thrower/receiver on the transverse line.
- Ball can be passed to either A1 or A2 and re-set back to T1 or across to either T2 or T3 at any point in the play sequence before passing via either attacker on the return to score one point

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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

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
- *DEPTH*: for example; release ball quickly, use longer passing options
- *MOBILITY*: for example; pass and re-reposition, keep on the move

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 the skill [First Ball Pressure] 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 therefore on the thrower to deliver a pass under pressure
- 'What next' options 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

REPOSITIONING

Coaching points

When re-positioning between the side and in front positions the defender must keep vision of both the ball and opponent

- Quick footwork keeping the feet shoulder width apart is used to re-position between in front and side defending or from one side to another
- The defender should not contact on transition between movements.
- Whenever possible the defender should move to the front to attempt an interception with two hands rather than remaining side-on to an opponent.
- If in a side-on position, the defender should attempt to tip or intercept the ball leading with the hand closest to the ball (front arm)

Common errors

- Arms positioned out from the body causing obstruction
- Watching the ball or attacker exclusively
- Stance too wide to allow a quick take-off and to reposition as needed
- Watching flight of ball rather than using quick footwork to reposition and attempt an interception
- Contacting opponent while repositioning
- In a side on position, attempting to intercept leading with the back arm (contacting)
- Not re-positioning from side to front for an intercept
- When in a front-on position and not attempting to intercept the ball with two hands