



ENTRY TO NETBALL QUALIFICATION HANDBOOK

Officially Accredited by Netball Zambia (NZ)



WORKSHOP ONE: THE FUNDAMENTALS

Roles and Responsibilities of the Coach

- *Role Model*: lead by example, demonstrate strong and effective leadership, someone to look up to
- *Manager*: plan sessions, be in charge of the team
- *Educator*: aiding players netballing development, providing feedback
- *Psychologist*: help with people's mental view of the sport; training mindset; preparation for a game
- *Student*: a coach is always learning, from players, other coaches and from themselves/their own experiences
- *Mentor*: supports and advises players (not always just about netball), encourage self-reflection
- *Mum/Dad*: be a parent
- *Motivator*: make sure players want to take part and are motivated to play well and win
- *Public Relations*: to promote the team, get new players and let people know how the team are getting on
- *Safeguarder*: looking after players whilst they're in your care, carrying out health and safety checks and risk assessments prior to sessions
- *Adaptability*: be able to cater sessions/drills to the needs to different players of different levels of experience

Health and Safety

Checklist Template:

Please tick (✓) to confirm that the following items have been checked:

All equipment is safe and appropriate	
The playing area and facilities have been checked for actual or potential hazards	
A register of participants has been maintained	
Participants' previous experience has been established	
Participants' clothing, footwear, glasses, <u>nails</u> and jewellery have been checked as appropriate	
Any health and safety issues have been reported to the lead coach and dealt with accordingly	

Potential Hazards + Things to be aware of:

- **Court/Environment:**
 - Rubbish; slippery surface; problems with posts; sharp objects; rocks; balls lying around; leaves; spectators in the way, etc.
- **Equipment:**
 - Do you have: posts, nets, balls (are they pumped up?), bibs, cones, and any additional equipment that's required.
- **Players:**
 - Injuries; untied laces; chewing gum; jewellery (braceletes, earrings, necklaces, rings, etc.)
- **Other:**
 - Check where the nearest first aid is
 - Check where the nearest phone is, in case of emergency

Session Planning

Key Netball Skills + Principles

- Skills:
 - **Movement:** jumping + landing, sprinting, side step, take off, change of pace, change of direction
 - **Passing:** chest, shoulder, bounce, lob/overhead, shooting, catching
 - **Attack:** dodging, single and double leads
 - **Defence:** stages 1, 2 and 3 of defensive principles
- Key Principles:
 - Attacking Principles: attacking the goal; taking the ball near to goal; playing together as a unit; identifying the gaps; dodging/feinting and providing options
 - Defending Principles: dictating space; gain possession; force the error; playing together as a defensive unit

Example Session Goals/Objectives

- 'To know the key types of pass in netball and be able to execute these'
- 'To know the three stages of defending, how they differ, and how to implement them'
- 'To know the key coaching points for shooting and be able to execute this technique'
- 'To know how to dodge a defender and get free for a pass'

Logistics of Session Planning

- How much time do you have?
 - This will affect how you structure the session and how many progressions you can include
- What equipment do you need (e.g balls, cones, posts, bibs)?
 - Consider the health and safety risks with these
- How many players will you have?
 - This will affect what type of drills used, depending on how many players you have in the available area; use your group size to control intensity and involvement in the session

- Will you have an assistant coach to be able to help you deliver the session and umpire?
- What coaching style/strategies will you use?
 - Demonstrations, explaining drills clearly, be firm but also promote enjoyment

How To: Promote Enjoyment and Engagement

- Implement skills and drills into game play/game-like scenarios
- Make things competitive
- Smile and make eye contact with players
- Use players names
- Get players active/involved quickly; ensure everyone is involved
- Give positive feedback on effort and performance
- Use both individual and group drills to give variety

How To: Implement Progression

- **STEP** principle: Space, Time, People, Equipment
 - Modify any one of these areas to create progression or regression
 - Space: work in a smaller area
 - Time: work for a longer period of time
 - People: change team sizes so you have larger teams against smaller teams (e.g change from a 4 vs 4 scenario to a 3 vs 5)
 - Equipment: use two balls instead of one

Tips for Session Planning

- Make sure you are familiar with the key coaching points before the session so you know what to focus on and how to articulate this to the players
- Focus on 1-2 key coaching points at a time - try not to overwhelm players with information > be concise
- Each practice should have an objective in relation to the session goals
- Ensure a player learns when and where to use a skill in the game
- Ask questions to check for player understanding; also use demonstrations
- Use a range of coaching skills/styles: talk through/explain skills, allow players to observe a demonstration, ask players questions, allow players chance to implement skill in practice
- Incorporate progression: this is crucial for effective coaching and player development

Session Plan Template

- Warm up: 15-20%
- Skill/Drill Work: 60%
- Matchplay: 10-15%
- Cool down: 10%

TEMPLATE

Date:		Venue:	
Duration:		Number of players:	
Session goals:		Equipment requirements:	
Personal coaching goals:			

Content	Time	Task and Group management	Coaching Points
Introduction:			
Activities (Game Based Practices and Skills):			
Cool-down:			
Conclusion:			
Other comments:			

Warm Ups

Purpose:

- To increase heart rate
- It is important to warm up the body for exercise and the multi-directional, explosive movements of netball
- To raise body temperature to increase blood flow to the muscles - making them work more efficiently
- To lubricate joints
- To mentally prepare for training or a game
- To prevent injuries: without warming up you might pull a muscle or get an injury which could stop you from playing

Structure:

- Part One: Raising Heart Rate
- Part Two: Dynamic Stretches and Activation
- Part Three: Ball Skill/Game Specific Skill

Raising Heart Rate Ideas:

- Follow the leader:
 - Coach selects one player to start as the 'leader'; the rest of the players line up behind this player and follow whatever they are doing (e.g running, sprinting, side steps, skipping, heel flicks, high knees, stretches etc); the coach then can shout 'SWAP' or blow a whistle, following this the 'leader' runs to the back of the queue and the new player at the front becomes the leader.
- Tag:
 - One player is a 'tagger', all other players are aiming to avoid being tagged on the shoulder by this player; once the tagger taps another player on the shoulder, this player then becomes the tagger, and so on.
- Stuck in the mud:
 - One, two or three players (depending on group size) are taggers; the rest of the players are running around the court trying to avoid being tagged; if a player gets tapped on the shoulder they have to stop where they are and stand 'stuck in the mud'; to get free again another player has to come and tap the stuck player; the coach can choose to rotate who the taggers are so different players get a go.
- Capture the Flag:
 - Split the court in half and split the players into two teams (one team for each half); in each D place a cone/bib/flag (whatever piece of equipment you have); the aim for each team is to try to retrieve the 'flag' from the other teams D and bring it across the halfway line successfully - the first team to do this wins; when a player is in the other teams half they can be tagged and have to return to their half before they can try to retrieve the flag again.

Dynamic Stretches and Activation:

- Stretches:
 - Lunges (Quads, glutes, hamstrings); Sumo Squats (Glutes); Open the Gate/Hip Stretches; Feed the Chickens (Hamstring and Glutes); Spiderman Lunges with Rotation; Tricep Stretch; Shoulder Stretch
- Activation Exercises:
 - Broad Jumps; Single Leg Pogo/Jumps; Side Step; High Skips; High Knees; Heel Flicks; Inchworm

Ball Skill/Game Specific Skill Ideas:

- Anywhere:
 - In pairs, one player has the ball and the other player is the worker. The player with the ball passes/bounces/places the ball anywhere and the worker has to run to the ball, retrieve it and pass it back. This player with the ball should use a variety of passes and make the worker jump, run, side step, sprint etc. The players should rotate roles after 10-15 passes.
- Netball Tag:
 - Split the group into two teams. One team has the ball and is aiming to tag the other team's players using the ball. Once a player has been tagged with the ball they have to leave the court (they can return if there is a turnover and their team is in possession of the ball). Normal netball rules apply for the team with the ball (e.g they can't run with the ball) and they are aiming to tag the entire other team without losing possession of the ball.
- Post Ball/End Ball:
 - Split the group into two even teams, one team will need bibs. All players can be anywhere in the court, except for the shooting circle. The two teams are aiming to score at opposite ends of the court. To score a point, one team will need to bring the ball through court to the circle edge where one player has to throw the ball from the circle edge and hit the post. If they hit the post, that is one point and the other team then starts with the ball on the back line. If they miss, they don't score and the other team starts with the ball on the back line as well, aiming to bring the ball back through court to the other end so they have an opportunity to shoot. Normal netball rules apply. If a post is not available, the aim can be to catch the ball on the back line to score a point.
- Four Corners Passing Drill
- Other Ideas: <https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2017/01/02170101/1.-Warm-Ups-1.pdf>

Cool Down

Purpose:

- To avoid injury; to return to resting heart rate; lower body temperature; remove lactic acid from muscles; lower adrenaline levels; bring session to a close

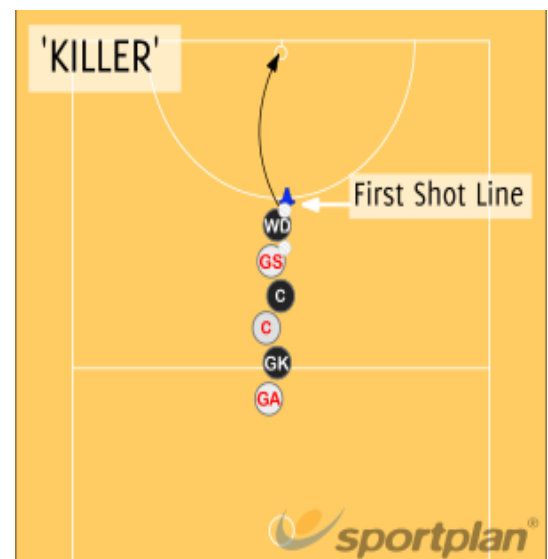
Structure:

- 10% of session (OR minimum of 5-10 minutes)
- Key components = return to resting heart rate + stretching

Ideas

- Running > Jogging > Skipping > Walking (gradually decrease pace of movement)
 - Can be using whatever area you decide on
- Walking Netball: normal netball but you can't run, can only walk.
- Traffic light game: green = jogging, amber = skipping, red = walking
 - The coach calls out the different colours to dictate the movements of the players and help them reduce their heart rates
- Simon Says: run, jog, skip, walk, stretch, etc
- Shooting Game - Killer:

- The aim of the game is to score a goal before the person in front of you does to get them out. The final player left in the line wins.
- The first player takes a shot from the top edge of the D if that shot goes in they pass the ball to the third player and join the back of the line. If they miss they must collect their ball and keep shooting.
- The 2nd player however can start as soon as player 1 has taken their first shot. If player 2 gets a shot in before player 1 player 1 is out and must stand behind the red cone.
- Player 1 passes the ball to the next player and then they can start.
- Player 2 passes their ball to player four and joins the back of the line. As soon as player 3 has had their first shot player 4 can start.
- The game continues until there is only one player left.



Static Stretches

- Can be done in a big circle, spread out across the court, or in a game of Simon Says
- Quad stretch; Hamstring stretch; Tricep stretch; Shoulder stretch; Glute stretch; Pigeon stretch; Inner thigh
 - Use similar stretches to the warm up (target similar muscle groups) however ensure they are static movements

WORKSHOP TWO: BASIC NETBALL SKILLS

How To: Teach a New Skill

- Clear communication; Be concise (to ensure effective listening)
- Use demonstration (this will cater to visual learners)
- Break down the skill - focus on 1-2 key coaching points at a time
- Make sure the skill can be progressed
- Check for understanding by asking questions

Basic Skills: Balancing and Landing

- Two main ways of landing
 - One foot first, then the other (1-2 landing) - when coaching this reiterate that the foot you land with first is stuck to the ground and can't be moved until the ball has been released, as that will be footwork (but you can pivot on it)
 - Both feet together: one of these feet must then remain glued to the ground as well until the ball has been released
- When landing: bend knees on impact to cushion the force of the land; keep your body weight under your hips
- Form a strong base with feet shoulder width apart, as this helps to maintain balance
- Ensure you are balanced before passing the ball (use the full 3 seconds if needed)
- Timing of the jump: ensure when catching the ball you jump before the ball is in your hands (otherwise that is delayed takeoff/footwork)

Movement Skills

Sprinting and Change of Pace

- Sprinting: Weight on balls of feet, in front of vertical, knees and ankles flexed; Head up and eyes on ball; Drive forward pulling knee through; Use arms to drive forward and away from defender; Take ball at full speed jumping to control landing; opposite arm to lead; everything facing in the direction you want to travel
- Change of Pace: Keep body upright and back straight; Use small step, then suddenly drive forward or at an angle; use above sprinting skills; Indicate where ball is wanted
- Common Errors: too upright, flat footed, not using arms, not losing the defender

Side Step

- Keep low; feet shoulder-width apart; push off the outside foot; use your arms to propel you; keep shoulders facing forward; be on the balls of the feet; hips, shoulders, knees etc in line and facing forward; move with power and direction; weight over feet
- Common errors: flat-footed, too upright, moving slowly and without power

Take Off

- Bend knees, lower hips but keeping body upright; Swing arms, lowering and driving the body forward to catch the ball; Head stays focussed onto the ball as the hips are lowered; Exaggerate bending knees on landing keeping body weight under the hips

- *Common errors:* poor timing (resulting in late takeoff/footwork), not getting enough height on the jump so landing off balance

Change of Direction

- Body weight over strong base, knees and ankles flexed; Eyes up and focused on ball and ball carrier; Run forward, plant outside foot, drop shoulder to draw defender, then suddenly drive in opposite direction; Turn using your hips and shoulders; Use arms to aid change of direction and to move with purpose; Make sure you do a sharp and definite drive (not a banana); Light on your feet; Change direction on an angle, not laterally
- *Common Errors:* first drive isn't convincing enough to draw defender; indecisive change of direction (side to side as opposed to on an angle); not using arms; not turning with hips; banana run

Basic Skills: Catching

- Two handed catch over one handed
- Eyes focused on the ball all the way into your hands
- Fingers and thumbs form a 'W' shape ready to receive the ball
- Hands and arms outstretched towards the ball
- Step forward/move to reach/meet the ball
- Fingers squeeze onto ball
- Hands and arms 'give' on contact, cushioning the ball and pulling it towards body in preparation to throw
- *Common Errors:* eyes not on the ball, keeping arms outstretched and not cushioning the ball

Basic Skills: Passing

Chest Pass

- Start from 2-handed catch position, ball at chest height, feet shoulder width apart
- Ensure fingers spread behind ball in a 'W' position
- Keep elbows low, relaxed and tucked in (no chicken wings)
- Step forward with either foot, transfer weight onto front foot and push ball out extending arms and wrists
- Follow through with hands, fingers and arms
- Should be a hard, flat pass
- Aim for the ball to go to the other person's chest



Shoulder Pass

- Take up balanced starting position with opposite foot forward to throwing arm
- Move ball just above shoulder (90 degree angle) with fingers spread behind ball
- Use second hand to steady the ball, if necessary
- Hand, arm and shoulder thrust forward towards throwing target
- Weight transferred forward onto front leg (opposite arm to leg)
- Arm, hand and fingers follow through to target; should finish pointing towards where you want the ball to go
- Aim for ball to be received above other person's shoulder (OR, in a game scenario, in front and ahead of the player)



Overhead Pass

- Two handed pass
- Hold ball with both hands above your head; stable base; body facing where you want the ball to go
- Step in with either foot, transfer weight forward and push ball forward
- Should be a strong and flat pass (not too loopy as this can be intercepted)
 - However, a loopy overhead pass can be useful when feeding the shooting circle (ball should form an arc)
- Wrists and fingers direct where you want the ball to go and shoulder finish pointing in the right direction towards the receiver

Bounce Pass

- Can be performed with one or two hands
- Take ball just below chest height and use similar action for chest pass, pushing ball forward (towards the ground)
- Aim for the ball to bounce $\frac{2}{3}$ of the way between you and the other player - when coaching this
 - When coaching this you can use a cone/spot/shoe or anything you have to mark $\frac{2}{3}$ and get the players to try and hit it (the more they hit it the more points they get - make it competitive)
- Bounce should be kept low to avoid arms of defender



Passings Games: Bump

- In pairs, form two parallel lines facing one another (about 2-3m apart)
- Each pair needs a ball
- Each pair has a certain number of passes to complete, this will ascend up the line; e.g pair 1 has to complete 10 passes, in the time it takes pair 2 to complete 15 passes, pair 3 to complete 20 and so on and so forth - the pair at the top will have the highest number of passes to complete (e.g 40)
- Increase passes in increments of 5 to make it competitive
- If pair 1 completes their 10 passes, before pair 2 completes 15, they shout 'BUMP' and switch places with pair 2
- Pair 2 now have to complete 10 passes and pair 1 are aiming to complete 15 passes before pair 3 completes 20
- The pair that wins is whoever is first to get to the top of the line and complete 40 passes without being caught
- If a pair drops the ball they return to 0
- You can vary what types of passes are used: chest, shoulder (left and right) and lob

Basic Skills: Shooting

- Balanced position, feet hip width apart, back straight
- Body lined up to face goal
- Ball held high above head with dominant hand under ball and fingers facing back (should be able to fit two fingers/a kit kat between the ball and the palm of the hand)
- Use second hand to steady ball if necessary
- Lower ball over and behind head, flexing but not lowering elbow and wrist (tap the back of your head/ponytail)
- Keep head up and focused on back of ring
- Use knees and ankles to help push ball upwards and forwards in a fluid motion
- Fingers follow through facing ring, trajectory high with ball dropping into ring
- Ball should form the shape of a walking stick/upside down candy cane; aim for top of the witches hat



Shooting Games

Killer

- *Refer to Previous Explanation/Diagram*

Golden Child

- One shooting team and one running team. Last person on the running team is 'golden child'.
- Mark out your running area for the running team.
- Each time the shooting team gets a goal in, the runner must stop and the next runner go
- When it is up to the last runner, yell golden child and they are trying to pick everyone up on their way and get them all home
- If the shooting team gets a goal in when the golden child is running, they win

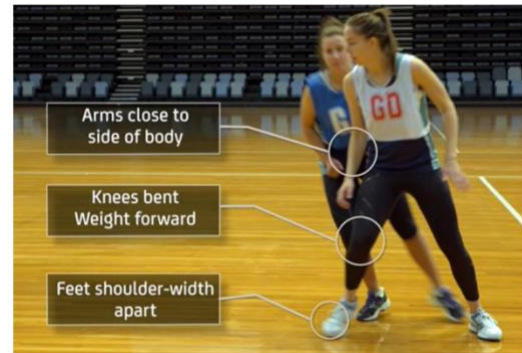
Training vs Game Day

- Warm Ups
 - Practice: 10-15% of the session (often 10-20 minutes); follows the structure we outlined in Workshop 1 (Heart Raiser; Stretches and Activation; Ball Skill)
 - Game Day: 20-30 minutes; will follow a similar structure
- Coach Responsibilities:
 - Refer to Workshop 1 Handout
 - Match day: focus on positive encouragement and feedback; be concise with feedback (don't overwhelm players); do not introduce any new ideas/principles or structures; role is to motivate and uplift the team but also to identify key areas where play is breaking down; as with practice, stick to 1-2 key coaching points to focus on
 - Remember: matches should be enjoyable and a fun chance to put into practice everything from training!

WORKSHOP THREE: DEFENDING

Defensive Skills

- Stage 1:
 - Position:
 - defender half covers attacking player
 - body slightly angled to attacking players uncovered side
 - position close and within arms reach of the attacker
 - back to player
 - Stance:
 - feet shoulder width apart
 - weight balanced and on balls of feet
 - head up, watching player and ball



- Stage 2:
 - Position:
 - Take up position 0.9m (3ft) in front of player
 - Full stretch of arms to cover space shadowing movement of ball
 - Stance:
 - Be on balls of feet and knees slightly bent
 - Anticipate throw and jump up towards player for interception



- Interception:
 - Commit to intercept only when the ball has been released from the thrower
 - Move at 45-degree angle towards the ball and use best hand to cleanly take ball to avoid contacting player
 - Keep eye on ball
 - Controlled landing on outside foot and regain balance

Defending principles:

By coaching these principles when your team is not in possession of the ball it is more likely the ball will be turned over

- **Regain possession:** you can only score a goal by re-gaining the ball.
 - The ball can be repossessed by intercepting the ball or forcing the opposition to make an error.
 - Rebounding a missed shot can be a way of regaining possession.
- **Be ball side:** Place yourself so you are in between the ball and your opponent.
- **Limit options of attacking players:** to force the opposition to make an error
 - Communicate with your team mates so:
 - each opponent is marked closely and there is no space for the ball to be passed.
 - there is only one space the ball can be sent and therefore the defenders can anticipate the pass and regain the ball.
- **Apply pressure:** to force the opposition to make errors and possession can be re-gained
 - Force the opponent into a 'difficult' area to receive the pass (e.g. side line).
 - Mark the ball carrier 3 feet away with hands over the ball.
 - Mark the opposition angled in front so only a high, loopy pass can be made.

Defensive drills

Ensure every drill in your session is working on the skills that will help you to achieve your aim. Individual drills can work on multiple defensive skills at once.

Basic drill to teach the defensive skills in isolation:

Stage 1:

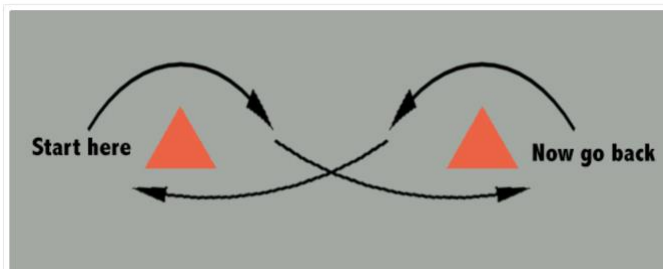
- Attacker moves around space
- Defender must stick with attacker, ensuring they are ball side and watching the ball not the opponent

Stage 2:

- Ensure defender is the correct distance from their opponent and use arms to block the ball
- Get defender to follow the ball with their arms
- This drill can also be used to practice marking a shot.

Interception:

- Two feeders stand opposite each other and pass to each other with chest passes
- The defender must run between the feeders at 45-degree angle and intercept the pass
- The defender will run in a figure of 8 pattern



How to progress a defensive drill?

- Add a ball or switch up the type of pass (i.e., drop ball)
- Include an element which focusses on another defensive skill
 - E.g., combining phase 1 and 2
- Change size of space
- Increase number of attackers
- Increase intensity of attacker's movements
 - If a drill is too difficult for the players, then regress the drill by doing the opposite of the above points

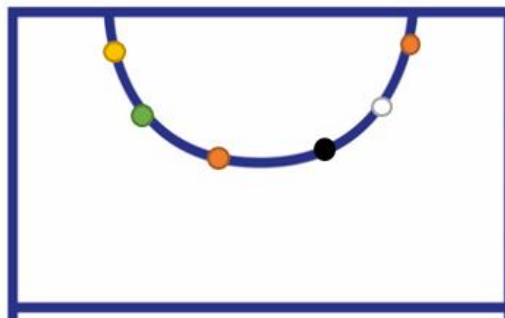
Warm-ups, Drills and activities:

Defending Warm up 1: Bulldog

- The aim is for all players to get from one side of the court to the opposite without being caught by the catcher (defender)
- Choose one player to be the catcher (defender)
- All other players start along the side line facing the catcher
- If the catcher tags another player, they now become one of the catchers -the last player still active is the winner

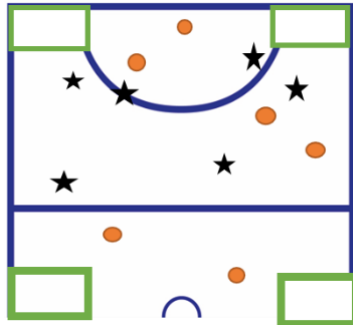
Defending warm-up 2: Spot game

- 6 spots around the edge of the circle
- Two teams (one attack, one defence)
- Attackers are trying to move the ball to land on one of the spots on the circle edge.
- Defenders are trying to delay play and regain possession from the attackers.
- If the defence get a turnover or interception – if a spot has been removed from the circle edge – it gets placed back on
- The game ends when the attackers have removed all the spots from the circle edge (or time runs out)
- Defence must communicate with each other to effectively defend the spots



Defending Warm-up 3: Zone game

- 6 vs 6 in half court
- Square zone made of 4 cones at each corner
- Rest of players start at opposite ends to their zone – pass and move to get the ball into one of the zones
- Player must receive a pass in the zone to get a point
- First team to 5 points wins
- Cannot go to the same zone twice
- If too easy, reduce the space to 3rd of court or add number of players



Drill 1:

- Groups of 3 (feeder, attacker and defender)
- Attacker is stationary and receives 10 passes from the feeder
- Defender uses quick foot movements to get around the players and either intercept or tip the ball without contacting the attacker.
 - *Progression:*
- Stationary player becomes active and drives for the ball
- This can be progressed into the 'Figure of 8' drill to exaggerate the required drives.

Drill 2: The hard yakka drill

- Groups of 3 (attacker, defender and feeder)
- 4 cones set out as a square (or small space on court)
- Attacker and defender work within the square and cannot leave it
- The feeder stands at the top of the square and feeds 10 balls to attacker
- Defender sticks like glue to attacker
- If defender gets a tip – chase the ball
- Rotate positions after each round of 10 passes
 - *Progression:*
- Make the square bigger
- Add an extra attacker/ turn the feeder into an attacker, making a 2 vs 1

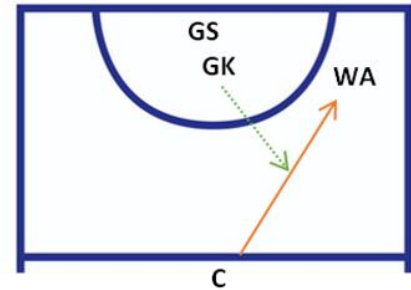
Drill 3: Interception drill

- Can be used with the whole group, or if group is large, split into two groups
- Aim is to intercept the ball on the diagonal feed
- A runs straight
- F (feeder) passes the ball diagonally in the direction of A's end position

- B cuts in from the diagonal to intercept the ball and pass to A's line
- Repeat drill from the other side
 - *Progression:*
- Feeder passes the ball further in front to stretch the B player (the interceptor)

Drill 4: Interception drill in shooting circle

- GS stationary, GK marking GS in circle
- C stands on third line and passes a long high ball to WA on circle edge
- GK drives for interception
- Ball back to C – reset the drill
 - *Progression:*
- Add a pass from C to GS if GK moves to early
- GK moves around GS to confuse C on where to pass (i.e., GK can fake driving to intercept pass to WA and instead intercept pass to GS)
- WA can make a change of direction first (forces the GK to practice timing of drives to intercept)
- GS can move (GK must focus on ball side position)

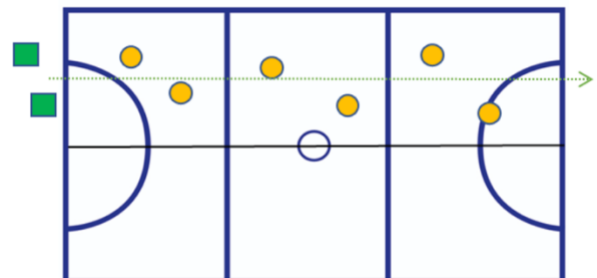


Activity 1:

- 5 people set up in zig zags
- In pairs (attacker and defender)
- Attacker gets two passes from each thrower
- Defender sticks to attacker like glue
- Allow defender to reset before moving onto next thrower
- Once pair get to end, walk back to start

Activity 2:

- Split netball court into half longways
 - Two defenders in each half a third
 - Attackers in teams of two – pass and move down court
 - Defenders must work to delay play using the three stages – force errors
 - Once attackers get to one end of the court, walk back to start
 - Aim to have one defender mark the ball hands up and other defender to do stage 1 on the other attacker
-
- Defenders must work to delay the play of the attackers. Working together in their section, communicating which player they are marking. Working on recovery from stage 2 to back to stage 1 (stage 3 defensive coaching points)



WORKSHOP 4: UMPIRING

Umpires control the game with the assistance of other match officials. Playing faults are penalised in a number of different ways.

Rule	Description	Sanction
Offside	Player enters a court area (with or without ball) not designated for that player's position	Free pass
Over a third	Ball must be caught or touched by player in each third of court (standing in third when ball is caught)	Free pass
Short pass	Must be sufficient space for an opposing player on court to be able to intercept ball	Free pass
Centre pass not received	Centre pass must be touched or caught by player who is standing wholly within centre third, or lands within centre third	Free pass
Positioning for centre pass	Centre in possession of ball stands with one foot wholly within centre circle	Free pass
Footwork	One foot landing Two-foot landing Dragging landing foot Hopping Late take off	Free pass
Incorrect playing of ball/replayed ball	Kick ball, fall on ball to gain possession, roll ball to another player Cannot deliberately bat ball at another player or bounce to oneself Player who falls to floor must regain footing before playing ball within 3s (cannot throw ball whilst sitting/kneeling on floor) Cannot use post to regain balance or as support to recover ball	Free pass
Held ball	Can only be in possession of ball for 3s	Free pass
Contact	Interferes with opponent's play whether accidental or deliberate Knocking or hitting player including shooting for goal Simultaneous contact (toss up) Contest = coming into physical contact but not interfering with other's play or gaining unfair advantage over opponent	Penalty pass
Obstruction	With ball - When defender is within 3ft distance - Distance measured from nearest part of landing foot to nearest part of nearer foot of opposing player - If player steps in, distance still taken from landing foot Without ball - Player within 3ft may not use movements that take arms away from body to limit possible movement of opponent	Penalty pass

Types of Sanctions

Free pass awarded for:








- Offside
- Over a third
- Short pass
- Footwork
- Incorrect playing of the ball/replayed ball
- Held ball
- Centre pass not received in the middle third







Penalty pass awarded for:




- Contact
- Obstruction

Hand signals

- When calling out infringement:
 - blow whistle,
 - state infringement (correct terminology),
 - state sanction and hand signal,
 - indicate where sanction is to be taken

Rule	Hand signal	
Start/Restart of play	Arm held high, angled towards the goal end of team with pass	
Direction of pass	For centre pass, sanction, throw in., Arm outstretched to side pointing to goal of team in possession	
Throw in goal line	For attacking team at its goal end, arm angled down, pointing to base of goalpost	
Goal scored	Arm held vertically	
Goal not scored	Arms below waist move from side to side across each other	
Footwork Terminology: - drag - in all other situations use footwork	Hands, palms down, move up and down in opposite directions	
Contact -	Hand, palm facing down, taps opposite forearm	

Obstruction (with ball)	Hands, palms inward, held short distance apart	
Obstruction (without ball)	Arms angled out from body below waist	
Short pass	Hands, palms inward a short distance apart, one hand moves towards the other held stationary	
Held ball	Arm held vertically with 3 fingers displayed	
Toss up	Hand, palm up, makes upward flicking movement	
Incorrect playing the ball Terminology: - replayed ball - kick - fall on ball - strike - roll - playing ball on ground - using goalpost	Hands, palms inward short distance apart, swaying from side to side in parallel motion	

Over a third OR Centre pass not received	Hand traces medium upward arc in direction of ball	
Centre positioned incorrectly	Hand traces horizontal circle	
Offside OR Breaking	Hand traces small upward arc in direction of player's movement	

Positional rules:

GS - Shoot, can go only go in 1 third (their attacking third)

GA - Shoot, can go in 2 thirds (their attacking third and the centre third)

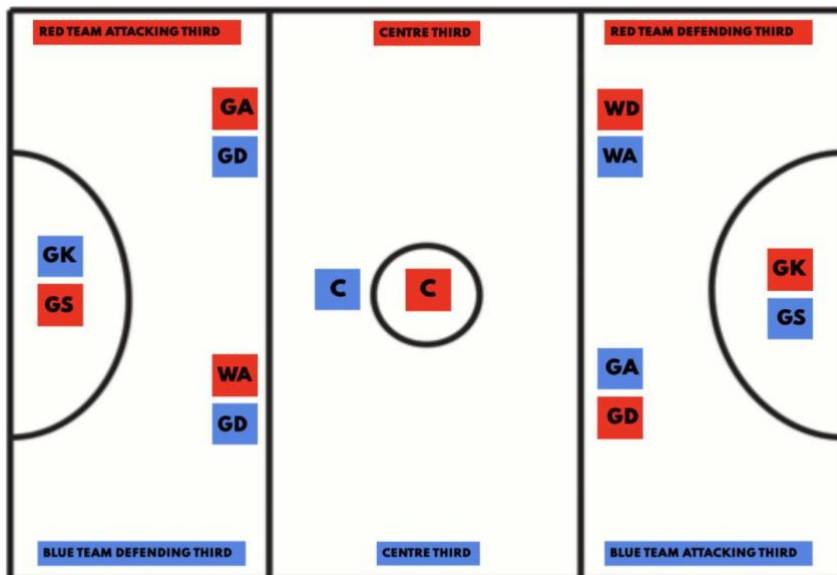
WA - 2 thirds (their attacking third and the centre third)

C - All 3 thirds but not shooting circle

WD - 2 thirds (their defensive third and the centre third)

GD - defend shot, go in 2 thirds (their defensive third and centre third)

GK - defend shot, only 1 third (their defensive third)



If you have a G on your bib you can go in the shooting circle
C can go everywhere apart from the shooting circle
WA and WD can't go in the shooting circle

WORKSHOP 5: ATTACKING PRINCIPLES



Attacking the ball

What? Driving towards the ball, sprint, away from defence, at an angle)

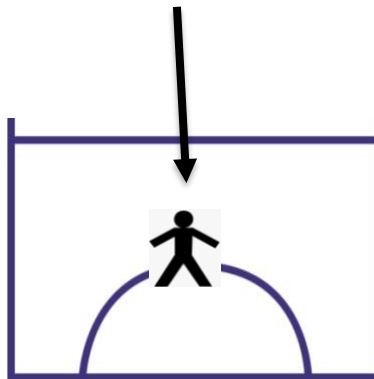
providing a strong offer (hard

Why? It's difficult to defend and gives the player with the ball options

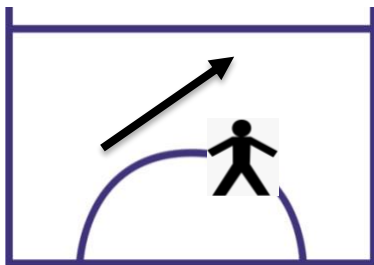
3 types of offers:

- Forward
- Diagonal
- Lateral

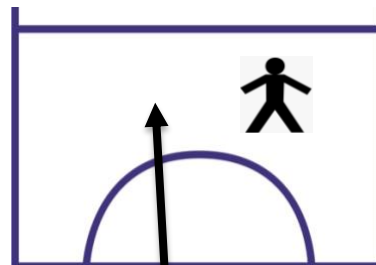
FORWARD



DIAGONAL

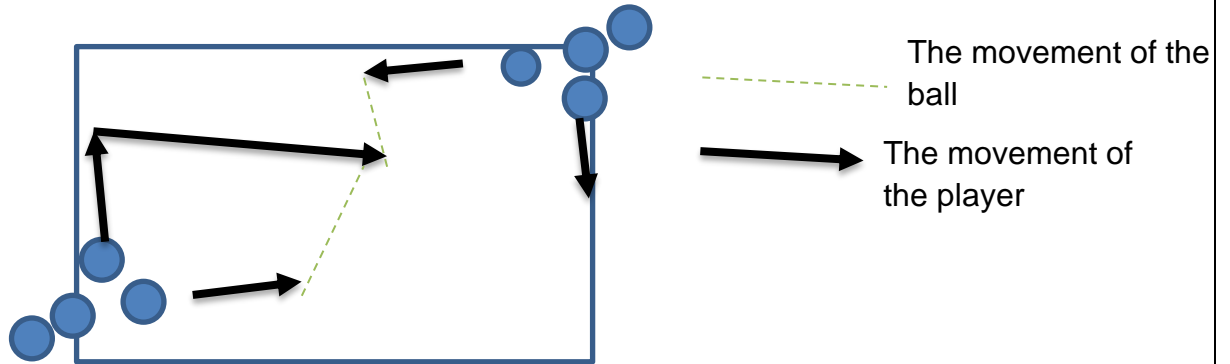


LATERAL
(from behind)

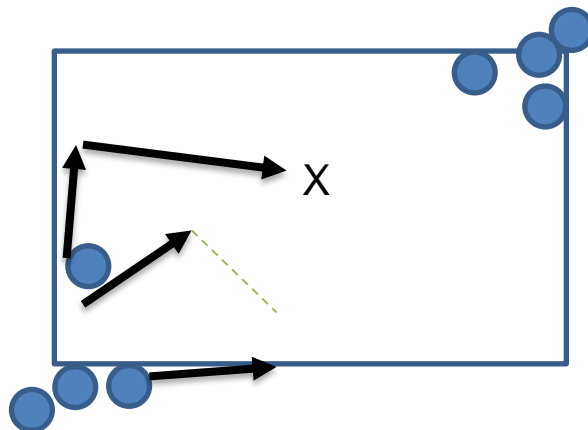


Drill: Frogs legs –

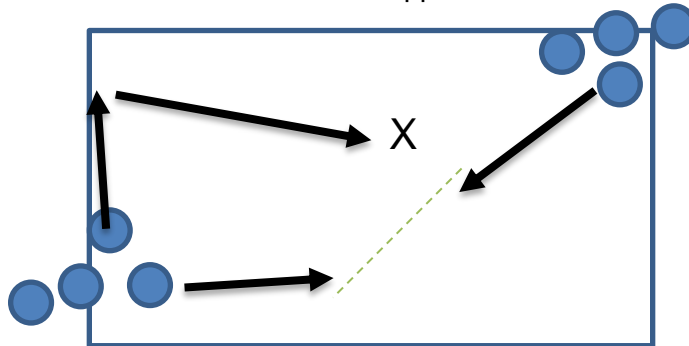
2 players drive out of the side and the person who doesn't get the ball drives **DIAGONALLY** through the court, passing the ball to one of the two from the other side



Then pretend the diagonal drive is marked and someone comes from the line the **LATERAL** offer



Then someone comes from the line opposite as the **FORWARD** offer



Progression: add defenders, the person with the ball can chose which drive they give it to

1. Attacking the player

What? Taking on the defender to get free from them and using getting free movements

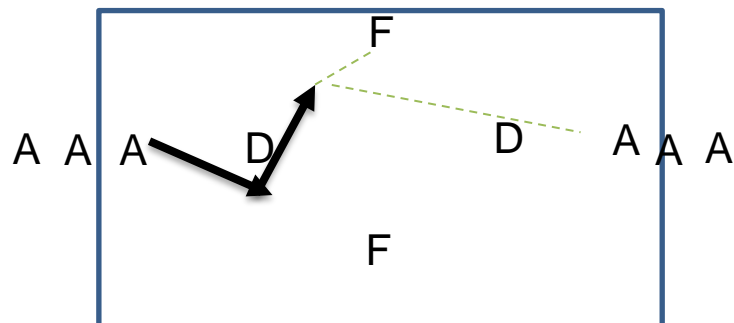
Why? Very important so that players can receive the ball unchallenged/comfortably, allowing them to get the ball successfully and give another good pass after

Getting free movements:

- Change of direction
- Change of pace
- Change of timing
- Dodge
- Roll
- Front/back cut

Preliminary move = movement you do to get free before you drive

Drill: A needs to pass ball to either feeder and get free from the D to get the ball back and pass to the opposite line



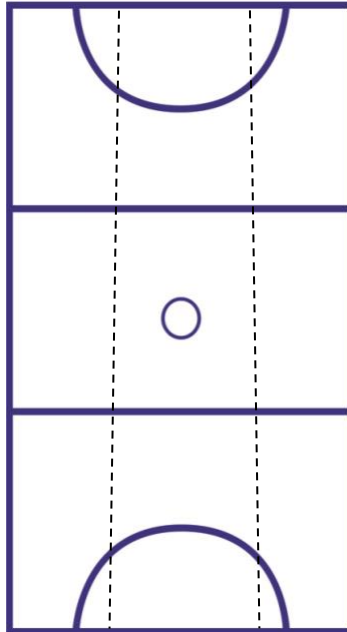
Progression: give attackers a target of how many successful times they need to do it, do it for a timed amount of time, make the area smaller

2. Attacking the space

What? Using all 3 channels to open up the court. Identifying where the space is to make a successful and useful drive. Aiming to create space in the MIDDLE CHANNEL

Why? By using all 3 channels it makes it difficult for the defence to break down and contain the attackers. The middle channel gives the most options for the next pass, being away from the sideline stops errors, opens up the court and is the quickest route to goal.

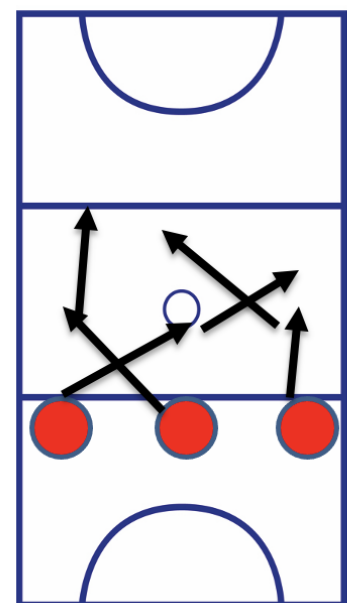
Middle channel



Drill: 3 man weave -

- the three players work the ball to the other end of the court driving middle then side,
- players need to see where the free channel is
- Do not follow their pass or go into the same space as someone else

Progression: add defenders into each other, start with two in each then advance accordingly



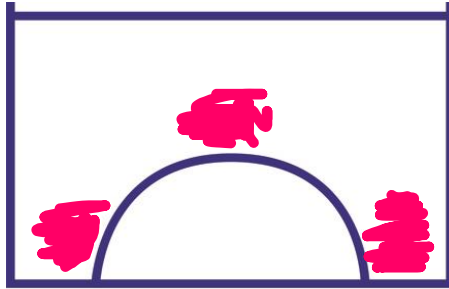
3. Attacking the goal

What? Getting the ball as close to the goal as possible

To do this need to;

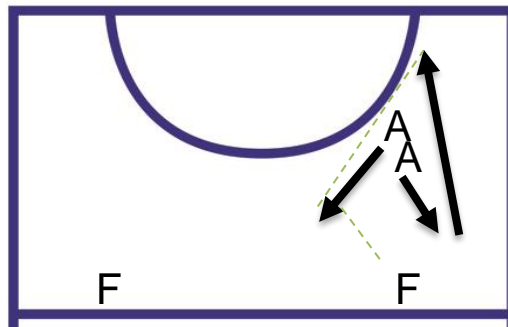
- Get depth on your drives – means driving down the court towards own goal
- Land the ball circle edge – means there's no room between you and circle

Hotspots on the circle edge = the ideal places to land



Why? Depth gets us closer to our goal and gives us a better position to feed to the shooters, less passes it will take to get to goal so less chance of being intercepted. Circle edge means the defender can't do a 3foot mark over the ball or get in between the ball and the player, closer to goal and easier to feed shooters

Drill: the two attackers split, one receives the ball from the feeder, the other drives to receive the ball circle edge. The passes to the feeder on the other side and set the drill up again. Split and drive



Progression – add a defender to mark the two attackers and add an attacker and defender in the circle so they have to pass into a shooter. Can then add two defenders on the outside of circle and make the shooter take a shot.

4. Re-attacking

What? Transitioning from being out of possession to in possession

To do this need to;

- React quickly
- Reposition (as everyone will be very high, away from own goal), need to create space again
- Strong offer towards the ball
- Accurate pass

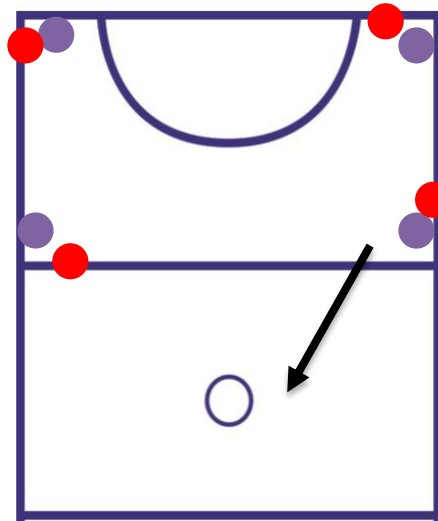
Why? Reacting quickly – prevent other team from setting up their defence

Repositioning – allows us to get back towards own goal and open up the space

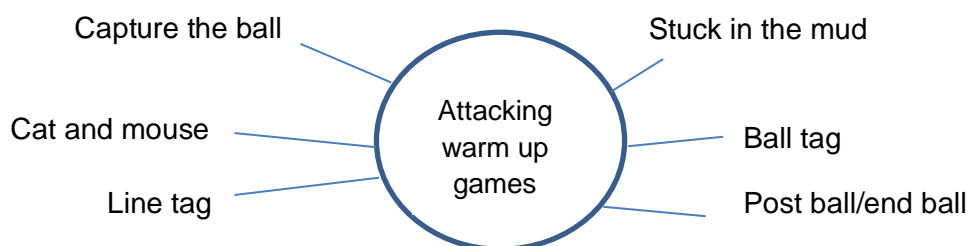
Looking after the ball makes sure we get success out of the turnover

Drill: Master Blaster Breakout

- in pairs stand in the corners of the third one person with a bib on one without, it is bibs vs non bibs.
- Drop the ball in the third and shout go, first team to the ball are the attackers and have to try and get 6 passes
- On the 7th pass have to break out to half way to get the point.
- Normal netball rules.
- If the other team intercept then they become the attackers.



Progression: feed the ball from different places, make it more than 6 passes needed or that everyone has to touch the ball, time restrictions.



WORKSHOP 6: TIPS FOR EFFECTIVE COACHING

Being a good coach

The role of a coach is to create a positive environment and provide the opportunity for children and athletes to express motivation in all they do. Coaches should support participants by inspiring them to feel confident and empowered to progress as a player and a person.

Characteristics of a good coach:

- Positive
- Trusting
- Enthusiastic
- Focused
- Respectful
- Supportive
- Motivational

Motivation is a powerful coaching tool and an important part of coaching success both for recreational and competitive athletes.

What is motivation?

Motivation is the drive to take part and persist in an activity.

What motivates you to coach?

Types of motivation

Internal = Motivation that is driven from enjoyment and satisfaction. Determined by your own values and goals.

External = Motivation that is driven by rewards and trophy's

The best motivation to use amongst your players is INTERNAL MOTIVATION

To be the best coach, it is important to understand the reason why your players are motivated to play sport. Some of the reasons may be:

- To have fun
- To increase skill level
- To increase self esteem
- To connect with new people

It is important to understand the reason why your players are motivated to play sport to increase motivation. Increased motivation will ensure players turn up to training at the correct time, get involved with tournaments and leagues, and increase their commitment to training.

This will enable development of their skill and ability in sport, as well as development of themselves.

List **three** ways you motivate your players:

1. _____

2. _____

3. _____

How to motivate players

- Make training sessions fun and enjoyable
- Recognise players achievements
- Set achievable goals for players to work towards
- Increase self-motivation
- Increase the amount of leadership opportunities
- Develop a safe learning environment
- Provide challenge for all abilities
- Be organised and prepared for the session
- Educating players on the importance of sport
- Consistency

Checklist for beginners

1. Positive environment

- Learn players names
- Be patient and supportive
- Simple praise and encouragement to increase internal motivation
- Make it fun and engaging

2. Set achievable goals

- Keep players development in mind
- Make sessions challenging
- Ensure skill development is progressive

3. Vary sessions

- Change format and activities to engage players
- Ensure there is equal opportunity for all players
- Avoid elimination games
- Include non-competitive team work
- Allow players to play the game

4. Teach skills

- The goal of the session to be based around skill development
- Regularly revise skills from previous weeks

5. Demonstrate

- Appeal to visual learners
- Demonstrate the correct technique
- Allow players that are able to demonstrate the skill
- Make it so everyone can see

6. Involve all players

- Skills and games that include all players
- Understand what motivates all players

7. Provide instant feedback

- Use purposeful praise (well done because....)
- Ask questions

8. Good communication

- Clear and concise instructions
- Use one to one discrete coaching

APPLICATION OF KNOWLEDGE TO YOUR HUB-SITE

It is important to utilise this information to develop other leaders and participants within your hub-site.

Can you deliver 'mini' workshops within your hub-site using this content?

Can you incorporate the drills within your session planning?

Can we engage someone to fulfil the officiating leader using the Workshop 5 officiating content?