



WORLD  
NETBALL  
FOUNDATION  
COACHING  
CARDS





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# WORLD NETBALL FOUNDATION COACHING CARDS

## INTRODUCTION

This coaching resource has been developed by World Netball to further its vision of netball as 'a leading vibrant global team sport'.

This resource complements the World Netball Coaching Manual. The cards are designed to help World Netball members build a platform from which all participants can be introduced to netball in a fun and motivational manner. By creating a safe and stimulating learning environment, coaches have a vital part to play in providing lifetime opportunities for netballers worldwide.

These coaching cards focus on the fundamental yet essential coaching skills and will hopefully assist Members worldwide with the successful delivery of coaching programmes.

World Netball warmly thanks World Netball Coaching Advisory Panel (CAP) members Jill McIntosh, Liz Broomhead, Leigh Gibbs, Lyn Gunson, Maureen Hall, Anita Navin, Norma Plummer and Bennie Saayman for their valuable suggestions and contributions to these cards. Thanks also go to our proactive partners Gilbert who made the production of this great resource possible.

World Netball wish you all the very best with your coaching and with growing the great sport of netball in your country.

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# CONDUCTING A TRAINING SESSION

When planning and delivering practice the coach must ensure the session:

- Is fun
- Devotes a large percentage of time to the topic of the practice
- Has players actively involved as much as possible
- Has players grouped according to their level of ability
- Allows players to see and hear instructions and demonstrations
- Is safe and uses appropriate equipment to match development
- Encourages high but supportive expectations
- Is forward flowing and smooth
- Encourages players responsibility and ownership

Above all training should be enjoyable

## KEY TO DIAGRAMS

Ball in motion    - - - - ->

Player in motion    ———>

# ABOUT NETBALL

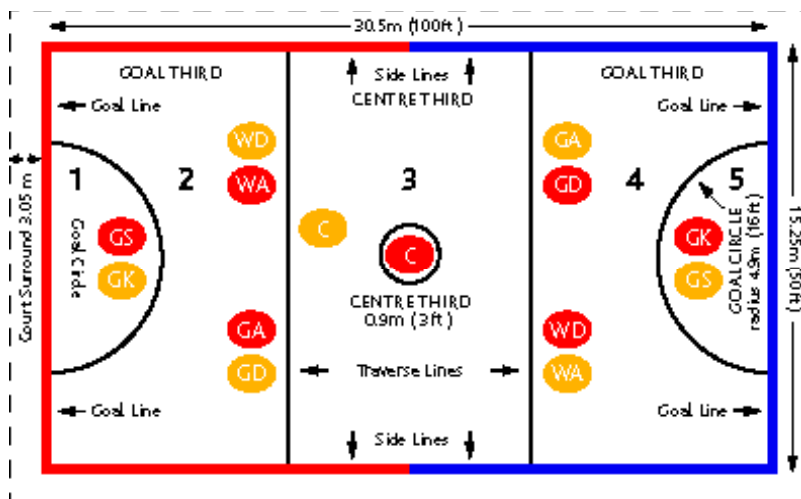
Netball is a fast, skillful team game based on running, jumping, throwing and catching. The aim of the game is to score as many goals as possible from within an area called the Goal Circle. These are the areas marked 1 & 5 in the diagram below. Only the Goal Attack and Goal Shooter are permitted to shoot for goal. In order to shoot for goal they must be completely within the goal circle when the ball is received. A goal is scored when the ball is thrown over and completely through the goal ring by either the Goal Shooter or Goal Attack. The team with the most goals at the end of the playing time wins the game.

A summary of the game can be downloaded from the World Netball website as can netball facility requirements – netball.sport

Some World Netball Members have also developed modified games aimed at young children to help develop their fundamental skills. Information on these can be found by contacting your National Netball Association directly.

Teams may include up to 12 players but only 7 can take the court at any one time. Playing positions are restricted to certain areas on the court. Playing positions are shown by identification letters worn above the waist on both the front and the back of the player's uniform. These positions are Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD) and Goal Keeper (GK).

Netball Court Showing Starting Positions for a Centre Pass



Playing positions and court areas

Position	Responsibilities	Court Area
GS	To score goals and to work with the GA in and around the goal circle	1 & 2
GA	To score goals and to work with the GS in and around the goal circle	1, 2 & 3
WA	To feed the GS and GA to give them shooting opportunities	2 & 3
C	To throw the centre pass and link the defence with the attack	2, 3 & 4
WD	To prevent the WA from feeding from the circle edge whilst looking for interceptions	3 & 4
GD	To work with the GK and prevent the GA from scoring goals whilst looking for interceptions	3, 4 & 5
GK	To work with the GD and prevent the GS from scoring goals whilst looking for interceptions	4 & 5

# HOW TO PLAY

A game consists of 4 x 15 minute quarters with an interval of 3 minutes between the first and second and third and fourth quarters and a 5 or 10 minute half time interval.

Centre passes are taken alternately by the Centre of each team who must stand wholly within the Centre Circle. When the whistle is blown they must obey the footwork rule. Centre passes are taken at the start of each quarter and after a goal is scored. Except for the 2 centres all other players must start in the goal thirds. After the whistle is blown the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third. Each team endeavours to pass the ball down to their goal circle and score goals. Stoppage time of up to 2 minutes of time is allowed for the first injury of either team, as called by the umpire upon request by a player. For all subsequent injuries in that quarter 30 seconds of time is permitted whereby the injured player must leave the court.

Two umpires have control of the game and their decisions are final. When rules of the game are broken the penalties awarded by the umpires are: FREE PASS (given for Minor Infringements), PENALTY PASS or PENALTY PASS or SHOT (given for Major infringements), THROW IN and TOSS UP.

## MINOR INFRINGEMENTS

Breaking the following rules will result in a FREE PASS being awarded to the opposing team. When a FREE PASS is awarded to a team it may be taken by any player from that team allowed in that area, as soon as they are in position. A player may NOT shoot from a free pass in the goal circle).

Offside

Breaking at the Centre

Pass Replayed Ball

Short Pass

Over a Third

Footwork

## MAJOR INFRINGEMENTS

Breaking the following rules will result in a PENALTY PASS or PENALTY PASS or SHOT being awarded to the opposing team. If a PENALTY PASS or PENALTY PASS or SHOT is awarded in the goal circle the GS or GA may shoot for goal. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

Obstruction

Contact

If the ball goes out of court a THROW IN is awarded to the opposing team of the player who last had contact with the ball or who received the ball whilst in contact with anything outside the court. The ball is out of court when it contacts anything outside the court area. The ball is returned into play by a THROW IN taken from a point outside the court where the ball crossed the line. The player stands with foot IMMEDIATELY behind the point where the ball crossed the line. The ball must be thrown into the court within three seconds.

A TOSS UP is administered for all simultaneous infringements. The two players stand facing each other and their own goal ends with arms straight and hands by their sides. The umpire shall release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. The umpire shall flick the ball vertically, not more than 600m (2ft) in the air as the whistle is blown.

## Coaching

When introducing the sport of Netball it is important to consider why players choose to play which include:

Enjoyment

Development

Friendship

Social

Fun

To learn new

skills Sense of

unity Sense of

belonging

Improve skill level

Achieving goals

Success

All players and coaches are individual and therefore will do things differently. Whatever your approach to coaching it is important that those in your charge leave the sessions having had fun and improved their game. ENJOY!





# MOVEMENT SKILLS

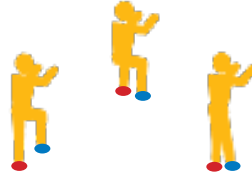
## BALANCE - ONE AND TWO FOOT LANDING

Players stay upright using body strength and the correct landing techniques. Good landing technique allows the player to gain balance quickly before passing and will minimise the risk of injury. When players are on the move and catch the ball they will predominantly land on one foot first before grounding the other. Players should practice landing in a balanced position ready to pass.

### COACHING POINTS

- When landing with one foot and quickly bringing the other foot down or with two feet simultaneously the feet should be approximately shoulder width apart.
- Body should be upright on landing with the head and eyes up.
- Bend ankles and knees slightly on impact to help cushion the force of the land.
- Knees should not be in front of feet (indicates weight too far forward).
- Land 'softly' in sequence – toes, heels, bend knees and lower the centre of gravity, maintaining good body control throughout the landing.

1.



2.



Link to video: <https://youtu.be/XuP5Fu-dToc>



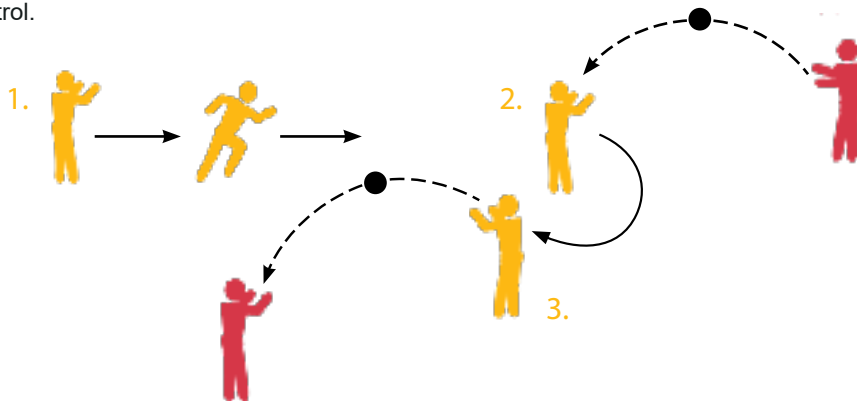
## THE RIGHT MOVES

The ability to run, jump, change direction and stop with good body control are major components of netball. Not all players find this easy and may have difficulty getting their feet moving quickly or in the right direction. Start activities slowly at jogging pace, increasing the speed to running then sprinting to ensure correct techniques are developed. Frequent practice will ensure successful execution and instil confidence.

Choosing the right moves to get free of their opponent at the right time is the challenge. Many coaches think speed is the essence of a good attacker. Speed off the mark is important but speed must be accompanied by good timing, balance and control.

## PIVOTING

Assists the player receiving the ball to turn ready to pass. If the receiver moves to the right the landing should be on the right foot first (outside foot) when the ball is caught. When moving to the left the landing should be on the left foot first when the ball is caught. After catching the ball the player turns (pivots) on the ball of the outside foot. At the basic level this turning motion should be away from the defender or to the outside. As the player develops and their body control improves they also learn to turn inward on the pivot. The ball should be held close to the body with the eyes looking at where the pass can be thrown.



Link to video: <https://youtu.be/XuP5Fu-dToc>



CARD  
NO: 2

# PASSING

## SHOULDER, CHEST, BOUNCE AND LOB PASSING.

At the foundation level players should aim to throw these four passes with accuracy ensuring they have a very sound grounding for more advanced passes as their netball skills develop.

### SHOULDER PASS

#### One Handed

- Feet should be shoulder width apart with knees slightly bent and weight on the back foot
- The ball is held with two hands and as the ball is taken back behind the shoulder ready to pass, one hand remains on the ball
- The opposite foot to the throwing arm should be forward
- Transfer the body weight from the back foot to the front foot as the player steps forward
- The ball is pushed forward, extending in sequence the shoulder, elbow, wrist and fingers
- Follow through with the hand and fingers pointing in line with the throw.

#### Two Handed

- Everything is the same as for the one handed shoulder pass but as the ball is taken back behind the shoulder and two hands remain on the ball.

### CHEST PASS

Two hands behind the ball with thumbs and fingers in a "W" shape

- Ball held close to chest
- Elbows bent and relaxed
- Wrist and fingers direct and control the ball
- Step forward into the pass
- Weight is transferred onto the front foot
- Follow through with arms and fingers in the direction of the pass
- As the player steps forward ensure feet are in a balanced position



Link to video: <https://youtu.be/5zWbOm4DQhI>



## BOUNCE PASS

- A bounce pass can be performed with one or two hands from in front or the side of the body
- Ball can be held at either waist or hip level
- Bend knees and step forward onto the front foot
- As the ball is pushed forward the hand and fingers should follow the path of the ball
- When executing the bounce pass, the ball should bounce approximately 2/3rds the distance between passer and receiver



## LOB PASS

- A lob pass can be performed with one or two hands
- The ball starts at chest height and released above the head
- As the throw is executed the throwing arm or arms moves up and forward in the direction of the receiver
- The wrist and fingers direct the ball in a high arc into the space ahead of the receiver
- The highest point of the arc should be when the ball passes over the defender standing in front of the receiver



Link to video: <https://youtu.be/5zWbOm4DQhI>



# CATCHING

## CATCHING AND PASSING ON THE MOVE.

Once players master the ability to catch and throw in the stationary position progress onto doing it on the move. Players need to be able to put it all together when on the move. Remember balance and control is vitally important.

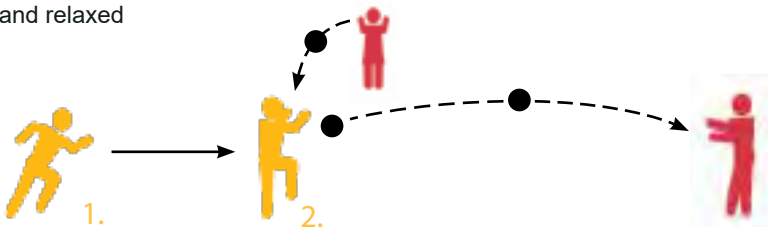
### COACHING POINTS

- Emphasise a two handed catch over a one handed catch for beginners
- Eyes watching the ball into the hands
- Fingers and thumbs relaxed and strong and spread in a “W” shape ready to receive
- Hands and arms stretch out towards the ball to catch
- Step forward and reach with hands to catch
- Snatch the ball with strong fingers and bend elbows when receiving the ball to lessen the impact whilst pulling the ball towards the body
- Keep thumbs behind the ball with fingers spread and relaxed

- Bring the ball back to the chest ready for the return pass
- Allow time for a balanced landing position before throwing the ball

### CONSIDERATIONS

- Balance on landing and good body control
- Applying the same catching and throwing techniques as when in the stationary position
- Reading the space the receiver is moving into and away from the defender
- The ability to make quick decisions



Link to video: <https://youtu.be/UM8VU40Thbl>



## ATTACKING SKILLS

When coaching attack the important points to cover are

- Control and Balance
- Footwork
- Vision
- Decisions

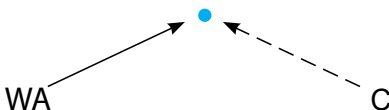
### 1. Straight lead/Diagonal lead

A simple movement but a very effective one. When timed to perfection it can be extremely difficult to defend. The attacker initiates the movement when the defender least expects it. Using strong, explosive movements lead with the outside foot towards the thrower. Run either directly forward or diagonally to the free side. When leading to the right or left it is important the player lands on their outside foot when catching the ball.

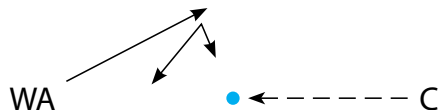
### 2. Dodge

Short, sharp movements often executed from a stationary beginning. Used to quickly change direction to create space. It also allows the attacker to 'wrong foot' or take the defending player away from the space where the ball is to be caught.

1.



2.



Begin in a stable body position by having -

- Feet shoulder width apart
- Weight evenly distributed
- Bending knees and flexing hips slightly
- Body upright with head and eyes up watching the play
- Arms are bent with elbows in a relaxed position by the side
- Take 1 or 2 short, quick steps in the opposite direction to where you want to catch

Ground the outside foot by -

- Bending knee to lower the centre of gravity and reduce the speed
- Pivot on the ball of grounded foot and rotate it, knees and hips in the desired direction then push off
- Weight is quickly transferred back over the inside foot as the player accelerates in the new direction
- Arms pump to enhance acceleration

All movements must be quick and decisive. Good balance should be maintained throughout the movement.

Link to video: <https://youtu.be/UM8VU4OTb1l>



CARD  
NO: 4

# GETTING FREE

## YOUR TEAM IS IN ATTACK WHEN THEY HAVE POSSESSION OF THE BALL.

By using various methods to get free the attacking player aims to lose opponent before catching and passing. This variety in movements creates patterns of play. Explosive speed, control, balance, agility, strength and endurance are necessary components of a good attacking player.

Players must develop appropriate attacking skills to competently bring the ball down through the court to the shooters. Effective attacking play comes from the player's ability to catch and throw combining changes of speed, direction with effective timing of movements. Good attackers also find the right spaces in which to move.

**In order to achieve this players must have**

- Accurate and consistent catching and passing skills
- Good vision
- An awareness of how to create space
- A variety of well timed methods of getting free
- Good body control at all times

Before moving the attacking player must consider –

- The spaces that are available
- Their starting position in relation to the defender and their teammates

### CHANGE OF DIRECTION

The same technique is used as for the dodge with the change of direction occurring after a longer run. Coaches should look to devise activities that simulate the above skills making sure they also have a change of speed in the activities.

**“WHERE TO  
MOVE, WHEN  
TO MOVE, HOW  
TO MOVE”**

Link to video: <https://youtu.be/FGnwqr4U7BQ>



## TIMING

The timing of movements can be affected by pressure, stress or anxiety. Therefore the coach must teach the player to recognise the correct cues to look for.

Many factors contribute to well timed movements. Correct placement of the ball enables the receiver to catch the ball in the appropriate position delivering quickly to the intended target. The thrower must decide on the exact moment to release the pass otherwise even a well-timed movement will not link with the ball. One slight error in any of these elements may result in the breakdown of play. The art of timing your attacking move to perfection is a skill that players strive to master.

**Link to video:** <https://youtu.be/FGnwqr4U7BQ>

World Netball Foundation Coaching Cards CARD

No: 4 - Getting Free / Side B

## CHANGE OF PACE

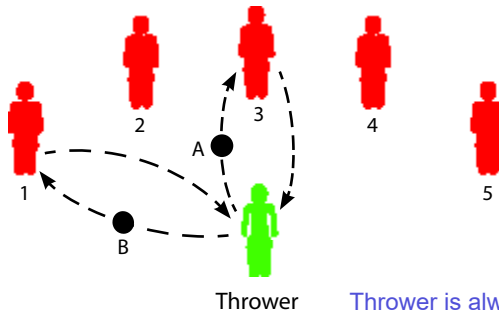
Changing the pace of the attacking movement is used to upset the rhythm and timing of the defender. A change of pace can sometimes be a very effective attacking strategy. Attacking is not just about sprinting. It is a subtle blend of walking, jogging, running and sprinting. The skill is to know when to change the speed of the movement. The ability to read the cues of the defender e.g., when the defender has committed to the initial movement a sudden change of speed will cause the defender to re-adjust their speed. At this point the attacker should accelerate away from the defender.



CARD  
NO: 5

# VISION

A player's ability to see most things on a netball court will help them to make the right decision at the right time. Sometimes players only see the player they are going to throw the ball to. Sometimes they only see the ball and run towards it and are not aware of who is around them. Sometimes they only see the player who makes the first move and not the stationary player.



Thrower is always looking at No. 3  
Ball "A" is thrown continually to No. 3.  
Ball "B" is thrown between 1, 2, 4 and 5

## HOW DO YOU IMPROVE VISION?

- By creating activities where there are many things happening. For example when a centre court player is about to feed the ball into the shooters the coach can stand behind the post or along the goal line and flash a coloured card/s. The player must then call out the colour whilst choosing the best option to throw to.

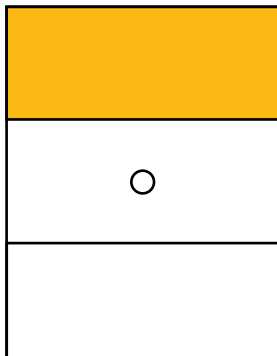
Link to video: <https://youtu.be/1f60BzxcOtU>



## CARD NO: 5

### SPACE AWARENESS OR USING THE RIGHT SPACE

How often do you see a player make a lead straight at the player with the ball or into a group of other players? Before moving the attacking player should look ahead and peruse the spaces that are free from other players. They also need to take into consideration where their teammates are and try to “balance” the court and not overload one area.

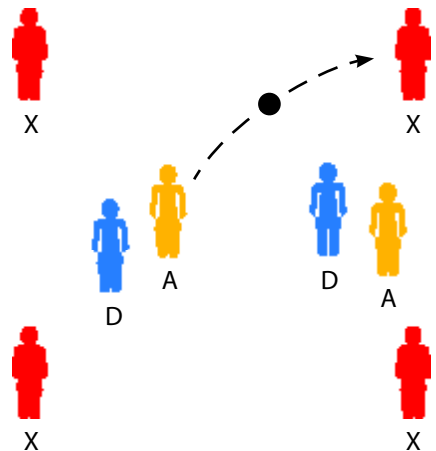


#### Note:

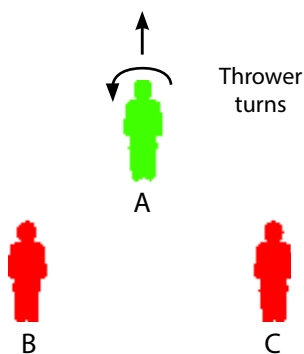
Working area for beginners 1/3 of a court For intermediate level reduce the space.

**Link to video:** <https://youtu.be/1f60BzxcOtU>

World Netball Foundation Coaching Cards  
CARD No: 5 - Vision / Side B



Attackers move around the space within the square and throw to each other as well as throwing to the red posts in order to keep possession of the ball.



# DECISION MAKING

Making the right decisions at the right time is the aim for players. Making good decisions is one of the most difficult skills to master. Much of decision making is linked to what the player sees. If they don't see it they can't make a decision on it. Coaches should keep challenging their players by creating activities that test and enhance the decision making ability of the player.

When devising decision making activities begin with a simple decision, progressing to very complex. For example: -

1. Player A has the ball and is facing away from players B & C. Both player B and C are stationary. Player A throws the ball into the air, catches, pivots and sees both players B & C. Player A must then make a decision as to which player to throw to.
2. Step 2 is to start players B and C offset.
3. As player A turns players B & C move in two different directions. Player A must see both then make a decision as to which one to throw to.
4. The next progression is to add one defender to defend either player B or C. As player A turns players B & C move in two different directions the defender will defend one player. Player A must see both attackers and the defender then choose the attacker who is free.
5. Progress the activity to now having 3 attackers with 2 defenders. As player A turns they will now see more movement and must search to find the attacker who is free. This is the player to throw to.
6. Now add another defender to defend at a 0.9m distance away from player A so when she turns she will have a set of arms at a 0.9m distance in front of her. This will add pressure to player A
7. You can now have 3 attackers and 3 defenders in the activity. Player A must be patient as she searches for the 'best' option.
8. Now you can slot this into a court situation. For example player A could become the centre who has caught the ball in the centre third. As she turns to look into the goal third she sees WA, GA and GS as well as the defending WD, GD and GK. She must be patient and look in order to find the best option.

**Link to video:** <https://youtu.be/mERqmpWx4oU>



## BALL PLACEMENT

Netball is made up of a variety of passing techniques. The player's ability to pass accurately with well timed throws determines the success of the team. Players need to master the basic skills of each of the throwing techniques as well as balance, timing and control. The player must learn when and where to pass the ball and which pass to use.

Placement of the pass into space can be hard for some players to recognise. Keep re-affirming the placement of each pass into the correct space by showing where the defender is positioned and throwing the ball into the space away from the defender.

Factors that determine the type of pass, the timing of the release and where they will pass

- Positioning of attacker and defender
- Distance of pass
- Positioning of immediate defender at 0.9m
- Timing of attacker's movement

**Link to video:** <https://youtu.be/mERqmpWx4oU>

World Netball Foundation Coaching Cards CARD No:  
6 - Decision Making / Side B



# SHOOTING PRACTICE

Shooting is all about balance, rhythm and feel for the shot. Shooting for goal should be an automatic, well sequenced skill. Being an accurate shooter takes many extra hours of shooting above and beyond the teams normal training sessions. Shooters should aim to practice everyday to gain accuracy.

- Shooters should always try to be balanced and in line with the post before they attempt to shoot
- Feet, hips, body, shoulders and elbows should all be 'square' to the post
- Shooters should always look at the same aim point every time they shoot
- These aim points could be the front of the ring, above the middle of the ring or at the back of the ring
- Each shooter must find an aim point which suits them then stick with it.
- Feet should be approximately shoulder width apart in a comfortable stance
- Shooters should try not to step forward as they shoot
- This will give the defender an advantage because the shooter has stepped toward the defender and lessened the 0.9m distance
- More bend in the knees will give more power on a longer shot for goal
- The upper portion of the shot for goal should not differ whether the shooter is in close or far from the post
- The ball should sit on all fingers tips and the thumb on one hand
- The fingers should be spread evenly
- The ball should be placed above the head in the shooting hand
- The other hand is placed gently to the side of the ball as a support only to keep it balanced.
- Because shooting is all about rhythm the knees and elbows bend at the same time
- The ball is released in a smooth fluid action following right through to the finger tips
- The index and middle fingers direct the ball to the post and must be strong
- The fingers guide the ball in an arc towards the goal ring
- The wrist and fingers should flick the ball in a gentle back spin motion to the ring
- Fingers should follow the arc of the ball to the post

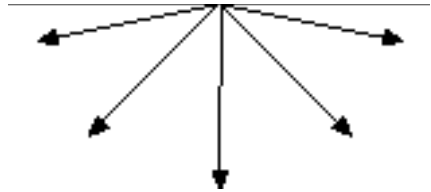
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## SHOOTING PRACTICE

Shooting practices include any of the movements and landings that shooters perform in a match. Therefore coaches should consider –

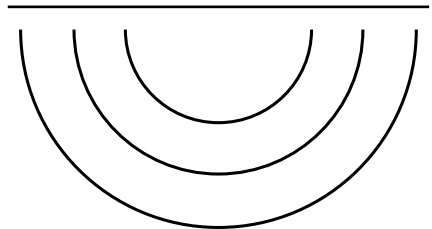
- Close shots - Mid range shots - Long shots
- Shots taken from favourite position
- Shots taken from least favourite position
- Step backs - Steps to the side - Step ins
- Jump shots
- Penalty shots
- Shots taken after a split leg land
- Shots after taking a rebound
- Shots as the shooter is falling out of court
- Shots after the shooter has been moving
- Shooting when fatigued



5 lines – 6 shots in each line. Start at the post. After a successful shot take a step back

Same lines but in each line take a short, medium then long shot

Only move onto the next line if shots successful



Shots taken in semi-circles. Begin close to the post. Each semi-circle is a little further out than the previous one.

4 semi-circles – 6 shots in each semi-circle

**Link to video:** <https://youtu.be/T7cW9EMATEg>

World Netball Foundation Coaching Cards CARD

No: 7 - Shooting / Side B



CARD  
NO: 8

# DEFENDING SKILLS

Good positioning of defensive players can prevent their opposition from receiving the ball as well as denying them space and speed. Constant defensive pressure will destroy the quality of opposition play. When we are talking of team defence we are not referring to just 3-4 players but to the entire team. When the opposition has possession of the ball everyone on your team is a defender.

When coaching defence the important points to cover are -

- Decisions
- Body Management
- Vision
- Communication

One on One marking (defending the player without the ball)

The defender tries to prevent their opponent from receiving the ball by tight one on one marking. Their aim is to dictate the spaces the attacker can go and force a turnover. The team is trying to force the opposition into an error or into a held ball situation. Vision of your opponent, the ball and other players is a key element of successful one on one defending. This is probably the most physically difficult way to defend and players will need very good fitness levels to successfully defend in a one on one manner.



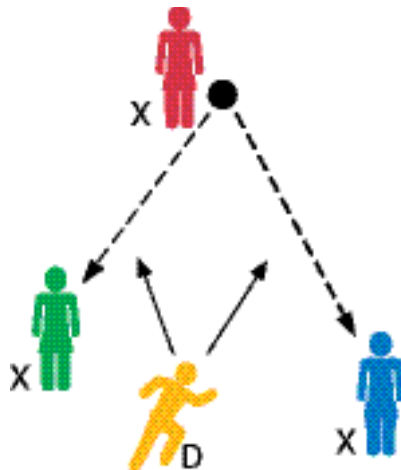
Link to video: <https://youtu.be/qcszsAXk7hg>



## SPACE MARKING OR AREA DEFENCE

Peripheral vision is vital when space marking as the defenders need to see the ball, the opposition and the space. The defending team sets up intercept situations by filling the space the attackers want to pass the ball into. Players have specific areas of court to defend. They stand in relation to where the ball is at any one time. This type of defence is reliant on total team work because if any player is out of position the ball will be passed with ease leaving many of the defending players behind play. The aim is to encourage the opposition to throw a long clearing pass to one of their teammates that can then be easily intercepted.

By playing off (away from) the attackers lures them into a false sense of security by making it look like they are free to receive the pass. Once the ball is in flight the defender moves quickly to intercept the ball. With this style of defence players are able to create situations and opportunities for an interception rather than simply reacting to the movements of the opposing team. All players must be working together or the effectiveness of this form of defence will be lessened. Players close to the ball stand a little higher so that more space is left further down the court to encourage the longer pass being made.



Link to video: <https://youtu.be/qcszsAXk7hg>



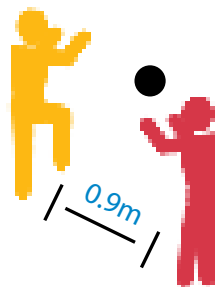
# DEFENDING THE PLAYER WITH THE BALL

Rather than simply defending at 0.9m in front of the passer defend them on their favourite attacking side. Defend left/right handed players on their preferred throwing side. The position of the player marking the thrower can dictate the play to come (e.g.: mark player towards the sideline or mark player to the path of the ball) thereby making it possible for a teammate to attempt to intercept the ball at the receiver's end.

## AT 0.9 METRE OR 3 FEET DISTANCE

### Aims:

- To force opponents to pass in a particular direction
- To force opponents to make a particular type of pass
- To tip or intercept ball as it is being passed
- After the pass is made direct the opposition's next movement i.e.: towards or away from the pass just thrown.



Slight pause between gaining 0.9 metres, distance and hands up over the ball.

Link to video: <https://youtu.be/Pf-LKBopbUs>

## DEFENCE OF THE SHOT FOR GOAL



### Lean

- 0.9m from first grounded foot of the shooter
  - The defender stretches out to put pressure on the point of release of the shot
- Variations include -
- Opposite foot forward to arm outstretched over ball
  - Same arm/foot forward
  - Balance on both feet with both arms outstretched over ball
  - Balance on both feet with one arm outstretched over ball.
  - The other arm is used for balance and used to cover a possible pass to the other shooter.
  - The 0.9m stance can be taken from in front, to the side or behind the shooter. The choice of position dependent on shooting style and distance away from the goal.

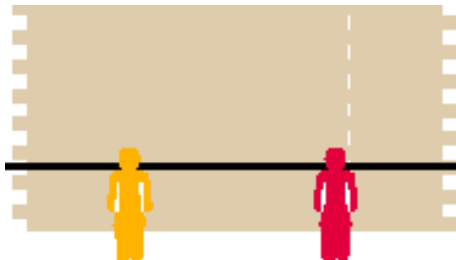
### Jump

- Timing is involved and if successfully executed will result in a deflection of the shot.
- Player is at 0.9m away from first grounded foot of the shooter
- Time a powerful leap in the air towards the ball to attempt to tip the ball at its point of release or above
- Try not to jump straight up and down
- As you jump make sure you jump towards the flight of the ball after it has left the shooters fingers.

### Combination

- Lean over the shot standing at 0.9m from the first grounded foot of the shooter then bring back foot forward (not closer than 0.9m) to jump on release of the shot.

## PRACTICE



### Use the wall

- Stand 0.9m (or slightly further) away from the wall and lean and hold position for 3 seconds (lines can be drawn on the wall as guidelines as to where to place hands)
- The same drill can be used when executing the jump. Have the marks on the wall slightly higher for the jump drill.

### Rebounding

- The ideal position for the defender who is not defending the shot is to stand approximately one metre from the post in front of shooters at the post. The defender needs to establish this rebounding position before the shot is being taken. The defender who leans or jumps the shot at goal then needs to screen out that shooter so that both defenders will have the more favourable rebounding positions.

**Link to video:** <https://youtu.be/Pf-LKBopbUs>

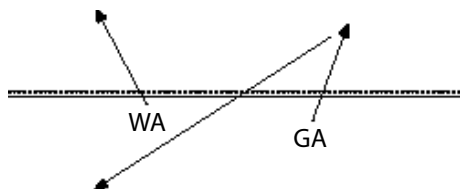
# CENTRE PASS SET UP



Throughout the match the centre pass is taken alternately by each team after a goal is scored. The pass is taken by the centre player who must be standing wholly within the centre circle. The ball is released only after the umpires whistle is blown.

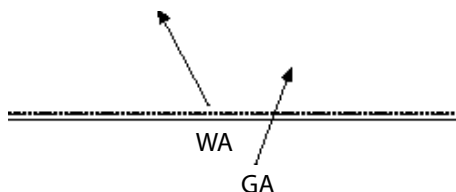
Usually the ball is thrown forward to WA as the first option. However it can also go to the GA. If WA and GA have been shut down by the opposition defence the C can turn to pass off to WD or GD. They assist with strong attacking drives through the centre third.

The Centre Player must be skilled in the placement of the ball as any turnover off the centre pass gives an opportunity for goal by the opposition team. The centre player must be patient in identifying which is the best of the four attacking options to use. This skill must be developed by the centre player and experiencing this in practice whilst under pressure will assist in this development.



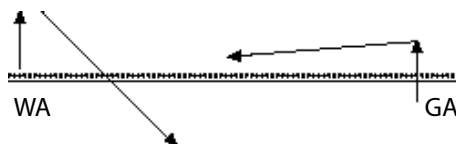
## WA and GA both up to the line

- Both the WA and GA stand up to the line but one is slightly back from the other. When the whistle is blown the WA moves first then the GA makes her lead to another space. The positioning of both players can be reversed so the GA moves first.



## Stack

- The WA stands up to the line and the GA stands closely behind her. When the whistle is blown the WA moves first then the GA makes her lead to another space. The positioning of both players can be reversed so the GA moves first.



## Wide

- WA and GA start wide near to the sidelines. The WA makes a dummy move forward to keep the opposition centre player busy. The GA drives over the transverse line towards the middle to receive the ball in the centre third. WA is then position in the best space to drive onto the top of the goal circle to receive the 2nd pass.



## CENTRE PASS DEFENCE

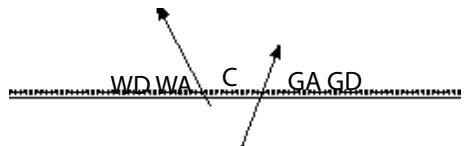
WA and GA both up to the line

- The objective is for the C and WD to double defend the WA and restrict their availability to the ball whilst the GD is forcing the GA to the sideline. WD needs to be alert in case the GA drives up the middle of the court.



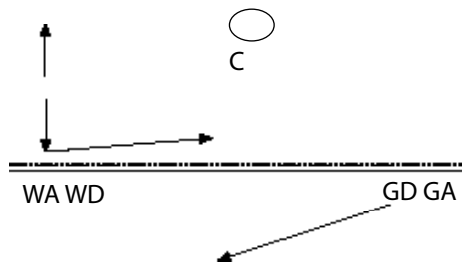
Stack

- The objective is to “surround” the attackers and restrict their availability to the ball thus making the centre turn and use either the WD or GD.



Wide

- Objective is to keep the attacking players wide and not let them penetrate the middle channel of the court.



Link to video: <https://youtu.be/g9e6hTGvktg>



CARD  
NO: 11

# ATTACKING THROUGH THE COURT

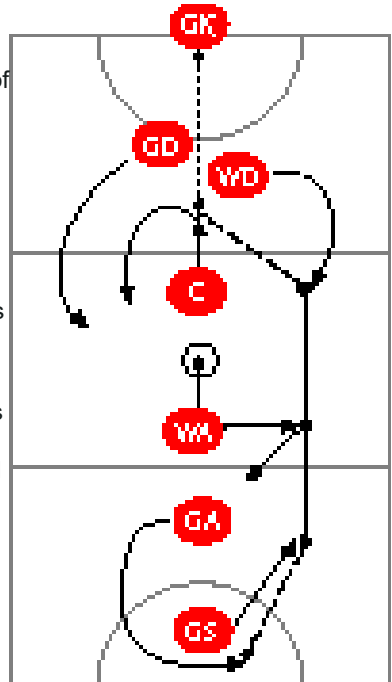
Set plays often help the structure for the attacking team. This can create holes in the opposition's defence by setting up different starting positions. Eye contact is essential between GK, GD, WD and C. Being creative as a coach and devising many different and varied options and strategies is usually the best skill.

Practising full court patterns of play without defence will teach players about space awareness and timing of leads. This will also instil confidence within the team. Each position on court combines and creates the understanding that is required within the team. Once everyone is comfortable with and understands these 'strategies' defence should be introduced to apply pressure. This should increase the player's concentration levels and will then show any weakness in proposed movements.

As the GD, WD and maybe the C move the GK must be patient in identifying which of these options is best. This skill must be developed by the GK and experiencing this in practice whilst under pressure will assist in this development.

## KEY TO DIAGRAM

Ball in motion ----->  
Player in motion ----->



Link to video: <https://youtu.be/jXj6XkaQp8s>

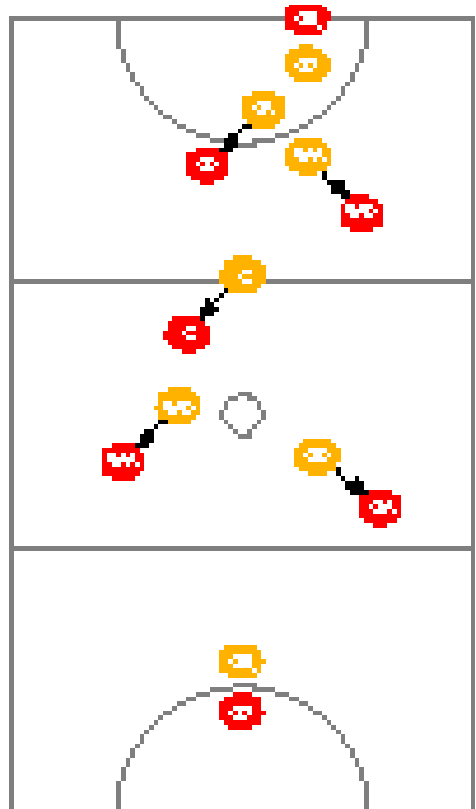


# DEFENCE THROUGH THE COURT

The defending team tries to force the attacking players away from the ball and towards the side-line. All players on the defending team should work together to try and restrict available space to the attacking players.

## KEY TO DIAGRAM

Player in motion →



Link to video: <https://youtu.be/jXj6XkaQp8s>