

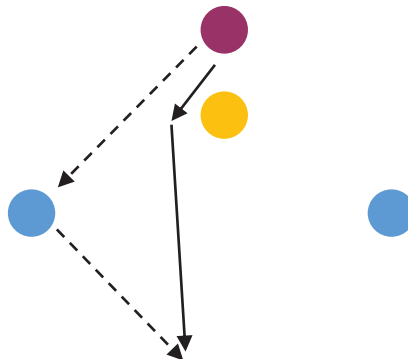
## Coaching Drills

### A FEW THINGS TO CONSIDER WHEN COACHING

- It is important and you teach the players specific skills, use the Core Skills document to see where your players sit and what you should be teaching them. We can too often get caught up in what happened on the weekend and forget that our role is to ensure the players have the required skills to play netball. Allow time at each training to address what has happened during the match, but also allow time for specific skill development.
- Make trainings fun! The girls can still work hard and have fun. Part of your role is to get the girls excited about playing netball and coming to training.
- Practice with purpose. Make sure you are practicing skills in context so the girls know why you are doing them and when to use them in a game situation.
- Think about how your activities will progress and try to build/develop activities that build on the previous one rather than stand-alone drills.
- Share skills and knowledge. Use the resources you have at your disposal – other coaches and players can assist you to run certain parts of your trainings.
- BE PREPARED!

### FRONT CUTS (BASIC)

- Set up four players as shown in the diagram.
- The defender must be three feet from the attacker, with hands over.
- The throwers start 3-5m in front of the attacker (depending on age/skill of the players).
- The attacker starts with the ball and chooses to either throw to thrower 1 or thrower 2, as soon as she has thrown she drives down court, on the same side of the defender that she threw.
- The attacker must drive ball side, and not run behind her defender once she has released the ball.
- The attacker can use the fake or the step across to move the defender to open up space for her to drive into.



#### COACHING POINTS

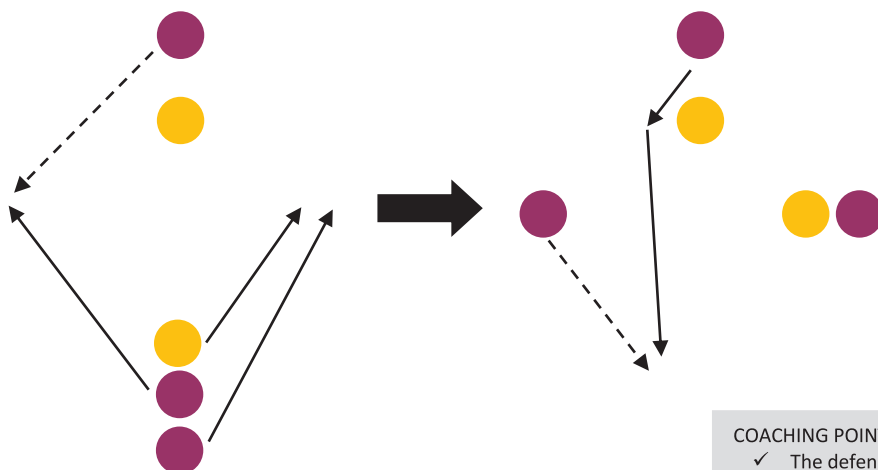
- ✓ As the attacker is learning the footwork, have passive defenders. As they get better at the footwork, the defenders can step up and be more aggressive.
- ✓ Ensure the throwers and passing the second pass out in front of where the attacker is throwing. She wants to get this ball as far down court as possible.



## Coaching Drills

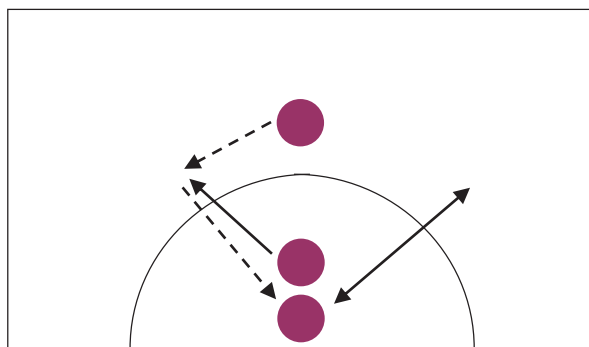
### FRONT CUT (PROGRESSION 1)

- To make the drill more game like and include decision making, set up two workers who start one behind the other, with a defender directly in front of them.
- The worker in front drives one way (on the 45° angle) and the second worker reads off and drives the other way.
- The defender picks which worker to defend and goes with them one on one.
- The worker with the ball must throw to the worker without the defender.
- They must then front cut and drive down court to receive the next pass.



### FRONT CUT + DRIVE and RE-OFFER

- Add a drive and re-offer into the goal circle.
- Once the initial worker (who started with the ball) has driven and received her second pass, have two more workers (starting one behind the other) drive out, one receives the ball the other re-offers and drives back under the post.
- A defender can be added so that the workers have to make a decision with who they pass to and where they drive.



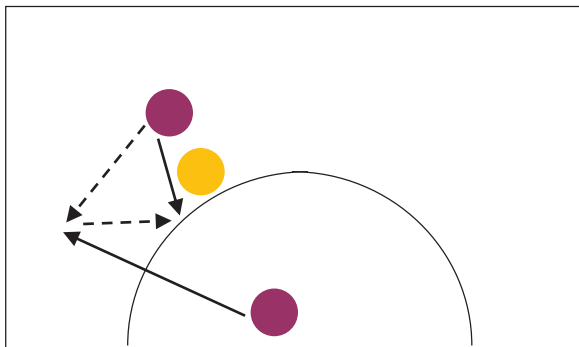
#### COACHING POINTS

- ✓ The defenders should now both be defending at 100%.
- ✓ Ensure the second defender goes hard with one attacker and doesn't hover in the middle.
- ✓ The attackers need to make an immediate decision and execute the pass and movement quickly.
- ✓ The attacker should be using the fake and/or step around to move the defender to open up space.
- ✓ Be really firm with the attackers regarding their passing (execution) and their footwork. Don't allow them to do poor passes, make poor decisions or pass the ball and drive behind their defender.

## Coaching Drills

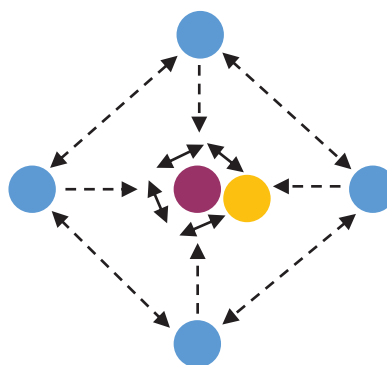
### USING THE FRONT CUT TO HIT THE RING

- It is important for feeders to be on the circle edge when feeding. Get your feeders to practice using the front cut to get onto the circle edge, while staying ball side.
- Start with an attacker with the ball just off the circle edge and a hands over defender.
- A goalie in the circle, drives out (either side) and receives a pass.
- The attacker must then immediately front cut onto the circle edge and the goalie must give the ball quickly and to the space where the attacker is moving.
- This play needs to occur quickly, with both the attacker and the goalie giving the ball quickly and moving quickly to the correct position.



### DEFENDING – STAYING BALL SIDE

- Set up players as shown in the diagram.
- The throwers are trying to get the ball to the attacker. The defender is trying to stay ball side of her attacker, deny her attacker from getting the ball, and intercept the pass.
- The throwers pass the ball between them, as the defender is moving around her player (small steps and up on her toes).
- If the throwers this the attacker is open then they pass the ball to her, the defender must move her feet, get around in front of her player and attempt to deflect/intercept the pass.
- As the defender becomes more confident, she can start to come off her attacker and try to intercept the passes between the throwers.



#### COACHING POINTS

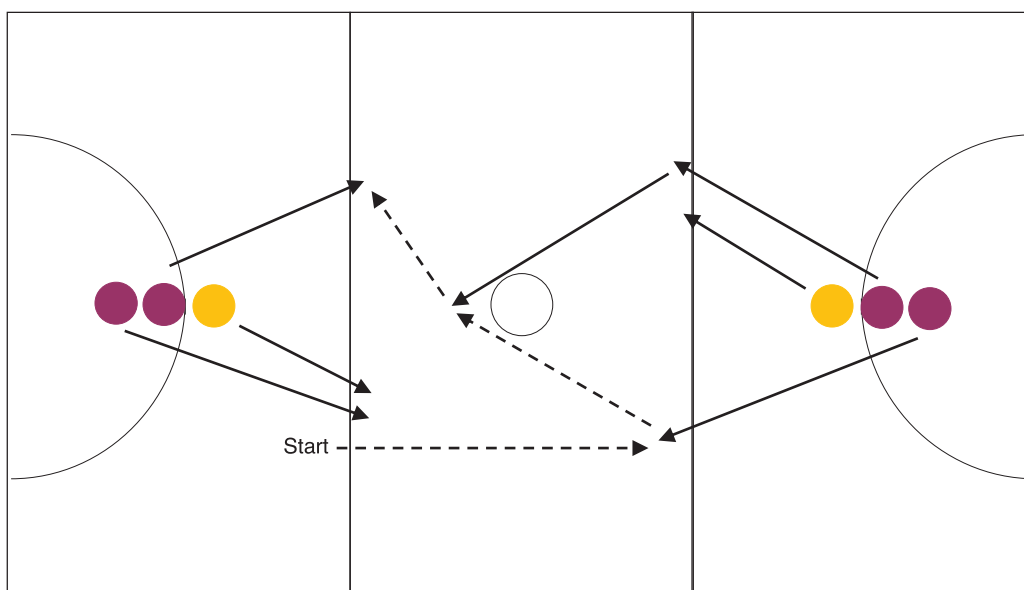
- ✓ Defenders must be up on their toes and try to stay as close to the attacker as possible.
- ✓ Defenders should always be able to see the ball and the attacker.
- ✓ The throwers need to recognise when the attacker is free and pass the ball immediately.
- ✓ As this is a defenders drill, have the throwers initially pass the ball slowly so the defender can get her footwork correct. As the defender gains confidence the throwers can start passing the ball more quickly.



## Coaching Drills

### FULL COURT DRILL – DECISION MAKING, PASSING and TIMING

- Set up the activity as shown in the diagram. Please note, there will be more attackers in the lines at each end and a second defender at each end who starts just off to the side and swaps in after each drive.
- The defender **MUST** take one of the attackers and be one on one with them.
- The initial pass **MUST** go to the attacker who is not being defended.
- The attacker who doesn't get the first pass must then front cut and/or drive down the court to receive the next pass.
- Timing in this activity is key, as the attackers driving down court will be on the run and will need to release the next pass immediately. So the next pair of attackers waiting in time need to be switched on and time their leads.



#### COACHING POINTS

- ✓ The aim of this drill is to practice driving the ball down court, executing their passing and practicing their passing.
- ✓ Be firm with how the girls perform in this drill, don't allow poor passes or footwork or for the attackers to deliver to ball to the player with the defender.

