

Netball

6 Week Training Plans

by L Fisher

Warm up ideas

2 lap slow jog around three courts

Stretch as per sheets.

Small skipping ropes - 30 Rebound skipping. Repeat 3 times

Agility Runs

Slow jog 3 lengths of the court

2 lengths of the court jog, sprint, jog changing speed in centre third

2 lengths of the court jog, side slip, jog, changing to side slip in centre third
2nd lap facing same direction so as to utilise other leg on side slip.

2 lengths of the court - jog, backwards, jog changing to backwards in centre third.

2 lengths of court. At each transverse line, face side line and jump over the line and back with two feet together, 6 times. After jump 6, push off outside foot and drive to next transverse line and repeat the 6 jumps.

Stretch as per sheets.

Teaching Points :- *light on feet, heads up, body upright with knees slightly bent on side slip, small steps when running backwards, push off outside foot after jumps.*

Skipping

2 lap slow jog around three courts

Using long rope, each player has 4 skips each, then 2 then 1 without missing a loop
Extension: Add turn in air on run in, touch the ground, stretch up as though taking a high pass and lift rope off the ground for elevation of jump.

Teaching Points :- *Timing of run in and push of outside foot on run out. Stay light on feet, heads up, good balance, hands outstretched in correct catching action.*

Stretch as per sheets.

Follow the leader

Using the lines of the $\frac{2}{3}$ of the court, move around the court changing direction at each corner. Also change footwork ie running, side steps, skipping, backwards.
Repeat 3 times with a new leader each time

Small ropes - Using the same $\frac{2}{3}$ of the court, skip along the lines of the court.
Repeat 3 times with a new leader each time

Teaching Points :- *Heads up, light on feet, soft knees, balance.
Timing on skipping - use running action, even rythym - not a gallop*

Stretch as per sheets.

Stretching

Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



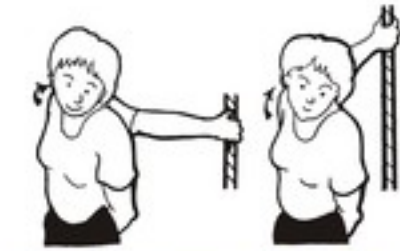
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



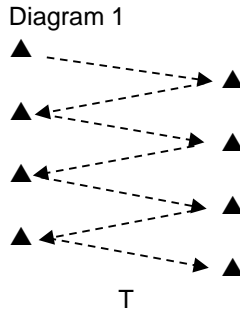
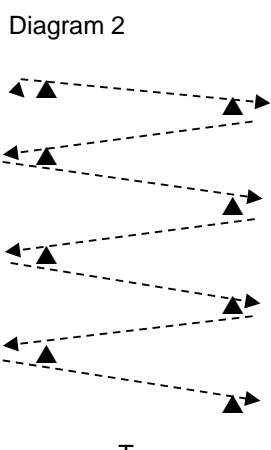
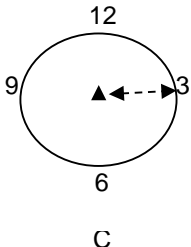
23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)

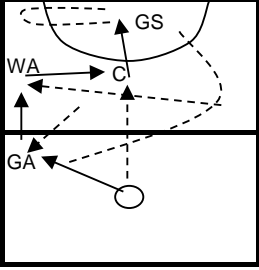


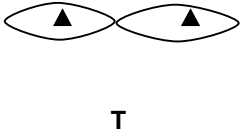
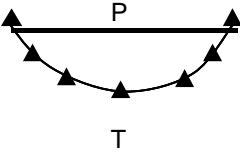
24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)

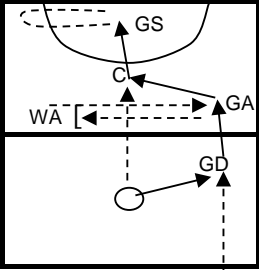


25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)

<p>WEEK 1</p> <p>WARM UP</p> <p>2 lap slow jog around three courts Stretch as per sheets. Small skipping ropes - 30 Rebound skipping. Repeat 3 times</p>	<p>15 mins</p>
<p>FITNESS/MOVEMENT</p> <p>Cone Zig Zag 8 tall cones set in a zig zag pattern approx 2 metres apart Using only 3 steps, players move to inside of each cone, and then change direction and move to the next cone. Extension: 1. Add a ball, thrower (T) to stand at the end and pass to a player moving forward. 2. Increase distance between cones - 5 metres (Diag.2) Worker to drive to outside of each cone, again changing direction by pushing off on the outside foot</p> <p>Teaching points : <i>Light on feet, soft knees, good balance, push off outside foot, driving arm action</i></p> <p>Clock Face Players stand in the middle of an imaginary clock face, facing coach C Coach (C) calls a time, ie 3 o'clock, Using various footwork, pre-determined by the coach, player moves quickly to the number on the clock face, then back to the middle. Start with basic numbers 3, 6, 9, 12. Variations: One foot on number, two feet together on number, two feet on number (one at a time) Introduce the other numbers on the clock - 1,2, 4,5, 7,8, 10,11</p> <p>Teaching Points : <i>Stay light on feet, soft knees, head up, fast recovery to the middle, lead with foot closest to the number, concentrate</i></p>	<p>15 mins</p>  <p>Diagram 1</p>  <p>Diagram 2</p> 
<p>SKILL DEVELOPMENT</p> <p>Throwing & Catching - Refer attached sheets for breakdown.</p> <ol style="list-style-type: none"> 1. Chest Pass <li style="padding-left: 20px;">Shoulder Pass <li style="padding-left: 20px;">Bounce Pass 2. Ball handling drills - CUT THE CAKE & ZIG ZAG PASSING 	<p>20 mins</p>

<p><u>COURT STRATEGY</u></p> <p>Centre Passes - WA & GA</p> <p><u>Wing Attack</u> - (Set sign ie hands either side of the ball)</p> <ol style="list-style-type: none"> 1. WA drives into centre to receive pass from C 2. GS drives out of circle to receive pass from WA 3. C drives to top of circle to receive pass from GS 4. GA sags into pocket then drives into circle to receive pass from C <p>Variation - Should GS receive ball close to the circle, better option would be to pass straight in to the GA</p> <p><u>Teaching points</u> : Do not drive too early, C & WA to backup around the circle for additional pass.</p>	<p>20 mins</p>
<p><u>Goal Attack</u> - (Set sign ie one hand under)</p> <ol style="list-style-type: none"> 1. GA drives into centre to receive pass from C 2. WA drives across court to receive pass from GA 3. C drives to top of circle to receive pass from WA 4. GS dodges makes a double break back to the post to receive pass from C <p>Variation: Should the GA receive the first pass more towards the middle of the centre third, the second pass would then go to the WA at the top of the circle, then into the GS</p> <p><u>Teaching points</u> : Do not drive too early, C & WA to backup around the circle for additional pass.</p>	 <p>Key ———> Pass - - - -> Player</p>
<p><u>HALF COURT GAME</u></p> <p>Game to practise ball skills and the centre passes with defence.</p> <p><u>Teaching Points</u> : Correct footwork, timing of the break and drive directions.</p>	<p>15 mins</p>
<p><u>WARM DOWN</u></p> <p>3 laps of the court, slow jog, stretch</p>	<p>5 mins</p>

<p>WEEK 2</p> <p>WARM UP</p> <p>Slow jog 3 lengths of the court 2 lengths of the court jog, sprint, jog changing -speed in centre third 2 lengths of the court jog, side slip, jog, changing to side slip in centre third 2nd lap facing same direction so as to utilise other leg on side slip. 2 lengths of the court - jog, backwards, jog changing to backwards in centre third. 2 lengths of court. At each transverse line, face side line and jump over the line and back with two feet together, 6 times. After jump 6, push off outside foot and drive to next transverse line and repeat the 6 jumps.</p> <p>Stretch as per sheets.</p> <p>Teaching Points :- light on feet, heads up, body upright with knees slightly bent on side slip, small steps when running backwards, push off outside foot after jumps.</p>	<p>15 mins</p>
<p>FITNESS/MOUMENT</p> <p>Figure 8 cones</p> <p>4 x 2 set soft witches hats set up side by side 1½ metres apart Run around the cones in a figure 8 motion using side steps, back steps and a drive forward through the middle. Extension: Add a ball, thrower at the front, passing to worker on the drive forward. Use two handed or either hand chest passes from both thrower and worker.</p> <p>Radial Run</p> <p>Using goal circle, position 7 cones evenly around circle line, starting and finishing at base line intersection. Refer Diagram Worker starts at post, moves to cone, push off outside foot to change direction and move back to the post. Again push off outside foot and move to the next cone .Repeat this sequence to each cone around the circle. Extension: Increase speed of movement. Use drive out, side step back. Introduce a ball (T) passing to different points.</p> <p>Teaching points : Change direction of body at the centre cone so that body is still facing down the court. Stay light on feet, soft knees, balance head up always looking down the court</p>	<p>15 mins</p>  
<p>Skill Development</p> <p>Ball handling - revise passing, chest, shoulder, bounce - CLOVER LEAF DRILL</p> <p>Footwork</p> <p>Footwork - Squash the Spider</p> <p>Draw a spider for each player, approx saucer size, 3 metres in front of a transverse line Player to run from transverse line take off before and land on the spider in various ways. Eg.</p> <ol style="list-style-type: none"> 1. Two feet together, no movement 2. Two feet together, then move one to keep balance 3. One foot at a time on spider, moving other forward on second step.(Alternate feet) 4. Land with a hop stop, moving forward with second step. (Alternate feet) <p>Extension: Introduce pivot ie squashing spider. Landed foot must not move, pivot on ball of foot Introduce a ball prior to pivot.</p> <p>Teaching Points : Landing lightly, soft knees. Stress, foot on spider is call "Landed foot" Use small steps with the pivot</p>	<p>15 mins</p>

<p><u>BALL HANDLING</u> Revise passing, chest, shoulder, bounce - CLOVER LEAF DRILL</p>	<p>10 mins</p>
<p><u>COURT STRATEGY</u></p> <p>Centre Passes - WD & GD</p> <p><u>Wing Defence (Set a sign ie. Hair over left ear)</u></p> <ol style="list-style-type: none"> 1. WD drives into centre, to receive pass from C 2. WA & GA cross over. (WA behind) WA to receive pass from WD (GA sets a screen -] of opposing WD) 3. C drives to top of circle to receive pass from WA 4. GS dodges, makes a double break back to the post to receive pass from C <p><u>Teaching points</u>: Do not drive too early, C & WA to backup around the circle for additional pass. GA to avoid contact with WD, then backup into circle</p>	<p>15 mins</p>
<p><u>Goal Defence (Set a sign ie. Hair over right ear)</u></p> <ol style="list-style-type: none"> 1. GD drives into centre, to receive pass from C 2. GA & WA cross over. (GA behind) GA to receive pass from GD (WA sets a screen - [of opposing GD) 3. C drives to top of circle to receive pass from WA 4. GS dodges, makes a double break back to the post to receive pass from C <p><u>Teaching points</u>: Do not drive too early, C & WA to backup around the circle for additional pass. GA to avoid contact with WD, then backup into circle</p>	 <p>Key ———▶ Pass - - - -▶ Player</p>
<p><u>15 Minute Game</u></p> <p>Game to practise the ball skills and all centre passes with defence.</p> <p><u>Teaching Points</u>: Correct footwork, timing of the break and drive directions.</p>	<p>15 mins</p>
<p><u>WARM DOWN</u></p> <p>3 laps of the court, slow jog, stretch</p>	<p>5 mins</p>

<p><u>WEEK 3</u></p> <p><u>WARM UP</u></p> <p><u>Skipping</u> 2 lap slow jog around three courts Using long rope, each player has 4 skips each, then 2 then 1 without missing a loop Extension: Add turn in air on run in, touch the ground, stretch up as though taking a high pass and lift rope off the ground for elevation of jump. <u>Teaching Points</u>: <i>Timing of run in and push of outside foot on run out. Stay light on feet, heads up, good balance, hands outstretched in correct catching action.</i></p> <p>Stretch as per sheets.</p>	15 mins
<p><u>FITNESS/MOVEMENT</u></p> <p><u>Skipping</u> Using small ropes, 1 each</p> <ol style="list-style-type: none"> 1. 50 skips, with rebound, 30 sec rest, repeat (Reduce by 10 each time, then increase by 10 each time, back to 50) 2. 30 skips without rebound (peppers). As above 3. 40 skips - 10 with rebound, 10 without, 10 with, 10 without. Rest 30 secs. Repeat 5 times 4. Skipping on the run. 4 fast lengths of the court. 15 seconds rest <p><u>Teaching Points</u>: <i>Stay light on feet, heads up, balance and control on the run</i></p>	15 mins
<p><u>SKILL DEVELOPMENT</u></p> <p><u>Ball handling</u> - revise passing, chest, shoulder, bounce - POST DRILL</p> <p><u>Shooting</u> Mark 5 or 6 point in the goal circle approx 1 - 1.5 metres from the post. Each player to take a turn at each position using correct technique as below</p> <ol style="list-style-type: none"> 1. Whole body facing the ring, square on 2. Feet side by side, should width apart 3. With arm close to the ear raise ball high above the head, ball is balanced on the fingers, the upper cushion on palm and the thumb of the preferred shooting hand. (There should be enough space under the ball to insert a finger) 4. Other hand used only to balance the ball in this position. Inner wrist of throwing hand must be square on to the post. 5. Body starts in straight position for setting of the shot. 6. As shot is made, knees and throwing arm bend then straighten on release of ball. (Throwing arm bends so hand comes down to nearly touch the head). Ball is directed to position 25-30cm above the ring directly in front of the player. 7. Follow through with fingers of throwing hand pointing through the ring. Arms are now outstretched ready for a rebound <p><u>Teaching Points</u>: <i>Body square to the post, feet side by side. Eye contact on the ring at all times. Body starts straight, then bends and finishes again straight on toes. When teaching children, redirecting ball to 25 - 30cm above post, tell them that there is a "big bird" (magpie) sitting on the ring in front of them and they must try to hit him in the head and make him fall into the ring backwards.</i></p>	20 mins

COURT STRATEGY

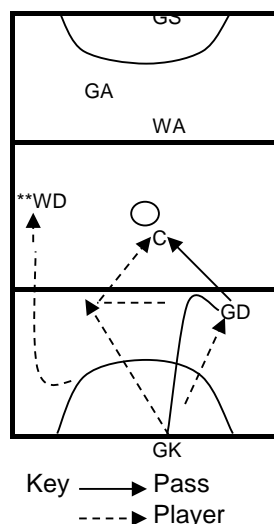
35 mins

Backline Passes

Right Hand Side Throw In

1. GD sags back to take a lob pass from GK
2. C makes a double break to take pass near centre circle
3. The play continues down the court with players leading to spaces and passing to the best options.

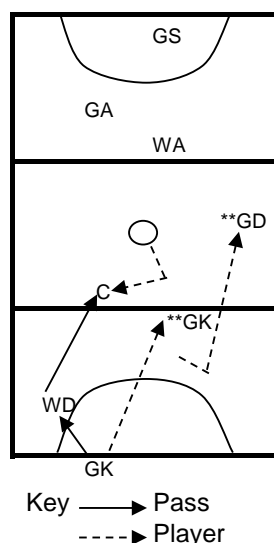
Teaching Points: GD to hold prior to pass to create space
 WD to backup down side line. GK to backup towards transverse line. WA, GA GS to lead into spaces.
 Timing on the break.



Left Hand Side Throw In

1. WD holds space on goal circle and receives pass into space
2. C makes double break to take pass from WD
3. The play continues down the court with players leading to spaces and passes to the best options.

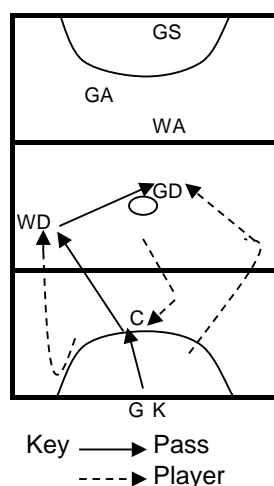
Teaching Points: WD to hold on goal circle to commit opposing WA to one side. Pass delivered to other side
 **GD to backup down side line. GK to backup towards transverse line. WA, GA & GS to lead into spaces
 Timing on the break



Base Line Throw In - Middle

1. GK feints pass to either WD or GD to commit opposing GS to clear centre area.
2. C makes double break to top of circle to receive pass.
3. WD drives down sideline to receive pass from C
4. GD drives down the other sideline then cuts back toward the centre to receive pass from WD.
5. The play continues down the court with GA, WA, GD leading to spaces and passes to the best options.
6. Reversal can also be played from the C to the GD

Teaching Points: WD & GD to start movement to create space for C. WA, GA & GS to lead into spaces.
 Timing on the break

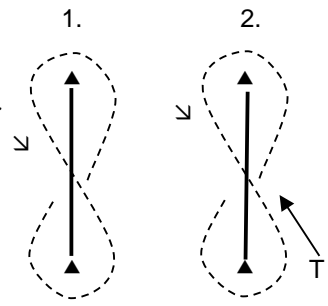
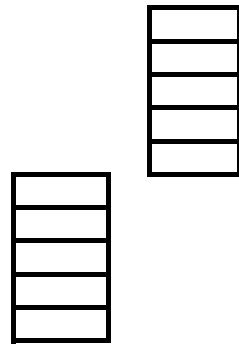


WARM DOWN

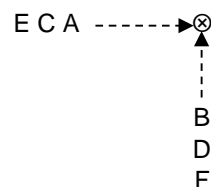
3 laps of the court, slow jog, stretch

5 mins

<p>WEEK 4</p> <p>WARM UP</p> <p>Follow the leader Using the lines of the $\frac{2}{3}$ of the court, move around the court changing direction at each corner. Also change footwork ie running, side steps, skipping, backwards. Repeat 3 times with a new leader each time Small ropes - Using the same $\frac{2}{3}$ of the court, skip along the lines of the court. Repeat 3 times with a new leader each time</p> <p>Teaching Points :- Heads up, light on feet, soft knees, balance. <i>Timing on skipping - use running action, even rhythm - not a gallop</i></p> <p>Stretch as per sheets.</p>	<p>15 mins</p>
<p>FITNESS/MOVEMENT</p> <p>Chalk Ladders Draw 2 x 12 line ladders as per diagram Rungs 30cm apart, ladders 2.5 metres apart</p> <ol style="list-style-type: none"> Using only 1 ladder - One player at a time on the ladder using various footwork patterns. Eg, <ol style="list-style-type: none"> 1 step in each space , forward motion 2 steps in each space, always stepping forward on the same leg. (Repeat using other leg) Repeat 1 with high knees Skipping action high knees in front. Extension: Using both ladders side slip to second ladder and repeat various actions, plus very fast feet. ▲ <p>Teaching points : Light on feet, soft knees, balance, heads up, do not look sideways when moving to second ladder, use driving arm action</p>	<p>10 mins</p>
<p>Skill Development</p> <p>Ball handling - revise passing, chest, shoulder, bounce - TRIANGLE</p> <p>Footwork Take off and landing</p> <p>2 cones and side line (see diagram 1) Players run in figure 8 pattern around the cones leading over the line on the foot nearest the line. On landing, player must stop and land one foot after the other. Alternate direction of run so other leg is used.</p> <p>Variation. Hop over the line with the foot nearest the line, stop, landing on the same foot. Introduce a pass as players crosses the line (see diagram 2)</p> <p>Teaching Points : balance on landing, soft knees, check leading leg</p>	<p>15 mins</p>

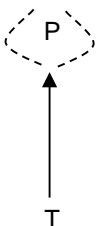


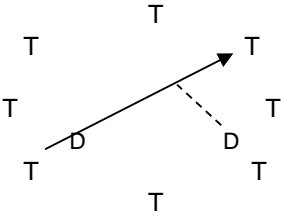
<p><u>Pivot</u> Form two lines at right angles to each other (See diag) A runs straight out and receives a pass from B. A catches, pivots and throws back to C. B runs straight out and receives pass from C, pivots and passes back to D etc.</p> <p><u>Teaching Points</u>: <i>Pass must be in front of moving player, correct landing technique.</i></p>	10 mins
<p><u>COURT STRATEGY</u></p> <p>Revision of centre passes and base line throw ins.</p>	15 mins
<p><u>20 Minute Game</u> Game to practise ball skills and all centre passes and back line throw ins with defence.</p> <p><u>Teaching Points</u>: <i>Correct footwork, timing of the break and drive directions. Correction of centre passes & base line throw ins</i></p>	20 mins
<p><u>WARM DOWN</u> 3 laps of the court, slow jog, stretch</p>	5 mins



<p><u>WEEK 5</u></p> <p><u>WARM UP</u> 2 lap slow jog around three courts Stretch as per sheets. Small skipping ropes - 30 Rebound skipping. Repeat 3 times</p>	<p>15 mins.</p>
<p><u>SKILL DEVELOPMENT</u></p> <p><u>Ball handling</u> - revise passing, chest, shoulder, bounce - TARGETS and PERIPHERAL VISION</p> <p><u>Toss Up</u> Two players, 1 ball, ▲ Players are positioned .09m apart facing each other. Feet, one in front of the other, knees slightly bent. Hands by sides, (as far to the front as possible), elbows slightly bent. Eyes on the ball from the moment the umpire has the ball. Ball is released midway between the two players from just below the shoulder level of the shorter player's normal standing position. Ball is flicked vertically not more than 600mm and the whistle is blown at the same time. Players must not move before the whistle. On the whistle, hands move very quickly from sides up to snatch the ball away to side.</p> <p><i><u>Teaching Points</u>: Body, arms and legs relaxed, eyes on the ball all the time. Anticipate the whistle, snatch must be to the side away from the opposition.</i></p>	<p>15 mins</p> <p>10 mins</p>
<p><u>DEFENCE</u></p> <p><u>Whistle</u> Players in pairs. Use one third of the court. One player is the attacker, the other the defender. Using one third of the court, attackers aim to get away from their defender. The coach blows the whistle, and players have to stop still. If the defending player is close enough to touch the attacker, they have defended well. Repeat 3 times then swap over</p> <p><i><u>Teaching Points</u>: Heads up, stay close to the attacker, stay away from other pairs, move feet fast using small steps.</i></p> <p><u>Shadowing</u> Players in pairs. Use the length of the court. One player is the attacker, the other the defender. Players face each other, .09m apart. Attacker cannot move more than 3 metres with changing direction. Positions swap at each end. <u>Variation</u> : Defenders back to attackers front. Defenders covers $\frac{2}{3}$ of attackers body. Repeat as above.</p> <p><i><u>Teaching Points</u>: Defenders feet shoulder width apart, small steps, soft knees, legs do the work, body upright, keep body square (don't open shoulders to allow attacker past) head up.</i></p>	<p>15 mins</p>

<p><u>COURT STRATEGY</u></p> <p><u>Decision making</u> Using two thirds with six players, three in each third, the ball is passed to each player before moving to the next third. Each player is to make an offer for the ball each time. Use various breaks ie straight lead, double break.</p> <p><u>Teaching Points:</u> Keep the ball moving, normal rules apply. Passes to be ahead of the receiver. Players to use the whole third and vary their moves.</p> <p><u>Circle Work</u> Using goal circle, two shooters in the circle, two players (ie WA, C) out feeding. Work 6 passes back an forth from feeders to shooters before putting up a shot. Extension - Add defences</p> <p><u>Teaching Points:</u> <i>Split circle, making sure players are using space and not colliding. Pass into the space. Correct shooting technique Feeders to move around, off the circle to create a new space.</i></p>	15 mins
<p><u>HALF COURT GAME</u></p> <p>Game to practise centre passes, circle work with defence.</p> <p><u>Teaching Points:</u> <i>Correct footwork, timing of the break and drive directions. Re-offer outside circle to help with the feed.</i></p>	10 mins
<p><u>WARM DOWN</u> 3 laps of the court, slow jog, stretch</p>	5 mins

<p><u>WEEK 6</u></p> <p><u>WARM UP</u></p> <p>2 lap slow jog around three courts</p> <p>Stretch as per sheets.</p> <p><u>Skipping</u> Using long rope, each player has 4 skips each, then 2 then 1 without missing a loop Extension: Add turn in air on run in, touch the ground, stretch up as though taking a high pass and lift rope off the ground for elevation of jump.</p> <p><u>Teaching Points</u> : <i>Timing of run in and push of outside foot on run out. Stay light on feet, heads up, good balance, hands outstretched in correct catching action.</i></p>	<p>15 mins</p>
<p><u>FITNESS/MOVEMENT</u></p> <p><u>Sprints</u> Use two thirds. Players line up on transverse line, jogging on the spot. On the whistle, they sprint to the baseline. 10 sprints.</p> <p><u>Teaching Points</u> : <i>Initial thrust must be forward, not a push off from the back foot. Players to be at full speed when crossing the baseline. Do not slow down nearing the end.</i></p> <p><u>Skipping</u> Using small ropes, 1 each</p> <ol style="list-style-type: none"> 1. 50 skips, with rebound, 30 sec rest, repeat (Reduce by 10 each time, then increase by 10 each time, back to 50) 2. 30 skips without rebound (peppers). As above 3. Skipping relays. 2 teams x 4 players. Use the length of the court. <p><u>Teaching Points</u> : <i>Stay light on feet, heads up, balance and control on the run</i></p>	<p>15 mins</p>
<p><u>SKILL DEVELOPMENT</u></p> <p><u>Ball handling</u> - revise all passing techniques - FIGURE 8 and SHUTTLE BALL</p> <p><u>DEFENCE</u></p> <p><u>Outside Arm Post</u> 1 Thrower (T), 1 Post (P), 1 defender (D), 1 ball P remains stationary while the defender works around her deflecting the ball using her outside hand. T throws the ball at chest height from 3 metres away. The defence uses her outside hand to deflect the ball P does not try to catch the ball.</p> <div style="text-align: center;">  </div> <p><u>Teaching Points</u> : <i>Defender to face thrower at all times, stay light on feet, small steps, no contact with the post, anticipation.</i></p>	<p>15 mins</p> <p>10 mins</p>

<p>Circle Intercept At least 5 throwers (T) in a circle, 2 defenders (D) 1 ball. T's keep passing the ball to each other, but not to the person next to them. The closest defender to the ball runs up and puts hands up at 0.9m. The other stays back and tries to intercept the pass. Throwers must hold the ball for a least 2 seconds to give the defenders a fair chance, especially when learning.</p> <p>Teaching Points: Check distance, hands over every pass, commit with two hands on intercept.</p> <p><i>Progress to Zone Defence only if this is accomplished.</i></p>		15 mins
<p>Zone Defence - See attached drill</p>	15 mins	
<p>WARM DOWN 3 laps of the court, slow jog, stretch</p>	5 mins	