

ACTIVITY TYPE

# Coaching Points

## Footwork, Balance and Movement Skills

### Initial Stance

Forms the starting point for most attacking and defending skills.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Feet shoulder-width apart</li> <li>✓ Shoulders back and down</li> <li>✓ Knees slightly flexed</li> <li>✓ Knees over toes</li> <li>✓ Head up with eyes looking in direction of play</li> <li>✓ Arms relaxed by side of body</li> <li>✓ Centre of gravity is low and over base of support</li> </ul>	<ul style="list-style-type: none"> <li>✗ Base of support too narrow</li> <li>✗ Shoulders forward and leaning inward</li> <li>✗ Knees straight</li> <li>✗ Knees not over toes</li> <li>✗ Head down</li> <li>✗ Arms tensed and away from body</li> <li>✗ Centre of gravity high and not over base of support</li> </ul>

### Safe Landing

When landing on one leg it is important to teach the players which foot they should be landing on.

Teaching Points	Common Errors
<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✓ Land with feet shoulder-width apart to give a firm support base</li> <li>✓ Keep body upright, bend at hips, knees and ankles on impact to cushion landing</li> <li>✓ Continue to bend knees after impact to assist with a balanced soft landing</li> <li>✓ Body weight over both feet with shoulders even and weight on both feet</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ If player leads to the left, they should land on the left (outside) foot. If they lead to the right, land on the right foot</li> <li>✓ Body weight over the outside foot with shoulders even and weight on the outside foot</li> <li>✓ Place other foot on the ground quickly to help absorb impact and provide balance</li> </ul>	<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✗ Landing with feet too close together</li> <li>✗ Not continuing to bend knees, ankles and hips on and after impact</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Landing on incorrect foot (inside)</li> <li>✗ Not bending knees, ankles and hips on and after impact and weight on the outside foot to cushion landing</li> <li>✗ Second foot not landing quickly and overbalancing on first</li> <li>✗ One shoulder is dipped – usually same side as landed foot</li> </ul>

## Take-Off

Stride length should be short on take-off.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Arms/legs move in opposition</li><li>✓ Lean body forward</li><li>✓ Start with small steps and gradually move to bigger steps</li><li>✓ Arms drive forward in relaxed style, elbows bent</li><li>✓ Keep head erect and eyes up</li><li>✓ If leading to the right, take off with the right foot and vice versa</li></ul>	<ul style="list-style-type: none"><li>✗ Initial step back before driving forward</li><li>✗ Same arm and same leg</li><li>✗ Arms at side of body not driving or swinging across the body</li><li>✗ Stride length too big</li><li>✗ Eyes looking down</li></ul>

## Jumping and Leaping

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

Teaching Points	Common Errors
<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul>	<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Extra step not taken so only a one-foot take off used</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on one foot</li> <li>✗ Timing of jump is incorrect</li> </ul>
<p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Push strongly off take-off foot</li> <li>✓ Drive arms up to extend towards ball</li> <li>✓ Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles</li> </ul>	<p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul>
<p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✓ Hopping leg bends on landing and straightens to push off</li> <li>✓ Arms bent and swing forward as support leg pushes off</li> <li>✓ Opposite leg bent and swings in rhythm with hopping leg</li> <li>✓ Head stable, eyes focused forward</li> </ul>	<p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✗ Hopping leg not bent on take off or landing</li> <li>✗ Arms stationary</li> </ul>
<p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✓ Shows a rhythmic step-hop</li> <li>✓ Lands on ball of the foot</li> <li>✓ Knee bends to prepare for hop</li> <li>✓ Head and trunk stable, eyes focused forward</li> <li>✓ Arms relaxed and swing in opposition to legs</li> </ul>	<p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✗ Lack of rhythm in step – hop movement</li> <li>✗ Lack of arm movement</li> </ul>

## Pivot

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

Teaching Points	Common Errors
<p><b>Pivoting must always be on the landing foot</b></p> <ul style="list-style-type: none"> <li>✓ Bring weight over grounded foot</li> <li>✓ Bend knees slightly</li> <li>✓ Turn on ball of the pivot foot, pushing off with the other foot</li> <li>✓ Non-grounded foot is lifted and regrounded to maintain balance throughout movement</li> <li>✓ Players must be able to turn quickly after receiving a pass and face the play down court</li> <li>✓ Keep ball close to body and positioned ready to throw</li> </ul> <p><b>Remember:</b></p> <ul style="list-style-type: none"> <li>✓ When leading to right, land on right foot and pivot to right</li> <li>✓ When leading to left, land on left foot and pivot to left</li> <li>✓ When leading straight, pivot on first landed foot away from defended side</li> </ul>	<ul style="list-style-type: none"> <li>✗ Landing on incorrect foot</li> <li>✗ Pivoting before the ball is securely caught</li> <li>✗ Pivoting into opponent</li> <li>✗ Dragging the pivoting foot on the pivot action</li> <li>✗ Pivoting with the leg straight</li> <li>✗ Weight not over grounded foot</li> <li>✗ Grounded foot is lifted and regrounded during pivot</li> <li>✗ Weight of grounded foot is moved from heel to toe during pivot</li> <li>✗ Ball not brought into body after catch</li> </ul>

## Ball Skills

### Catch

Encourage players to catch with two hands to increase control.

Teaching Points	Common Errors
<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✓ Eyes on the ball</li> <li>✓ Move towards the ball</li> <li>✓ Extend hands forward with fingers spread and thumbs behind the ball ('W' formation)</li> <li>✓ Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs</li> </ul>	<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✗ Eyes not on the ball</li> <li>✗ Catching with the palms of the hand</li> <li>✗ Thumbs not behind ball</li> <li>✗ Arms bent and close to body</li> <li>✗ Not taking the ball while on the move</li> <li>✗ Movement away from the ball</li> </ul>

### Shoulder Pass

One-hand pass used for speed and accuracy over long distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Opposite foot to the throwing arm forward</li> <li>✓ Feet shoulder-width apart, with weight on back foot at start of throw</li> <li>✓ Ball held with two hands initially then in one hand with arm back behind the shoulder</li> <li>✓ Arms extended with elbow slightly bent, shoulders turned</li> <li>✓ Fingers spread wide behind the ball</li> <li>✓ Transfer weight forward as throwing arm comes through</li> <li>✓ Follow through throwing arm until almost extended, fingers and wrist extend in the direction of the pass</li> <li>✓ Rotate hips and shoulders towards target</li> <li>✓ Direct pass to space ahead of receiver</li> </ul>	<ul style="list-style-type: none"> <li>✗ Same foot as arm forward</li> <li>✗ Throwing hand resting on shoulder</li> <li>✗ Weight on front foot initially – little weight transfer resulting in loss of power</li> <li>✗ No transfer of weight from back foot to front foot</li> <li>✗ Ball held in palm</li> <li>✗ Elbow not bent when taken back</li> <li>✗ No shoulder rotation as ball taken back – stab pass</li> <li>✗ No hip/shoulder rotation as ball comes through</li> <li>✗ Arm taken back too high and the ball travels down on release</li> <li>✗ Hand under ball causing spin on release</li> <li>✗ Pass not directed to space in front of receiver</li> </ul>

## COACHING POINTS

### Chest Pass

Pass with two hands from the chest (used for quick, short and accurate passes).

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Stand front on with the ball in two hands at chest height and elbows down</li><li>✓ Spread fingers around the ball with thumbs behind</li><li>✓ Step forward with weight transferred onto front foot as you push the ball with wrist and fingers</li><li>✓ Ball comes out evenly from both hands</li><li>✓ Head up, eyes looking forward</li></ul>	<ul style="list-style-type: none"><li>✗ Elbows at shoulder height</li><li>✗ Hands at the side of the ball with thumbs upward</li><li>✗ No weight transfer, use upper body only</li><li>✗ Ball pushed from palm – lack of touch on pass</li><li>✗ One hand dominates pass</li><li>✗ Head down looking at ball</li></ul>

### Bounce Pass

Used when the thrower is closely defended or when play is crowded, generally over short distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Step forward and bend/lunge on opposite leg</li><li>✓ Push ball forward and downward</li><li>✓ Release ball between the hip and knee</li><li>✓ The path of the ball is lower – under the outstretched hands of the defender</li><li>✓ The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height</li></ul>	<ul style="list-style-type: none"><li>✗ Step is across body</li><li>✗ Pass not directed downward</li><li>✗ Ball released at shoulder height</li><li>✗ No weight transfer</li><li>✗ Bounce the ball too close to the thrower</li><li>✗ Bounce the ball too high</li></ul>

## Ball Skills (cont.)

### Lob

A high pass used to lift the ball over the arms of the defending players.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Start movement from the shoulder</li> <li>✓ Short back movement</li> <li>✓ One-handed high release</li> <li>✓ Follow through in direction of pass with wrist/fingers</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball begins at waist/hip level</li> <li>✗ Large 'back swing' movement</li> <li>✗ Ball released from chest position</li> <li>✗ No follow through, arm action 'stabs' pass</li> </ul>

### Ball Placement

An important aspect of all passes.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Place in front of moving player</li> <li>✓ Receiver to receive at full stretch, in front of defender</li> <li>✓ Into space created by attacker – hold for a bounce or a lob</li> </ul>	<ul style="list-style-type: none"> <li>✗ Pass placed behind or at receiver</li> <li>✗ Pass too high or low</li> <li>✗ Receiver moves off too soon – allowing defender to move into the space created</li> </ul>

## Shooting Skills

### Shooting

Predominantly a one-handed shot with the other hand resting on the side of the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Ball is held above the head</li> <li>✓ Arms are extended with the shooting arm reasonably straight and close to the ear</li> <li>✓ Ball rests on the base of the spread fingers and the thumb</li> <li>✓ The opposite hand is placed on the side of the ball to steady it</li> <li>✓ Stand upright with the feet about shoulder-width apart</li> <li>✓ Feet, hips and elbows pointing towards the goalpost</li> <li>✓ Bend elbows and knees</li> <li>✓ Straighten elbows and knees</li> <li>✓ Release the ball just before elbows and knees are straight</li> <li>✓ Flick the ball with the wrist</li> <li>✓ Follow through, arms towards post</li> <li>✓ Straighten fingers pointing them towards the post</li> <li>✓ The ball should travel in an arc towards the post</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball is behind or in front of head</li> <li>✗ Arm is extended out from ear</li> <li>✗ Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips</li> <li>✗ Opposite hand is placed under the ball</li> <li>✗ Feet too close or too far apart and body is hunched</li> <li>✗ Feet, hips and elbows not aligned with each other and the post</li> <li>✗ Keeping elbows and knees extended and ball dropping behind the head</li> <li>✗ Keeping elbows and knees flexed on the release phase of the shot</li> <li>✗ Releasing ball after elbows and knees are straight</li> <li>✗ Not using any wrist action</li> <li>✗ Arms not following the ball in the direction of release</li> <li>✗ Fingers not pointing in the direction of the ball release</li> <li>✗ The ball travels flat in the air</li> </ul>

## Attacking Skills

### Timing of Lead

An important aspect of all attacking moves.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Reading cues from the thrower</li> <li>✓ Reading available space</li> </ul>	<ul style="list-style-type: none"> <li>✗ Moving too early before thrower is ready to release</li> <li>✗ Driving into space already taken</li> </ul>

### Straight Lead

Timing is key for successful execution.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle to the free side</li> <li>✓ When the lead is to the right, take off with the right leg and vice versa</li> <li>✓ Emphasis should be on strong first 3–4 steps with shoulders in direction of lead</li> <li>✓ When leading to the right, land on the right foot and pivot to the right</li> <li>✓ When leading to the left, land on the left foot and pivot to the left</li> <li>✓ Strong arms to accelerate</li> <li>✓ Maintain speed onto ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Leading too soon</li> <li>✗ Step back before drive forward or taking off with the incorrect leg</li> <li>✗ Run with body 'flat' to ball</li> <li>✗ Arms swing across body or not at all</li> <li>✗ Lead is to the side but not towards the ball</li> <li>✗ Slow down before the pass is taken</li> <li>✗ Landing on the inside leg</li> </ul>

## COACHING POINTS

### Single Dodge

Movements should be quick and decisive.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Eyes on thrower</li><li>✓ Body upright, feet shoulder-width apart, slightly bent knees and hips</li><li>✓ Move a few steps away from the intended catching position (should be a definite move)</li><li>✓ Place outside foot strongly on ground and push off in the opposite direction, turning hips to face towards direction of travel</li><li>✓ Use arms to accelerate and extend to receive ball</li></ul>	<ul style="list-style-type: none"><li>✗ Feet too far apart</li><li>✗ No weight transfer onto outside foot</li><li>✗ Push off on the inside foot</li><li>✗ Dodge not a definite movement, just a sway</li><li>✗ Movement too slow, allowing defender to hold attacker's position</li><li>✗ Moving head and losing sight of thrower</li><li>✗ Eyes and head looking down</li><li>✗ Arms beside body and not using to increase power</li></ul>

### Change of Direction (Two Straight Leads)

First movement is longer than that used in a single dodge.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle. Shoulders should be in direction of movement</li><li>✓ Emphasis should be on strong first 3–4 steps</li><li>✓ Push off strongly on outside foot and use inside foot as take-off foot to move into a new space</li><li>✓ Emphasis again on strong first steps when moving to the new space</li></ul>	<ul style="list-style-type: none"><li>✗ Leading too soon</li><li>✗ Shoulders not turned in direction of lead</li><li>✗ Push off on the inside foot</li><li>✗ Movement onto second move not definite</li><li>✗ Not changing direction into a free space</li><li>✗ Arms beside body and not using to increase power</li><li>✗ Eyes and head looking down</li></ul>

## Defence Skills

### One on One Shadowing

Basic defending position.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand in front of opponent with back to attacker and body halfway across opponent's body</li> <li>✓ Arms close to sides of body</li> <li>✓ Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright</li> <li>✓ Vision to see attacker and the ball</li> <li>✓ Shadow moves using fast small steps</li> <li>✓ Aim to move feet, keep head up and maintain vision of the attacker and not swing head</li> </ul>	<ul style="list-style-type: none"> <li>✗ Standing directly in front of attacker or directly beside attacker</li> <li>✗ Watching either the ball or the attacker exclusively</li> <li>✗ Bottom is not tucked in and legs straight</li> <li>✗ Feet too close together or too far apart</li> <li>✗ Arms positioned out from the body causing obstruction</li> <li>✗ Moving head and not feet to maintain vision on attacker</li> </ul>

### Interception

Reading the pattern of play allows the defender to predict the most likely passing option.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Read cues provided by thrower to anticipate direction of pass</li> <li>✓ Drive for an intercept at an angle</li> <li>✓ Focus on ball</li> <li>✓ Emphasis should be on strong first 3–4 steps</li> <li>✓ Run through to take the ball</li> <li>✓ Land on the outside foot and balance</li> </ul>	<ul style="list-style-type: none"> <li>✗ Misreading the cues</li> <li>✗ Leading too soon</li> <li>✗ Angle too flat</li> <li>✗ Eyes and head looking forward</li> <li>✗ Push off on the inside foot</li> <li>✗ Lunging at the ball</li> <li>✗ Landing on incorrect foot and overbalancing</li> </ul>

## COACHING POINTS

### Recovery to 0.9m (3 feet) for Netball and 1.2m (4 feet) for NetSetGO

Quick recovery enables the defender to position to defend the next pass.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Push off strongly 0.9m distance (1.2m for NetSetGO)</li> <li>✓ Strong stride/jump back – can be one large stride or a few quick steps</li> <li>✓ Use arms for power to jump back</li> <li>✓ Head up with eyes on ball and opponent</li> </ul>	<ul style="list-style-type: none"> <li>✗ Push off not quick enough to get back to distance</li> <li>✗ Feet too wide or too close together – difficult to change direction</li> <li>✗ Eyes on ground – attempting to judge distance</li> </ul>

### Hands Over Ball (NetSetGO Distance is 1.2m)

Balance should be maintained ready to defend the attacker after they release the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand 0.9m in front of the person throwing (1.2m for NetSetGO)</li> <li>✓ Feet shoulder-width apart, knees, hips and ankles slightly bent</li> <li>✓ Weight balanced over two feet with knees over toes and entire foot on ground</li> <li>✓ Arms up and in position over the ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Incorrect distance</li> <li>✗ Hands coming up before correct distance is taken</li> <li>✗ Feet narrow/legs straight/on toes – lose balance and shorten distance</li> <li>✗ Bend forward too much at waist</li> <li>✗ Arms waving and not defending ball</li> </ul>

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