

ACTIVITY TYPE

Throw

Throw at a Target

Objective

To develop throwing technique, focusing on hitting a stationary target.

Equipment/Area

Netball court or suitable playing area.

Markers.

Soft balls.

Bean bags.

Group Management

Individuals.

Description

Set up a line of markers with a soft ball balancing on top.

Line players up behind a line three metres away.

Players throw bean bags at the balls until they are all knocked off the markers.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Decrease distance from target.

Up: Competition between teams – each team must only knock off their opponents' balls, with the winning team the one with their markers still intact. Alternatively, teams knock off their own markers and the winning team is the first to have no balls left balancing on markers.

? Question

Where did you aim to hit the target?

What helped you hit the target?

Clean Up Your Rubbish

Objective

To develop shoulder pass technique and pass over a distance.

Equipment/Area

Netball court or suitable playing area.

Pieces of paper (rubbish).

Markers.

Group Management

Two groups.

Description

Divide the third in half with a line of markers down the middle and approximately eight players on each side of the line.

Spread a large number of screwed up pieces of newspaper over the two areas.

On the command the players must pick up the rubbish in their area and shoulder pass it to the opposite team's area.

After a set time, the coach signals time. The winning team is the one with the least bits of rubbish in their 'yard'.

Rubbish outside the area belongs to the team who threw the rubbish, not the team whose area it sits outside.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Opposite foot to throwing arm steps forward.

Ball held in one hand with arm back behind shoulder.

Arms extended with elbow slightly bent, shoulders turned, fingers spread wide behind ball.

Weight transfer forward as ball is passed.

↻ Change It

Down: All players start with 1–2 pieces and only throw their pieces of rubbish.

Up: Introduce an area between the teams' areas which is a no-go zone, so the players need to throw further to land their 'rubbish' in the opposition's court area.

? Question

How did you get your 'ball' to go a long way?

Throw into a Hoop

Objective

To develop accuracy in aiming for a target.

Equipment/Area

Netball court or suitable playing area.

Hoops.

Markers.

Bean bags.

Group Management

Groups of 3–4.

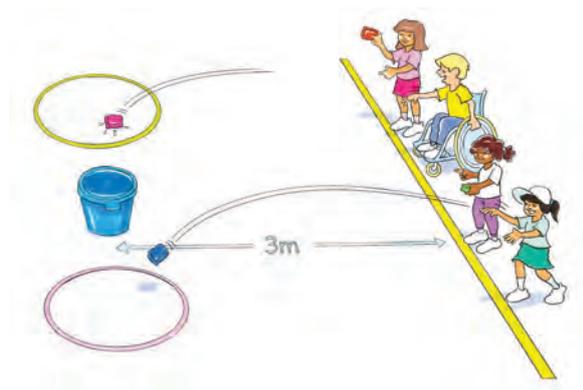
Description

A player stands three metres from a target of three different sizes (hoops, markers, bean bag, etc.).

Players throw their bean bags at the targets.

Players score points applicable to the target they hit.

Repeat for four bean bags then rotate.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Opposite foot to throwing arm steps forward.

Bean bag held in one hand with arm back behind shoulder.

Arms extended with elbow slightly bent, shoulders turned, fingers spread wide behind beanbag.

Weight transfer forward as beanbag is thrown

↻ Change It

Down: Move closer to the target.

Up: Introduce a competition between players in the group; Another player calls which hoop they have to aim for.

? Question

Where did you aim to hit the target?

What helped you hit the target?

Shooting a Goal

Objective

To develop accuracy of pass and shot.

Equipment/Area

Netball court or suitable playing area.

Modified goalpost.

Hoops.

Bean bags.

Size 4 netballs (or equivalent).

Group Management

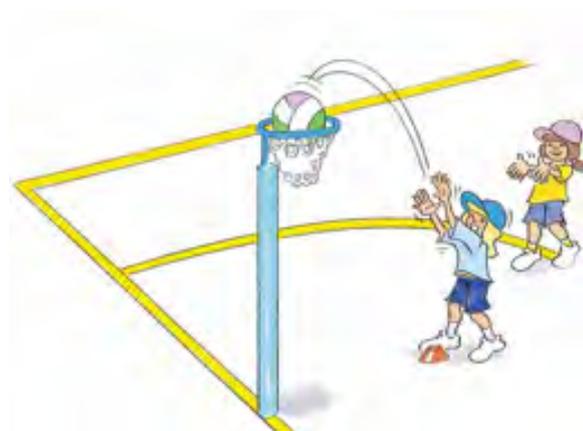
Pairs.

Description

Work in pairs.

One player shoots using a bean bag and the other player rebounds (collects) and passes the bean bag back.

Shoot five times and swap roles.



⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Encourage players to have their feet, hips and elbows pointing towards the goal post.

Players should avoid shooting with 'chicken wings' (elbows sticking out to the side) as this develops poor technique for shooting.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

🔄 Change It

Down: Aim for a hoop held by a partner rather than a ring.

Up: Use a soft ball or a netball; Introduce a competition (for example, score out of five); Relay race – player has one shot, collects bean bag/ball, passes to next player in line then goes to the end of the line, continuing for a time limit or reaching a number of goals.

❓ Question

Where did you aim to get a goal?

Long Throw

Objective

To develop shoulder pass technique for passing distance.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Markers.

Group Management

Pairs.

Description

A shoulder pass is thrown between two people.

If the ball is caught, both step back.

If the ball is dropped, both step forward (unless closer than three metres).

Work for a set time or a number of passes.

⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Opposite foot to the throwing arm forward.

Arms extended with elbow slightly bent.

Fingers spread wide behind the ball.

Transfer weight forward as throwing arm comes through.

🔄 Change It

Down: Use a soft ball.

Up: Introduce a competition between pairs where the winning pair is furthest apart at the completion of a set time or have completed the most number of passes; Use a chest pass.

❓ Question

What did you do to make the shoulder pass go over a greater distance?

Shrink and Grow

Objective

To practise catching and throwing techniques.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

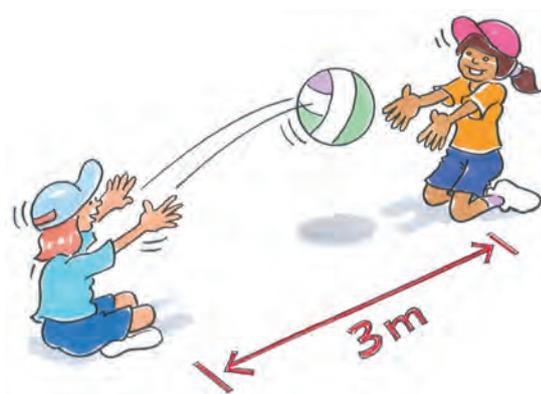
Description

In pairs, players pass back and forth to each other.

If the ball is dropped, both players kneel on one knee.

Subsequent dropped passes result in the players 'shrinking' to both knees/kneeling, and then finally sitting.

After two consecutive successful passes, players grow again to standing, then progress to step back options (as per L-o-n-g throw).



! Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Gain power and distance by stepping forward with opposite foot to throwing hand, rotating the hips and transferring weight from back to front foot.

Non-preferred hand: Encourage players to also practise throwing activities with their non-preferred hand whenever possible.

Distance: Practise throwing for distance (sideline to sideline using a bean bag or knotted bib) as well as shorter distance throwing for accuracy.

↻ Change It

Down: Use bean bags, tennis balls, knotted bibs.

Up: Use different types of passes; Add a defender.

? Questions

What different passes did you use?

How were you able to throw further?

Catch Me If You Can

Objective

To develop accuracy of passing and catching in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Groups of 8–10.

Description

Groups stand in a circle with two balls starting opposite each other.

Players pass the balls to the person next to them, trying to catch one ball with the other.

The activity ends when one ball is 'caught' by the other ball.



⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

🔄 Change It

Down: Use soft balls.

Up: Use three netballs; Change direction of balls.

❓ Question

What have you done well if one ball catches the other ball?

Beat the Ball

Objective

To develop accuracy of pass and catch in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Markers.

Group Management

Groups of 6–8.

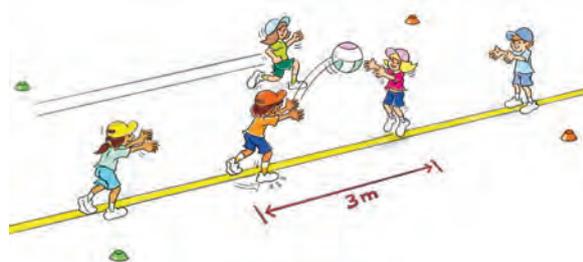
Description

Players form a straight line, three metres apart.

Players jump and catch the ball and land on two feet, pivot, and pass to the next person.

As players move ball up and down the line, a runner tries to beat the ball as it is passed along the line and back to the start.

Variation: change type of pass.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Allow players to use a pass that suits their ability level while also encouraging tracking the ball into hands.

Opposite foot to throwing arm steps forward to pass.

Encourage the next receiver to be ready to catch with their hands extended forward and fingers spread.

🔄 Change It

Down: Vary the type of pass used and the distance between players or size of the circle; Pass without the runner.

Up: Add three balls or beanbags to increase the difficulty or use a variety of different sized balls; Change the distance of the pass; Add a time limit.

? Questions

How can you beat the runner when passing?

What have you done well if the ball beats the runner back?

Tadpole

Objectives

To practise passing technique focusing on speed.

To practise running technique focusing on speed.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Markers.

Group Management

Two groups.

Description

Two even teams of five – six players with a designated 'running team' and 'throwing team'. The running team lines up in single file behind the first runner.

The throwing team forms a circle, with each player standing at a designated marker.

One at a time each player in the running team has to complete a circuit around the throwing team.

The throwing team aims to pass the ball around the circle, completing as many passes as possible before all runners have completed the circuit.

On completing the circuit the runner tags the next player before they are able to begin running.

After completing the final lap the last runner calls STOP, signaling the throwing team to stop passing.

The two teams change running and throwing roles.

The team who makes the greater number of passes wins the game.

! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball or bean bag.

Up: Increase the distance between throwers;
Run around one third of the netball court;
Vary the type of pass.

? Question

How did you make sure you caught the ball safely?



Passing vs. Running Relay

Objective

To practise passing and running techniques.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Markers.

Group Management

Two teams.

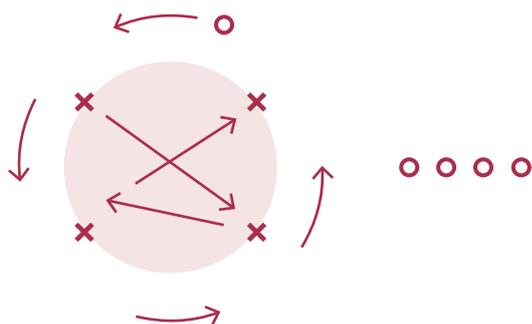
Description

Team X passes the ball around the circle anywhere, counting the number of passes out loud.

Team O runs around the circle (one by one).

When Team O has all run around once, swap roles.

Compare the number of passes.



⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Pass:

- Head up, eyes on the ball
- Transfer weight forward
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Ball comes out evenly from both hands.

Run:

- Eyes looking forward
- Push off the ground with the front part of the foot
- Extend back leg
- Knees bent at right angles when moving forward
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Contact ground with front part of foot
- Body leans forward.

🔄 Change It

Down: Use bean bags instead of a ball.

Up: Make the circle bigger.

❓ Questions

What helped you pass the ball quickly?

What slowed you down?

Corner Spry

Objective

To practise passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Markers.

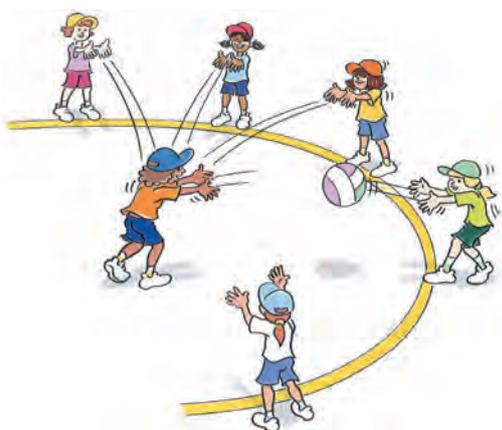
Group Management

Groups of 5–6.

Description

Players stand in a semicircle facing the player holding the ball who chest passes to each person in turn.

The last person in the semicircle does not pass the ball back, they carry the ball to become the new front person. The previous front person moves to the start of the line to receive the first pass.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Passing:

- Eyes on target
- Step towards target
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

↻ Change It

Down: Use a soft ball; Use a bean bag with an underarm throw.

Up: Add a second ball; Competition between teams.

? Question

What did you do to make sure your pass was accurate?

Crossball

Objective

To practise a variety of passing techniques.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

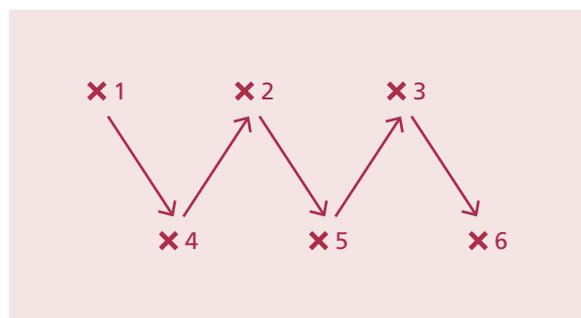
Groups of 5–6.

Description

Players line up opposite each other.

X1 starts with the ball and passes to player opposite.

Practise execution of shoulder, lob, bounce and chest passes in cross-ball formation.



⚠ Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Lob:

- Start movement from the shoulder
- Short back movement
- One-handed high release
- Follow through in direction of pass with wrist/fingers.

🕒 Coaching Tips (cont.)

Bounce:

- Step forward and bend/lunge on opposite leg
- Push ball forward and downward
- Release ball between the hip and knee
- The path of the ball is lower, under the outstretched hands of the defender
- The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height.

Shoulder:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Chest:

- Head up, eyes on the ball
- Transfer weight forward
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Ball comes out evenly from both hands.

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

🔄 Change It

Down: Use a soft ball or bean bag.

Up: Introduce a competition.

❓ Question

Which pass did you find easiest/most difficult?

Shooting Relay

Objectives

To develop goal shooting technique.

To practise chest pass technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Group Management

Groups of 4–5.

Description

Even teams line up from the corner of the goal third to a marker placed in the goal circle.

The ball is passed down the line using a chest pass in a catch, pivot and pass action to reach the front player who has an attempt at goal.

Whether successful or not, the player gathers their ball and runs back to the end of their line and the passing sequence begins again.

Players should move forward toward marker as player runs to corner of goal third.



⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Players to have their feet, hips and elbows pointing towards the goalpost.

Ball is held above the head in dominant hand. Opposite hand may be used to steady the ball.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

Bend knees and elbows, release ball and flick wrist.

🔄 Change It

Down: Bean bag with an underarm throw when passed; Use a hoop as a goal ring; Use a soft ball.

Up: Introduce a competition.

❓ Question

Where did you aim to shoot a goal?

What needs to happen so we safely pass the ball down the line?

Pig in the Middle

Objectives

To practise passing technique in a dynamic activity.

To develop intercept technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of four.

Description

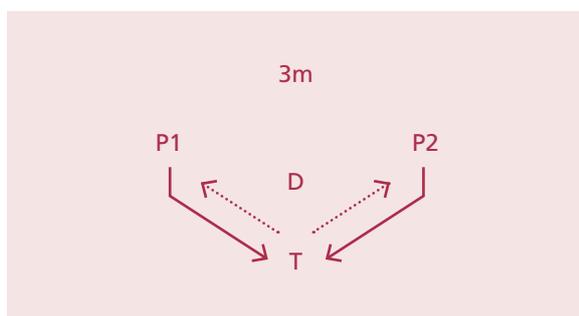
Divide the group into one defender (D), one thrower (T), and two passers (P1 and P2).

Players stand in a circle with the defender inside the circle.

The thrower passes to (P1) or (P2).

The defender attempts to intercept.

Player first steps forward, then leads out at 45 degrees.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.
- Two hands on the ball.
- No fakes from the thrower.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.
- Chase tips.

↻ Change It

Down: Use a soft ball.

Up: Have two defenders in the middle.

? Question

What did you look for when trying to get an intercept?

Square Pass

Objectives

To practise shoulder pass technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Markers

Group Management

Groups of three.

Description

Place four markers in a square. Three players stand at a marker, one of the players holding a ball.

The player with the ball throws to one of the other players, then runs to the free marker. The other players then repeat the activity.

! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Eyes on target.

Step towards target, this should be opposite foot to throwing arm for shoulder pass.

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

Place in front of moving player.

Receiver to receive at full stretch, in front of defender.

Into space created by attacker.

↻ Change It

Down: Use a soft ball.

Up: Ball starts with one of the players who is adjacent to the free space. The player adjacent on the other side then moves to the free space and receives the pass, then continues the pattern.

? Question

Where did you need to pass the ball to keep the activity going?

Numbers Game

Objectives

To practise passing technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

As a group.

Description

Stand in a circle with each half of the circle numbered consecutively.

Place two balls in the middle of the circle.

The coach calls a number (for example, 1). Both number 1s run into the middle of the circle, pick up their ball and then pass to another member of their team.

⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball.

Up: Introduce a competition – one point for the team finished first.

❓ Question

What did you do to make sure your pass was accurate?

THROW

Force Them Back

Objective

To develop accuracy of pass over distance.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

Two groups.

Description

Divide one third of the netball court in half.
A team of four stands in the middle of each half.

The ball starts with one player and is thrown into the other half.

If the ball is caught that team moves forward two steps.
If it is dropped the team moves back two steps.

The other team then throws the ball back.

Each team attempts to force the other team to the end of their court.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball.

Up: Increase the size of the area.

? Question

What did you do to make your pass go further?

Boundary Pass

Objectives

To practise passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players run around the outside of the court passing to each other using a variety of passes (for example, chest, bounce and shoulder pass).

On the whistle, players change direction.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Stand still to pass, then change partners on the whistle.

Up: Add a change of direction; the thrower must see the change of direction made by the player before they pass the ball.

❓ Question

What are the key points for a good chest, shoulder or bounce pass?

Crocodile

Objective

To develop passing technique for distance and accuracy.

Equipment/Area

Netball court or suitable playing area

Size 4 netballs (or equivalent)

Group Management

Two groups.

Description

Divide players into two teams, approximately eight players per team.

Divide the centre third in half, with each team standing in their own half.

A player starts with the ball and shoulder passes into the other team's area.

If the ball hits the ground, the team who threw the ball scores a point.

If the ball is caught, no points are scored and the ball is thrown back to the first half.

Play continues until a team scores 10 points.



⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Decrease the size of the area; Increase the number of players.

Up: Increase the size of the area; Decrease the number of players.

Forwards and Backwards

Objectives

To develop accuracy of pass after catching on the move.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Player stands facing their partner at the end of the court. One player runs backward and the other runs forward while chest passing.

Players should aim to maintain the same 2–3 metre distance along the length of the court.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball.

Up: Ball passed as surprise to player running forward.

Run, Jump and Catch

Objective

To practise landing and catching technique when on the move.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

Description

One player stands holding a ball, facing a line of four players.

The front player leads forward, receives a pass and lands on two feet, then throws a shoulder pass back and returns to the end of the line.

Rotate the thrower.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Land on outside foot.

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Players jump and land in a circle/hoop then receive a pass.

Up: Pivot after they catch the ball, pass to the next player in the line, this player then returns the ball to the front player.

❓ Question

What things did you look for to know when to pass?

Modified Around the World

Objective

To practise lead, passing and catching techniques in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 5–6.

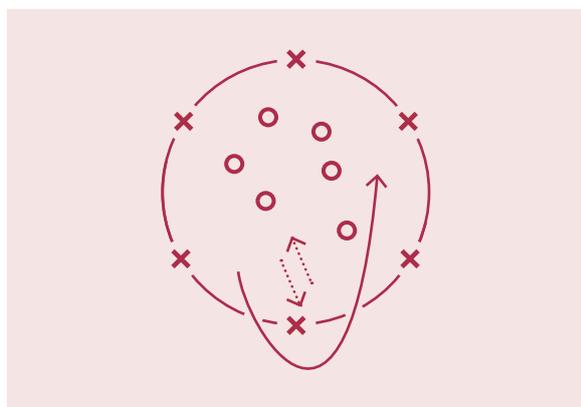
Description

Players are put into two even teams, one team forming an outer circle (X) and the other team inside the circle (O).

The players in the outside circle each have a ball.

Each X passes to an O. O passes back then jogs around the back of the player they received the pass from, and then sprints back into the circle and receives a pass from another X.

Play for three minutes then swap roles. Repeat twice.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Reinforce passing and catching technique.

Use a variety of attacking moves to create space and receive pass.

🔄 Change It

Down: Use a soft ball; Only one (O) in the middle; Only one (X) has a ball and (O) passes back to another (X).

Up: Play as a larger group; Introduce a competition.

? Questions

What kind of movements did you use to create space?

Netball Tag (Variation)

Objectives

To practise running and change of direction in a dynamic activity.

To practise passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

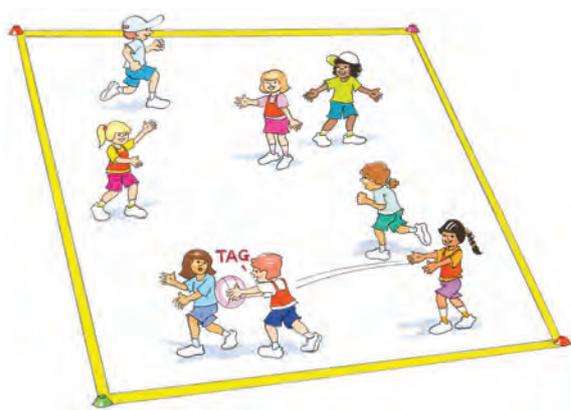
As a group.

Description

Two players, each wearing a bib (attackers), pass a ball between themselves, moving the ball to be able to tag another player (by pivoting, not throwing the ball).

All other players must move around the space to avoid being tagged.

Once a player is touched by a ball they put on a bib to help the attackers.



Netball Tag (Variation) (Cont.)

⚠ Safety

Define the area appropriate for numbers.

Ensure the ball does not leave the taggers' hands and is not thrown at players.

🎯 Coaching Tips

Run:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward
- Knee lifts.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catch:

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

↻ Change It

Down: Increase the number of tagging players to make it easier for the taggers; Make the playing area smaller.

Up: Make the playing area larger; The tagging group aims to make as many tags as possible in a defined time.

❓ Questions

Where are the spaces to move within the playing area?

Why is it important to find a free space?

How does this relate to a netball game?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Landing and Pivot Drill

Objective

To develop passing accuracy when passing to a leading player.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of three.

Description

Divide each group in to one worker (W), and two passers (P1 and P2).

P1 and P2 stand in a line facing each other with (W) in the middle.

W makes a lead out at 45 degrees and receives a pass from P1.

W catches, pivots and passes to P2.

W then leads out the opposite side at 45 degrees and receives a pass from P2.

W catches, pivots and passes to P1.

Continue and work for 10 passes.

Players swap roles.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Land on outside foot.

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↔ Change It

Down: Use a soft ball; Decrease the number of passes.

Up: Add a defender.

? Questions

Where do you aim your pass when a player is leading?

Base Run

Objectives

To develop passing accuracy when under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Markers.

Group Management

Groups of three.

Description

Two players with one ball try to stop a third player from reaching a base at either end of a 10 metre wide playing area.

Players pass the ball between themselves aiming to tag the third player with the ball (the ball must not be thrown at the player).

The third player tries to reach either pair of markers without being tagged.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Land on outside foot.

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Add another attacker.

Up: Change the shape of the area.

❓ Questions

How many times did you tag the player?

Interceptor

Objective

To develop passing technique focusing on accuracy.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

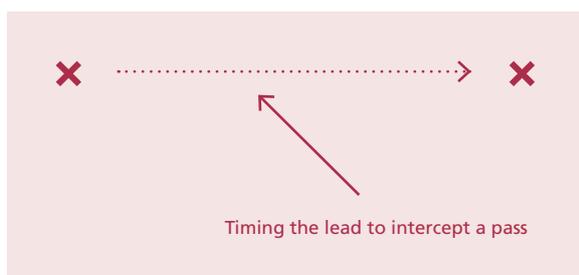
Groups of three.

Description

A defender stands in the middle between two players and tries to intercept the ball.

The attacking players shoulder pass the ball between each other and try to retain possession.

Ball> Player ———>



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

🔄 Change It

Down: Take away defender and complete a set number of passes; Limit space defender can run; Decrease the distance between the two throwers; Keep the type of pass the same to make it easier to time the leap.

Up: Add a second defender; Increase the distance between the two throwers; Change the type of pass to increase difficulty; Make it a competition.

❓ Questions

What did you do to make sure your pass wasn't intercepted?

Shake the Shadow

Objective

To develop dodge technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs or groups of three.

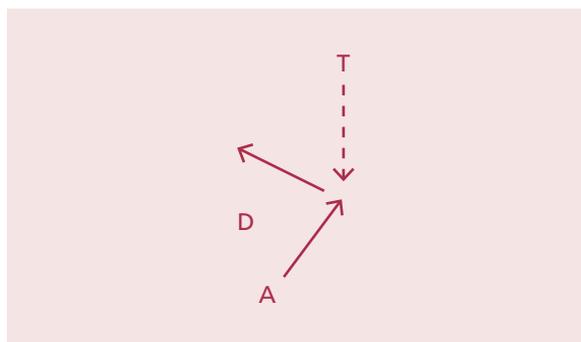
Description

Pairs

- One player tries to evade their partner by dodging (2–3 steps each way) and 'shake the shadow'.
- The partner tries to stay within arm's length, so when the coach blows their whistle they can touch their partner.
- Players change roles and repeat.

Groups of three

- One player, the thrower (T), is out in front (2–3 steps)
- The attacking player (A) uses dodges to get away from the defending player (D)
- Players use only single dodges (make sure the player actually moves their feet rather than just doing a 'head dodge')
- The thrower passes the ball to the attacker.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalposts.

🎯 Coaching Tips

Move a few steps away from the intended catching position (there should be a definite move).

Eyes on thrower.

Body upright, feet shoulder-width apart, slightly bent knees and hips.

Place outside foot strongly on ground and push off in the opposite direction, turning hips to face toward direction of travel.

Use arms to accelerate and extend to receive ball.

🔄 Change It

Down: Stay in pairs.

Up: Add an additional pair of attacker/defender and set up a second pass.

? Questions

What different attacking moves can you use to evade your opponent?

Treasure

Objective

To develop passing accuracy when on the move.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Groups of six.

Description

Divide a third of the netball court into three with a defender in each area. Defenders can move around their 'third'.

Three attackers start on one sideline while a ball is placed on the opposite sideline. This is the 'treasure'.

The attackers try to reach the opposite sideline to retrieve the ball without being tagged by the defenders.

If an attacker is tagged, they stay in that area until their team-mates retrieve the ball.

Once the ball is retrieved, attackers then pass the ball to each other to get the ball back across the third, back to the sideline they started from. Defenders try to intercept the ball.

Defenders and attackers swap roles.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

↻ Change It

Down: Use a soft ball; Decrease the number of defenders.

Up: Defenders can leave their area once the players have retrieved the ball.

❓ Questions

What did you do to make sure your pass wasn't intercepted?

Keepings Off

Objectives

To develop passing technique with defensive pressure.

To develop shadowing and intercept technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 3–4.

Description

Two equal teams of 3–4 players set up in the Centre third.

One team are attackers and the other are defenders.

The attacking team aims to make five consecutive passes without the ball being intercepted or deflected by the defenders to score a point.



! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Pass:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Shadow:

- Start standing in front of opponent with back to attacker, half way across the attacker's body
- Arms close to sides of body, feet shoulder-width apart, knees slightly bent
- Vision to see both attacker and ball
- Use small, fast steps to maintain position
- Don't move head.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

↻ Change It

Down: Use a soft ball; Reduce the number of defenders.

Up: Increase the number of passers.

? Questions

What did you do to keep close to your player?

How did you guess where the ball was going?