

**TOPIC FOOTWORK & BALL SKILLS**

**Key Messages/Discussion points**

1. Players must remain motivated, focused and disciplined to keep going even in difficult situations.
2. If a Player loses motivation or focus during the game, it will have negative consequences for the team.
3. Similarly in school and in life young people must remain motivated and focused, in spite of the challenges they may face.


**TIPS – How to integrate?**

- Create opportunities for Players to distract each other. Reflect on how distractions impact their performance.
- Encourage active focusing skills.
- Create opportunities for Players to motivate each other.
- Get the Players to make up war cries, or a team chant, or a team song.

**PERSONAL DEVELOPMENT/LIFE SKILLS OUTCOMES**

- Players learn to keep going, even when the going gets tough.

**NETBALL OUTCOMES**

- Learn to execute basic netball skills under pressure.

**OPENING TEAM CIRCLE**

**Step 1: The Coach WELCOMES** the Players and creates a friendly, safe environment.

**Step 2: The Players SHARE** any important experience in their lives during the last week e.g. bereavement, a sporting achievement, an achievement in the classroom, a disappointment etc.

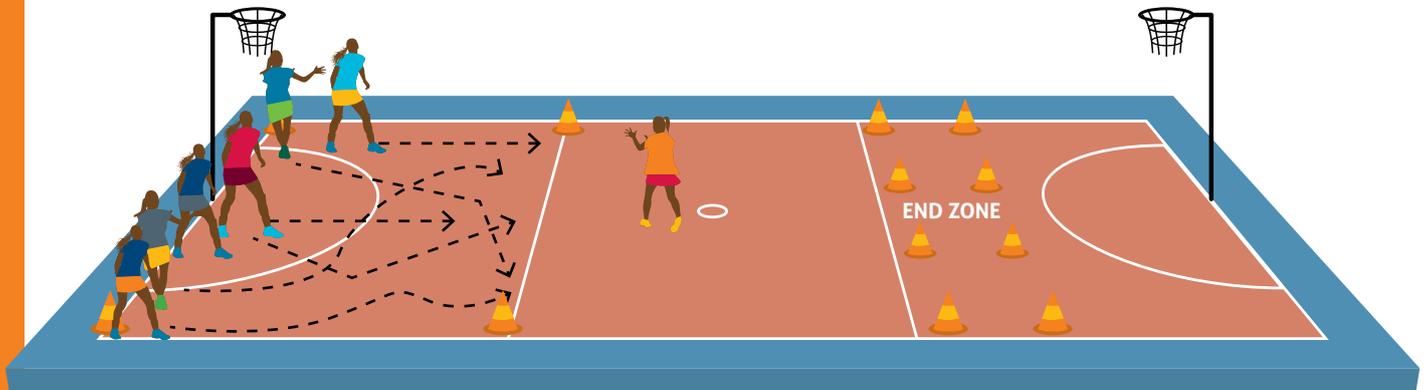
**Step 3: The Coach EXPLAINS** the outcomes for the session.



**WARM UP FOOTWORK & BALL SKILLS****Key**

Player Movement

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Balls



Bibs

**EQUIPMENT**

Cones



Whistle and Stop watch

1. Select 1 Player to be the catcher who stands on the first transverse line wearing a bib.
2. The rest of the Players spread out on the base line facing the catcher.
3. Cones are set up just behind the 2<sup>nd</sup> transverse line which indicates the end zone.

**SET UP**

1. The aim is for all the other Players to run and get past the catcher into the end zone without being caught - the last Player still active is the winner.
2. The catcher must try and catch as many Players as possible before they reach the end zone.

**ACTIVITY****Rules**

- If a Player is caught by the catcher, they then become a catcher (have to put on a bib as well) and start this role on the line for the next run back.
- Players must not go outside of the coned area.
- Once a Player has reached the end zone line they must wait there until the Coach signals they may try to run back once all Players have attempted to run across.
- Players can only wait a maximum of 5 seconds after the Coach signals they can run from the end zone line - if they do not move after this time they automatically become a catcher.

1. Players have to run as soon as the Coach signals.
2. Smaller working area – less space to move (harder for attackers).
3. Give Players a ball between the group they have to look after it and get it to the other side by passing the ball between them. Only the person holding the ball can be tagged.
4. More catchers to start with - extra pressure.
5. Ball in pairs have to get to the end zone – harder for the catcher (defence).

**PROGRESSION****TIPS FOR THE COACH**

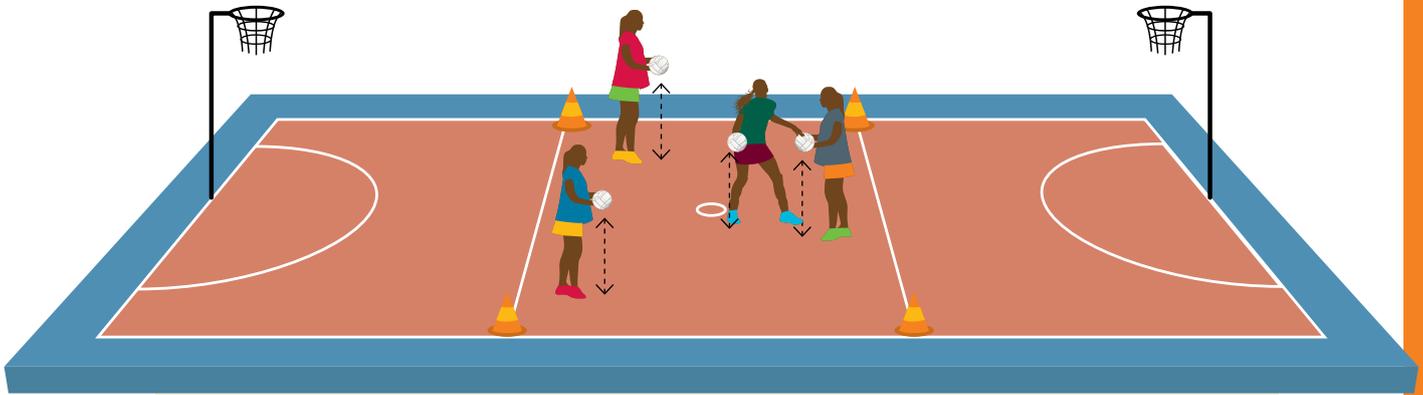
- Encourage attacking Players to explore different methods of getting free (based on session 1's activities)
- The catcher (defender) needs to be encouraged to use tactics in order to catch Players successfully. Do they home in on one Player or a group of Players?
- Get them to think about their body positioning and being prepared and on their toes.
- The catcher needs to use her peripheral vision if balls are added into the game - this will be vital when working with your team later in the session to develop a successful zone defence.
- Link to the personal development/ life skill e.g. 'remain focused', 'concentrate', etc.



**MAIN PART 1 FOOTWORK & BALL SKILLS**

**Key**

Ball Direction



Balls (1 per Player)



Cones

**EQUIPMENT**

1. Divide Players into groups of 4 to 5.
2. Section off half of one of the thirds for the groups.
3. Each Player will have a ball.

**SET UP**

1. Players bounce their balls whilst walking around the area.
2. While bouncing and moving around, they try to knock the other Players' balls away.
3. The last Player with a ball wins.

**ACTIVITY 1**

**TIPS FOR THE COACH**

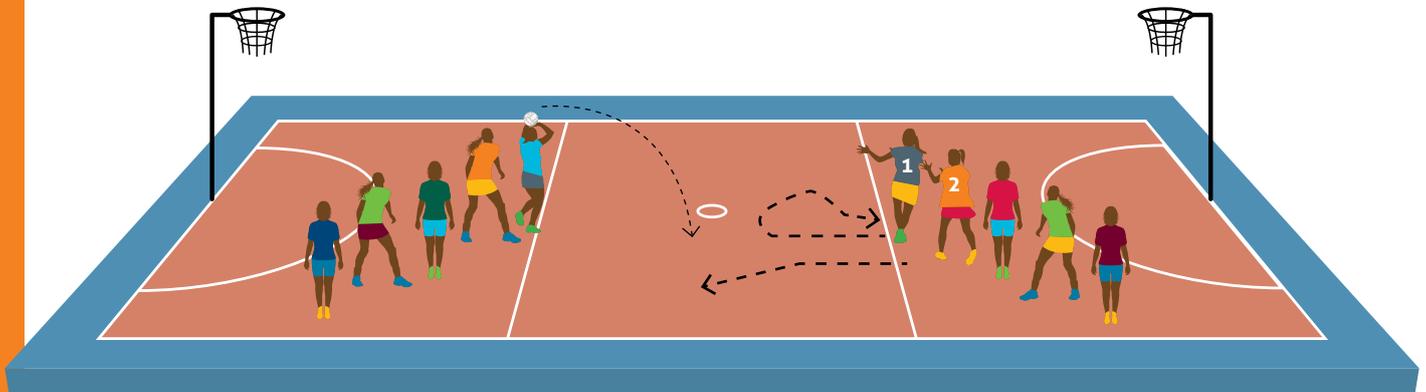
- Player's should keep their heads / eyes up to try and steal / tap away others balls.
- This encourages Players to be aware of other Players around them, whilst working on controlling their ball without looking at it. This is important in a game because being able to receive a ball without directly looking at it allows Players to pre-scan the court and be ready for the next phase of the game.
- By getting your Players to steal the other Player's balls, you encourage a ball hungry attitude and a competitive nature to go and win the ball.



## MAIN PART 2 FOOTWORK & BALL SKILLS

### Key

Player Movement      Ball Direction  
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Ball



Netball court

### EQUIPMENT

1. The Players split into 2 groups and form lines on opposite sides of each other across one 1/3 .

### SET UP

1. Players start behind each other.
2. Players 1 and 2 run straight forward, then Player 1 chooses a direction she will break towards (either left or right).
3. Player 2 drives in the opposite direction and receives the ball from the Player with the ball.
4. Player 2 pivots on her outside foot and passes the ball to Player 1 who turned (changed direction) and is driving back to the line where they started from.
5. Player 1 passes the ball to the next Player in her line and she and Player 2 falls into the back of their line.
6. Now the Players in the opposite line do the same movements.

### ACTIVITY 2

1. Select a Player from each line to defend the exercise (let them wear a bib).
2. Players need to be aware of where the defender is.
3. The Coach can initially decide to restrict the defender to Player 1 only.
4. Coach can now instruct the defender to decide who she will defend.

### PROGRESSION

### TIPS FOR THE COACH

- Players should focus on the ball placement. The ball must be passed into the space in front of the receiving Player so that the momentum of the ball assists in the turning of the Player.
- Focus on the landing of the Player.
- Player 1 should change direction quickly in order to receive the ball as soon as Player 2 receives it.
- The thrower must concentrate and pass the ball to the correct Player.
- Strong straight passes at all times.
- When a defender is added, the Player with the ball must make the correct decision regarding who to pass to and where to place the ball.
- With a defender, the attacking Player needs to prepare well to get free and receive the ball as per the exercise.



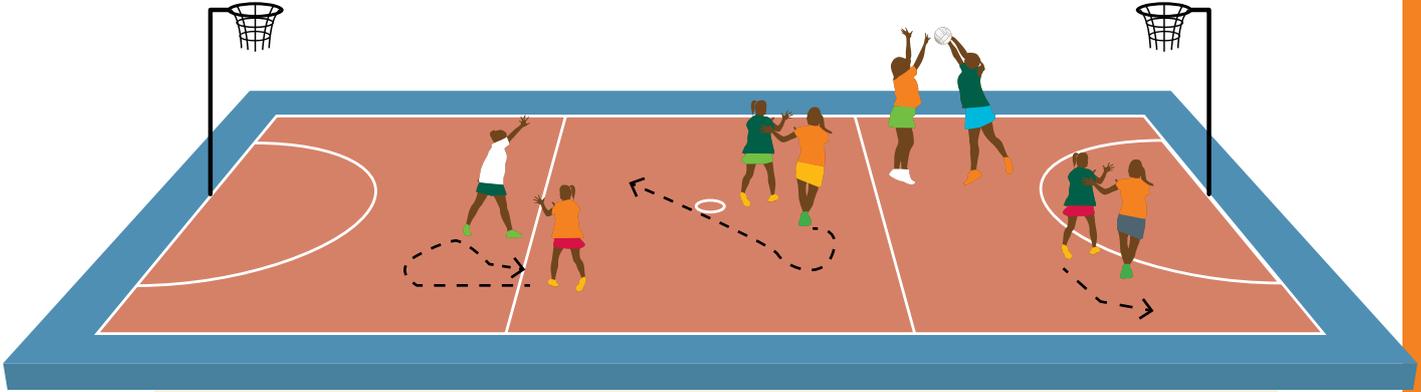


**CONCLUSION FOOTWORK & BALL SKILLS**

**Key**

Player Movement

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Balls



Bibs (two sets)

**EQUIPMENT**



Netball court

1. Players get divided into two teams (minimum of 5, maximum of 7 Players per team).

**SET UP**

1. Players will play a game where they have to use the techniques learnt in Session 1 and 2.
2. Players can use any method to get free and become available to receive the ball.
3. Players shout out every time they do or observe others doing a roll, change of direction, etc.

**ACTIVITY**

**TIPS FOR THE COACH**

- Apply the rules of the game.
- Explain that the last activity (the lead) does not require Players to stand close to each other, but the general principle of one Player in front of the other should be used.
- Encourage Players to apply lessons learnt in session 1 and 2.



**TOPIC FOOTWORK & BALL SKILLS**

**CLOSING TEAM CIRCLE**
**Step 1: The Coach REVIEWS**

- The session outcomes. Ask the Players to relate what they learnt about the Netball skills. Ask them to list a few key points about getting free.
- The link between the **sport skill** and the **Personal Development/Life Skills outcome**. Ask the Players to reflect on what happens in life when they are not focussed on the task at hand.

**Step 2: The Players SHARE** their experience of the session and reflect what they enjoyed and what a challenge was for them.

**Step 3: The Coach FACILITATES** a short discussion by asking them what they think they should do to improve their motivation, focus and discipline in life.

**Step 4: The Coach EXPLAINS** any announcement on upcoming activities e.g. details of the next match or training session and closes the session with a cheer or chant.

