

EB NETBALL - COACH THE COACH

“Attacking & Defending”

by Leanne Eichler

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Club:	Modbury Hawks Netball Club	11 October 2018
Session:	“Attacking & Defending”	
Purpose:	Attacking – to maintain possession of the ball to a shot on goal through: <ul style="list-style-type: none">• ball control & passing accuracy• sharp movement - using width & depth able to use full court to open up space to attack into and reduce defenders working together• reading off player in front - to create space either for yourself or teammate – clear and drive, change of pace, timing and vision Defending - to gain/regain possession of the ball through: <ul style="list-style-type: none">• interception - dictate/deny/contest/recover• forcing error of opposition by confusing space & causing indecision• loose ball gets and build pressure	
Key Coaching Points:	Attacking: <ul style="list-style-type: none">• Footwork and body control• Execution of pass away from defender and to advantage of teammate – release point and follow through• Sharp angles and definite leads utilising width & depth – no curves• Partnership and connection – quick turns, hips around and open shoulders to view whole court, eye contact• Timing and variation in speed on clear & drive lead – quick leg speed on change of direction and push off with outside foot Defending: <ul style="list-style-type: none">• Footwork – short and sharp steps• Upright body with head and eyes up• Be proactive – in front of opposition on slight angle is the best chance to intercept the ball (playing behind = umpire noticeability)	
Session Outline:	<ol style="list-style-type: none">1. Warm up2. Attacking: Passing3. Attacking: Change of Direction4. Attacking: Working in Partnership – Split Lead & Reoffer / Clear & Drive5. Defending: Footwork6. Defending: Intercepting and 1st ball contest7. Defending: Off the body and zone	

1. WARM UP

Purpose: To warm the body up in a dynamic way in order to be prepared for netball training or game. Warm up should be specific to the training session.

“1:1 Cone Drill” – using goal circle spread out random markers

Players to run to a cone and change direction moving to another cone. Can only have 1 player at each cone – players to read off each other and keep moving.

Repeat x 30 seconds then add variation ie dodge at each cone / jump over / front cut etc

Key coaching points:

- Definite sharp movement to cone - space awareness & vision for each other
- Eyes up and react if 2 players going to same cone
- Sharp movement, small quick feet
- Body control

Dynamic Warm Up – 1/2 court length

- a) Jog forwards
- b) Jog backwards
- c) Walking A's
- d) Butt flicks – forward
- e) Butt flicks – backwards
- f) Side skip and squat (alternating sides)
- g) Forward/backward footwork on baseline x 10 repeat
- h) Forward lateral shuffle
- i) Backward lateral shuffle
- j) Walking lunge
- k) Walking hamstring & gluteal
- l) Hip rotation walk (in/out and out/in)
- m) Walking quads

Agility – 1/3 court length

- a) Defensive shuffle
- b) Sprint forward/back shuffle including deceleration
- c) Zig zag run
- d) Lateral shuffle (right, left, turn & sprint) including deceleration
- e) 2 lines
 - i) V pitter patter & sprint including deceleration
 - ii) V pitter patter, sprint & change of direction including deceleration

Key coaching points:

- Eyes up (don't look down at feet) and upright posture
- “Push” when taking off and small steps (light feet) on deceleration

2. PASSING

Purpose: know and execute the right pass at the correct time, understand the elements of each pass to be able to error detect and correct (timing, balance, control, release point)

Key coaching points: footwork – step forward with the opposite foot to throwing arm and transfer weight forward to deliver a good pass; body position – on taking the ball ensure “take feet to the ball” (not lunge) so can take and turn body and be balanced so can use weight behind your pass

“Stationary Passing” – in pairs x 1 ball

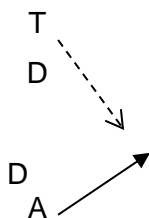
a) Chest pass	2 handed action quickest pass over the court take ball, turn and do not drop arms but flick straight off the chest over short distance, great pass for speed
b) Shoulder pass	Most dominant in the game over long distance with speed ensure release from shoulder follow through with arm pointing in direction of where ball to finish
c) Overhead pass	2 handed pass from above head requires power to be able to control used to quickly move ball past hands of defending player
d) Bounce pass	Typically used round circle edge to feed into a shooter used to go around defender – can be quite creative when used ensure release point is low need to deliver out in front for the receiver to be able to pick up ball easily away from defender
e) Lob pass	High pass used to lift ball over the arms of defend player must be placed so person receiving the ball can run on it – go over the shoulder of receiving player in direction she is running common error – put up in air slow and loopy which is too short and intercepted ensure release point above shoulder height

“Continuous Passing” – in pairs x 2 balls

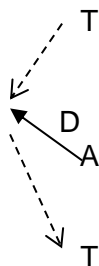
Each player has a ball and pass at the same time executing the varying types of passes:

- a) Shoulder right
- b) Shoulder left
- c) Chest/bounce
- d) Lob/overhead

“Active Passing” – groups of 4 x 1 ball



T to throw to self with AvD to do varying lead to receive different type of pass. Ensure pass to space for A to run onto and receive away from D.
2nd D to be 3ft defending pass of T and have varying hands to dictate type of pass.



Variation

2 x T and AvD – T throws to A who must receive and turn to pass to 2nd T which is a moving target and therefore A must execute the correct pass.

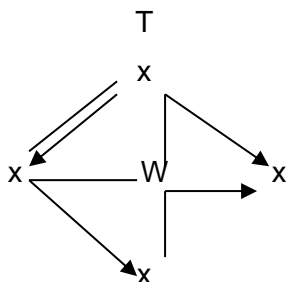
Key coaching points – take ball and turn in air and position body so ready to execute pass with body weight moving forward, execute pass into space.

3. CHANGE OF DIRECTION

Purpose: create space through sharp angles and lose defender with short leads; be definite and strong in movement

Key coaching points: short steps, push forward, sharp movement (no curves), shoulder/hip rotation, eyes up, strong pass to advantage/space of worker

“Diamond Drill” – in pairs x 1 ball

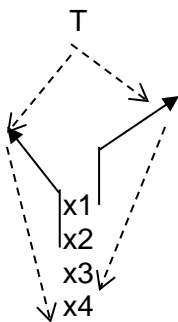


W to lead to 1 cone and change direction to receive at a 2nd cone. Continue movement x 6 passes (do not start back in the centre, continue from where you received the last pass). Do different movement pattern each lead. Switch and repeat
Add a defender – ensure W still doing 1 lead then change of direction to receive at 2nd cone.

Key Points:

W to be definite in their movement – especially when defended 1st lead must be as strong as 2nd lead
Small steps and sharp change of direction
T to release ball early so W receiving on cone – no hesitation in pass especially when add D
Body control

“Change of Direction on the Move” – 2 balls



x1 & x2 start with the ball.
x1 throws to T then leads up middle and sharp change of direction on 45 degree angle. Receives from T and turns in air to pass to x3.
x2 throws to T then leads up middle and sharp change of direction on 45 degree angle (opposite direction to x1 beforehand). Receives from T and turns in air to pass to x4.
Continue alternating sides

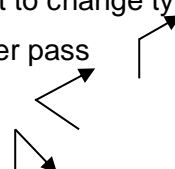
Key Points:

Timing of lead, small steps and sharp change of direction (no arcs), take ball and turn in air with hips, shoulders & vision around and down court.
T to execute strong shoulder pass to worker in space

Variation:

Change attacking movement to change type of pass:

- a) forward/out – shoulder pass
- b) out/in – chest pass
- c) up/back – lob pass

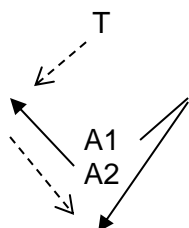


4. WORKING IN PARTNERSHIP – SPLIT LEAD & REOFFER / CLEAR & DRIVE

Purpose: Work in partnership with another teammate to create space to lead into to receive 1st ball and reoffer downcourt to receive 2nd phase with quick connection.

Key coaching points: sharp movement utilizing angles and quick change of direction/strong push off, variation in speed; working in partnership with front player definite & 2nd player reading off; quick connection – timing, shoulders/hips around, vision down court.

“Split Lead & Re-offer” – group of 3-4 x 1 ball



T to throw ball up to self (for timing of lead by A1/A2).

A1/A2 to do split lead (ensuring leads are not too wide of each other). T throw to one (A2) and the other (A1) to do sharp change of direction to reoffer down court to receive pass (from A2)

Change starting positions – front/back, side by side etc

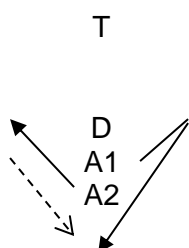
Key Points:

Sharp movement – 45 degree leads, quick change of direction/strong push off

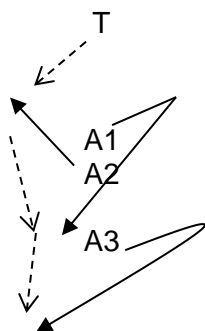
Front player definite in 1st movement and 2nd player read off

Quick pivot to open up with full court vision

Advance to add 1 defender on split lead. T to pass to player without the defender. D to continue to defend player on 2nd lead



“Clear & Drive #1” – group of 4-5 x 1 ball



T to throw ball up to self (for timing of lead by A1/A2).

A1/A2 to do split lead and re-offer as above

End attacker (A3) to be a moving target creating space before receiving final pass - clear and drive

Ball movement should be using outside corridor.

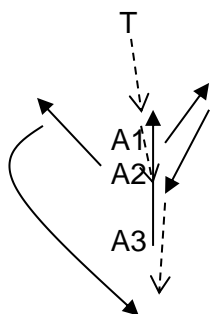
Key Points:

Timing

Clear & drive - variation in speed (quick, slow, quick)

Connection between players – quick turns with vision down court, quick change of direction & reoffer down court (not across court), eye contact

“Clear & Drive #2” – group of 4-5 x 1 ball



T to throw ball up to self (for timing of lead by A1/A2).

A1/A2 to do split lead. A3 to lead up the middle and receive from T.

A1/A2 to both reoffer down court – 1 as a short lead and the other as a longer “clear & drive” lead. A3 to pass to short lead 1st then connect to longer lead.

Ball movement should be using middle corridor.

Key Points:

Timing

Definite movement especially by A1/A2 on 1st lead to create space for their 2nd offer

A1/A2 to communicate who is short/who is long

A3 to not start too far apart from partnership as the “back up” link.

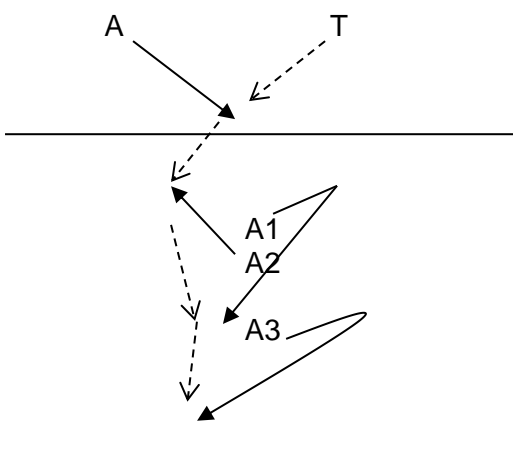
Quick turns and eye contact

Repeat but no set structure ie attackers reading the space using split leads, clear & drive, give & go – clear and decision leads.

Add a defender to cover the split lead and have thrower pass to the non-defender attacker.

Further advance to add additional defender to A3.

“Dynamic Drill” – 8 players x 1 ball



Work over 2 thirds.

T to start with ball and throw to A4 driving to the transverse line. A1-A3 to work ball over 2nd transverse line as per “Clear & Drive #1” and “Clear & Drive #2” above.

Slowly build up to add defenders to A1-A3 so 3A v 3D

Key Points:

Maintain court balance – depth/width

Variety of attacking movements – clear & drive, split, front cut

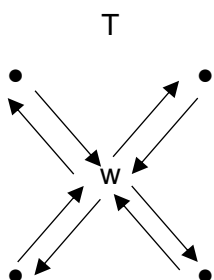
Quick leg speed and change of direction

5. FOOTWORK

Purpose: Build up speed of footwork while maintaining body control & posture and vision up.

Key coaching points: short steps, push forward, sharp movement (no curves), back upright and head & eyes up

“In/Out Agility” – in pairs x 1 ball



Start without ball
Ensure worker back to centre each time
x2 1 way then reverse
Switch
Add loose ball (direction of where D moving)

“Moving around the player” – group of 3 x 1 ball

A
D

T

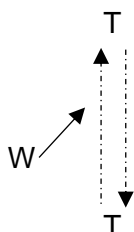
D to constantly move around P (stationary) maintaining front/side position.
T to throw in 10 passes of any kind
After 10th pass D to lead out and receive outlet pass – ensure balanced and strong in drive after fatigued
Key – repeated efforts maintaining footwork and posture.

6. INTERCEPT & 1ST BALL CONTEST

Purpose: Be in close proximity to attacker as they lead for the ball so that you are in a position to intercept/deflect (contest) the ball. Begin to force and anticipate ball movement

Key coaching points: good starting position, short quick feet (extra step rather than lunge/stretch for ball – “take feet through the intercept”), attack the line of the ball (rather than on the attacker), arms extend out with 2 hands in front of body (always commit to intercept with 2 hands)

“Intercepting” – group of 3 x 1 ball



T's continual shoulder passes

W 1.5m to one side

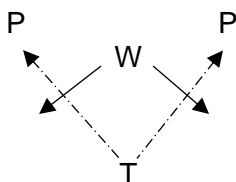
Wait til ball thrown then attempt to intercept pass. If yes

throw to opp T and attempt to intercept next pass.

W not to relax but attempt every pass

Push off outside foot

“Left or Right” – group of 4 x 1 ball



P's stationary. To throw to either P

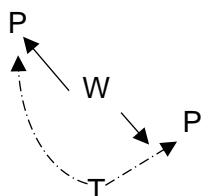
W starting in middle attempt to intercept pass with 2 hands.

Attack line – arms out front.

Try different footwork technique – feet still, pitter patter,

bounding – quickest off mark. No fakes by T

“Forward or Back” – group of 4 x 1 ball

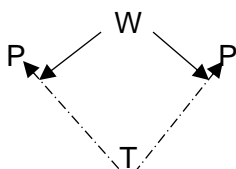


Lob to P1 and chest to P2

W return to middle

Lob – back, back & up (run sideways as quicker)

“Attacking the line” – group of 4 x 1 ball



As per L&R but coming from behind the P's. Attack line not on the player & arms out in front not behind/lateral

P's not too far apart – extend as W becomes more successful

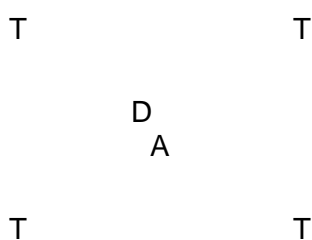
Move feet through the intercept ie past P

7. ZONE DEFENCE

Purpose: Working as a unit to defend the space and in turn confuse the space for the attacker to lead into and attack the ball

Key coaching points: good starting position (body angled not front on) and feet and body constantly adjusting/moving to position of ball, vision on ball in front of you, communication with teammates to maintain zone structure, voice, attack the line of the ball (rather than on the attacker) with short quick feet (extra step rather than lunge/stretch for ball – “take feet through the intercept”), arms extend out with 2 hands in front of body (always commit to intercept with 2 hands)

“Off the Body” – groups of 6 x 1 ball

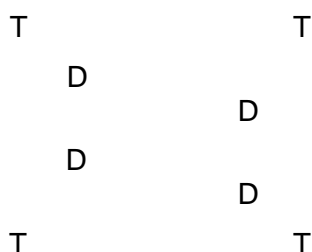


T's to throw ball to each other with A to start off stationary turning body to face ball
 D to start off body angled covering player and facing ball. Reposition based on where ball is.
 D to attempt to intercept ball on outside or any ball thrown into A

Advance with A starting to move 1-2 steps only

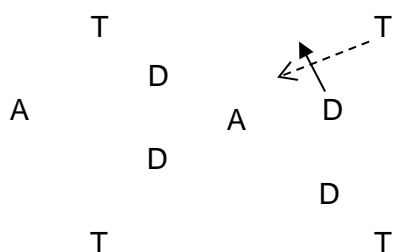
Key points – vision for ball, small footwork to readjust body, attack line of ball

“Zone” – groups of 8-10 x 1 ball



D's to start in a box formation but staggered so not directly parallel to each other.
 T's to throw ball to each other (sideways, lengthways, diagonal) and D's to adjust maintaining formation.
 D's to attack line of ball – if miss recover and continue box formation
 T's to also throw in loose balls so D's must attack and pounce on any loose balls.

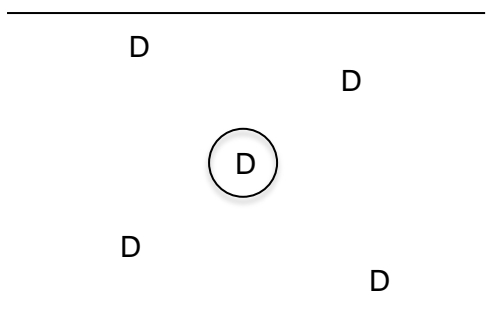
Key points – vision for ball and each other, voice calling to each other as to who is high/back/left/right, small footwork to readjust body, body angled protecting middle corridor, attack line of ball



Advance

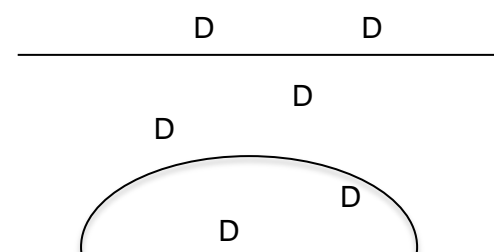
Add 2 A's to weave through the zone and T's can either pass to each other or to A.
 Ensure D's move to cover A and push into other D's space (ie passing of the baton). D's must talk and communicate who has left/right/high/low etc whilst still getting any loose balls or balls thrown to the attacker (pulley system)

“Dynamic on-court” - x 1 ball



Midcourt Press

5 x D's to set up midcourt press – again staggered to cover space and bodies angled to protect middle corridor. Aim is to force ball long and wide and shut down the front option so back defenders can have a go at any high ball. Must not allow the short give to be received just over the transverse line. Ensure voice and constantly moving and readjusting to where the ball is.



Defensive Box/Diamond – in defensive goal third

As above 4 x D's to set up either in a box or diamond formation in the goal third – add 2 x D's along transverse line (WA/GA) Start with 2 x T's out front moving ball side to side and have box/diamond formation adjust. Aim is to force ball long and wide shutting down the middle corridor and any drive to the circle edge. GK/GD to come out and attack the line of the ball. Still a win if the ball isn't intercepted but is out wide near sidelines. WD/C to shut down drive entering in the goal third – be staggered and not parallel providing the illusion there is space to drive.