



Cockburn Netball Club

Established In 1960

# **JUNIOR COACHING MANUAL**

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## OUTLINE

<b>SESSION</b>	<b>EMPHASIS</b>
<i>Session #1</i>	Progressive Warm Up / Take-Off / Catch / Moving or Leading into Space to Receive Pass
<i>Session #2</i>	Warm Up / Take-Off / Change of Direction (COD)/ Catch / Moving or Leading into Space to Receive Pass
<i>Session #3</i>	Take-Off, COD & Catch in Warm-Up / Landing & Pivoting / Moving or Leading into Space to Receive Pass
<i>Session #4</i>	Landing & Catch in Warm-Up / Catch / Landing & Pivoting / Moving or Leading into Space to Receive Pass
<i>Session #5</i>	Take-Off & Landing in Warm-Up / One Handed Shoulder Pass / Catch / Landing & Pivoting / Reading Off One Another
<i>Session #6</i>	Landing & Pivoting in Warm-Up / One Handed Shoulder Pass / Landing & Pivoting / Reading Off One Another
<i>Session #7</i>	One Handed Shoulder Pass / Landing & Pivoting / Reading Off One Another
<i>Session #8</i>	Footwork in Warm-Up / One Handed Shoulder Pass / Catch / Shooting Technique / Landing & Pivoting / Reading Off One Another
<i>Session #9</i>	One Handed Shoulder Pass / Catch / Lob Pass / Shooting Technique / Reading Off One Another from Centre Passes and Back-Line Throw-Ins
<i>Session #10</i>	Lob Pass / One on One Defence / Reading Off One Another from Back-Line Throw-Ins and Centre Passes
<i>Session #11</i>	One Handed Shoulder Pass / Lob Pass / One on One Defence Progressed / Reading Off One Another Progressed / Centre Passes and Back-Line Throw-Ins

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## General Tips

### Warm Up Tips

- Ensure the warm up is progressive - starts with less intense movements (ie jogging, side-stepping) & progresses gradually to more dynamic movements (ie sprinting)
- Try to use games in your warm-up to ensure the kids are having fun!!
- Kids are generally very active throughout the day and don't need as much warming up as adults do. 5-10 minutes will be suitable (depending on how hot or cold it is)
- You can use activities that include single, pairs or small groups, with or without balls.

### Activity Tips

- Keep your activities short & sharp as a child's concentration span is very short and they can become bored & distracted very quickly.
- Kids want to play games! They are always asking, "when can we play a game?" Try to teach the athletes the skills of netball using modified games.

### Length of Training

- To ensure maximum learning, keep the length of your training session to around 45 minutes to an hour.
- Keep it short, sharp & fun.

### Training Components

Try to cover the following five components in each training session:

1. Warm-Up
2. Skills
3. Modified Game
4. Full Court Activity
5. Cool-Down

### Keeping Control of the Group

- Put them into groups yourself. Eg
  - number them off, 1,2,3,1,2,3
  - for eg you have 3 seconds to partner up with someone of the same eye colour as you, t-shirt colour, height or speed – anything you can think of!
  - nominate one person per group to go get any equipment for the group, eg balls, bibs, cones
- It's often a good idea to put a time limit on things, eg "you have 5 seconds to get a ball each and stand on the white line".
- Give very clear instructions – keep it short. Avoid rambling on.

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## General Tips – (continued)

- Before any instruction say, "When I say go ..." eg "When I say go, I want you to run to the second white line & back. GO." Otherwise, as soon as you say, "I want you to run to the second white line"... they will all take off (particularly the younger kids).
- If any athlete has a ball and you want to explain something, start by saying, "Anyone holding a ball please put it on the ground between your legs".
- Always tell them how many times you want them to go through and when they should stop. Eg "I want you to run to the first white line and back, tag your partner, they do the same thing and then you both stop. I will know you are finished by putting your hands on your head."
- Designate an area where on the sound of the whistle everyone must stop everything they are doing and move to the area as fast as possible, eg goal circle.

## Kids learn best by seeing & doing – not by hearing

- Kids learn best by seeing something or by doing it. What is the most common method coaches use to communicate – talking?!?!?!  
Therefore the way that we often teach (talking) doesn't match the way that they learn! We need to communicate using demonstrations and letting them have a go at the activity.
1. Give a short explanation (one sentence) – eg. "We are going to work on our passing."
  2. Demonstrate the activity – walk them through the activity
  3. Let them have a go – let them do it! They'll learn the most by doing it.
  4. Give feedback – *show* them what you want them to do while you *tell* them
  5. Let them have another go – to try to fix it

## Giving Feedback

- Be positive. Tell them what you want them to do, NOT what you don't want them to do. Always phrase your feedback in a positive manner. Eg:
  - Let's try to ...
  - I like the way you did .... now let's also see you do ....
  - Let's make sure we are all ...
  - What I would like to see, is ...
  - Next time try ...
- Be specific – tell them why they did something well or why something broke down. Instead of saying "well done", say "Well done. You caught the ball with your thumbs behind the ball. Keep it up". Or "good effort. Next time try to get your thumbs behind the ball."

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## General Tips – (continued)

- Try to give feedback to the whole group as well as individual feedback.

### **Rotate your players**

- Encourage your players to develop all positions. Rotate players through all positions throughout the season, including training sessions.

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## Session 1

50  
min  
total

*Emphasis: Progressive Warm Up / Take-Off / Catch /  
Moving or Leading into Space to Receive Pass /*

10  
min

### 1. Warm Up

#### Game1:

Each player gets a bib and must move around the boundaries of the area in which their position belongs. They can also move inside the area. Change ends and repeat.

1. Skipping (change ends)

2. High Knees

*CHANGE POSITIONS*

3. Side stepping(change ends)

4. Butt Kicks

*CHANGE POSITIONS*

5. Kangaroo hop(change ends)

6. Surges of speed – 5 steps fast, 5 steps slow

*10 Toe Touches, 10 Arm Circles, Calf Stretch, Quad Stretch*

DRINK.

### 2. Skills

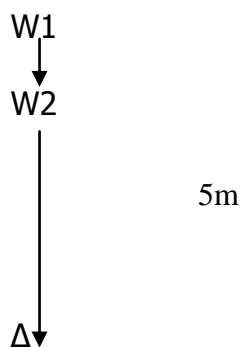
5  
min

#### Take-Off

1. In pairs, standing one behind the other on the base line. The front person takes a step forward. On "GO" both players take off and sprint 5m to a marker. The back person aims to tag the front person. Switch over & repeat.

i) Front start

ii) Side start



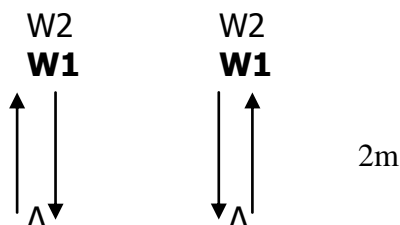
# Cockburn Netball Club

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## Session 1 (continued)

5  
min

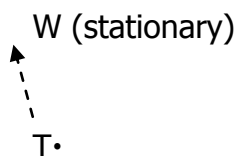
2. The first person in each pair steps up to the line. On "GO" they sprint 2m to a marker and back.



5  
min

### Catch

1. In pairs with a ball, facing each other about 1½m apart. T passes the ball anywhere within arms span to the W (who is stationary and only uses hands to meet the ball). Worker must snatch the ball into body as quickly as possible and return. Work for 10 passes



### Coaching Points

- *Step towards ball*
- *Arms outstretched*
- *Thumbs behind ball*
- *Fingers relaxed*
- *Weight over the ball*
- *Elbows in*

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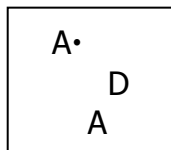
### Session 1 (continued)

10  
min

#### **3. Modified Game**

Moving into Space to Receive Pass

*2 on 1 – Piggy Tag (Piggy in the Middle)*



#### RULES:

- Court size: 2m<sup>2</sup> box
- Mark court with markers. Players cannot move outside that area
- Aim: For attackers to score 10 points. A point is scored when either attacker receives a pass OTM.
- Defender scores a point by either intercepting the ball OR tagging the attacker with the ball.
- Cannot run with ball.

#### PROGRESSION:

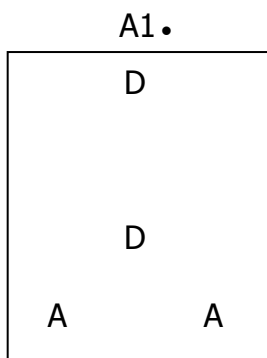
Have all groups going at once for 30 secs. See how many points they can score.

10  
min

#### **Full Court / Half Court / Court Specific Activity**

Moving into Space to Receive Pass

*3 on 2 – Modified Game Progressed*



#### RULES:

- Court size: 1/2 of any third
- Mark court with markers. Players cannot move outside that area
- Aim: For attackers to score 3 points.
- Attackers must move the ball from one end zone to the other to score a point.
- The ball must be touched in the playing area (eg can't throw from end to end)
- If the attacker doesn't catch the ball OTM, a turnover results.
- If defenders intercept they then become attackers and score at the opposite end
- Cannot run with the ball. So pull as soon as possible
- If the ball goes out of the court area, a throw-in occurs.
- If a throw-in is required and the team are already in their own scoring zone, then they must play the ball back into the court area first.

PROGRESSION: 1. Add must be 1m from anyone with ball  
2. Add a 3<sup>rd</sup> defender so it becomes 3 on 3



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5  
min

## **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

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## Session 2

55  
min  
total

*Emphasis: Warm Up / Take-Off / Change of Direction (COD) /  
Catch / Moving or Leading into Space to Receive Pass /*

10  
min

### **1. Warm Up**

Eg of Games to use in Warm-Up

Game1 – Knee Tag (emphasis - COD)

Knee Tag – players work in pairs and must try to tag their partner behind the knee. Both are trying to tag and escape being tagged at the same time.

Game2 – Rats & Rabbits (Revising Take-Off):

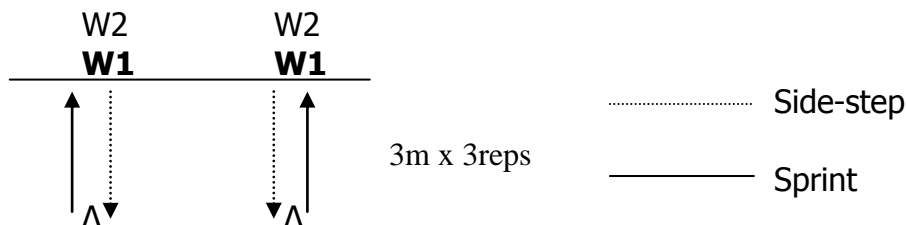
2 lines standing side-by-side about 1m apart (1 line of rats and 1 of rabbits) If the coach calls rats, the rats must turn and run to a line (3-5m away), rabbits must try to catch them before they get there. Vice versa.

### **2. Skills**

Take-Off with emphasis on COD also

5  
min

1. The first person in each pair steps up to the line. On "GO" they side-step 3m to a marker and sprint back for 3 repetitions in a row. Repeat on other side.



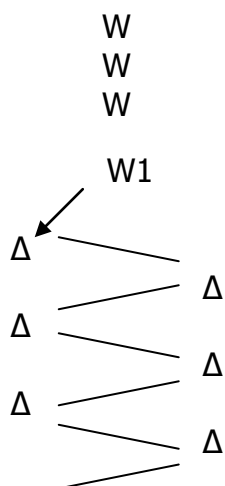
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### Session 2 (continued)

5  
min

2. Line up behind the markers. One person at a time, sprint to each marker, change direction, sprint to the next marker.

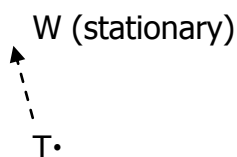


Progression: Add pass following drive from final marker.

10  
min

#### Catch

1. In pairs with a ball, facing each other about 1½m apart. T passes the ball anywhere within arms span to the W (who is stationary and only uses hands to meet the ball). Worker must snatch the ball into body as quickly as possible and return. Work for 10 passes



- i) 2 handed snatches (stationary)
- ii) 1 handed snatches (stationary)
- iii) OTM – worker drives fwd 2m to take pass

#### Coaching Points

- Step towards ball
- Arms outstretched
- Thumbs behind ball
- Fingers relaxed
- Weight over the ball
- Elbows in

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## Session 2 (continued)

In addition:

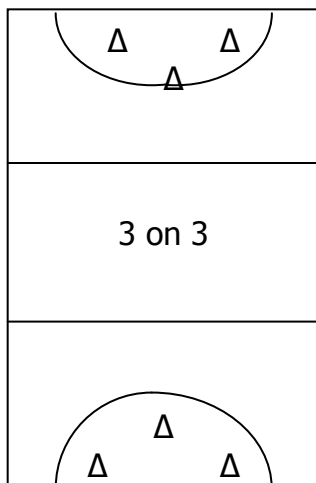
- One handed snatches
  - *Handle ball at its highest point and cup down towards body*
- OTM
  - *Run right through the ball with weight well forward(only pull up once it's in hands)*

### **3. Modified Game**

Moving into Space to Receive Pass

*3 on 3 – Modified Game End Ball*

10  
min



#### RULES:

Court size: Full Court (minus goal circles)

3 markers are placed in both goal circles. The aim is for the first team to knock over their 3 markers.

- No-one is allowed in either goal circle
- Must be moving to receive the ball (or turnover)
- 5 sec time limit
- Must be 1m from any player with the ball
- Can't run with the ball

#### PROGRESSION:

- See below

### **Full Court / Half Court / Court Specific Activity**

Moving into Space to Receive Pass

*3 on 3 – End Ball – Position Specific*

PROGRESSION:

- Put players into positions – WA, C & WD – can only move in their true “areas”

10  
min

### **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

5  
min

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## Session 3

55  
min  
total

*Emphasis: Take-Off, COD & Catch in Warm-Up / Landing & Pivoting / Moving or Leading into Space to Receive Pass*

10  
min

### **1. Warm Up**

Incorporating Take-off, COD & Catch into Warm-Up.

Partner Ball Chase (emphasis – take-off & COD)

Jogging 1m apart, side-by-side:

- a) One person gently rolls the ball in front of them, the other partner sprints forward to pick up ball. Repeat all the way down the court, alternating the "roller" & the worker. Repeat for 3 lengths.
- b) One person gently throws the ball to one side of them, other person leads 2 steps away from ball, pushes off & sprints to pick up ball. Alternate all the way down the court for 3 lengths.

(Revising Catch):

Facing partner on baseline (fwd & bwd), about 1½m apart. T passes the ball anywhere within arms span to the W (who is stationary and only uses hands to meet the ball). Worker must snatch the ball into body as quickly as possible and return. Work for 5 passes. Jog to next transverse line & repeat. Repeat all the way down the court. Switch worker and repeat on the way back. Encourage T to pass using 1 hand.

### **2. Skills**

Landing & Pivoting

10  
min

Leap 'n Land & Balance FWD (without ball)

Players move around anywhere in centre third. On the whistle, they leap and land on the instructed foot (L, R) and balance forward. Add two foot landing.

- ◆ Progression – leap, land, balance FWD & *pivot* 180 degrees to face the opposite direction.

5  
min

Landing on outside foot:

Progression – players run along an imaginary line across the centre third (parallel with transverse line). The coach stands in one goal third holding a ball in hand. As the whistle is blown, they must leap & land on *outside* foot (foot *furthest* from ball) & balance FWD. Add pivot.

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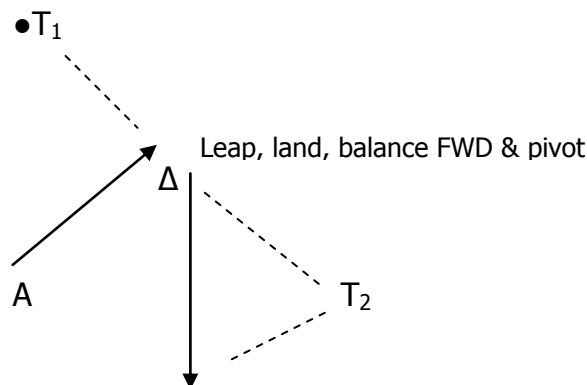
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### Session 3 (continued)

15  
min

#### Leap 'n Land to Take Ball

The Attacker (A) leads out to receive ball from T1, in *front* of the marker, balances FWD, pivots and passes to T2. They then drive down court to receive another pass from T2.

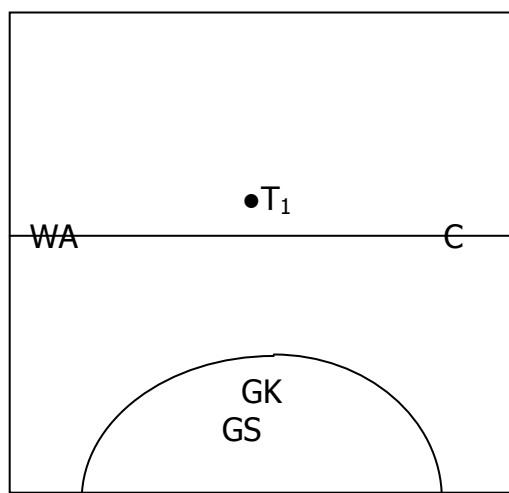


- i) Left
- ii) Right

10  
min

#### Full Court / Half Court / Court Specific Activity

Progress Modified Game to court specific (GS).



#### RULES:

Court size: Goal third

- GS must lead to receive ball off T1.
- GS then uses either WA or C to move the ball into the goal circle to score a point by shooting a goal.
- If GK intercepts ball, must play back out to either WA or C & receive another pass

#### PROGRESSION:

- Add def (WD & C)
- Must be moving to receive the ball (T/O)
- If GK, WD or C intercept – play back out over transverse line to score point.

#### Cool Down

# Cockburn Netball Club

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## Session 4

55  
min  
total

*Emphasis: Landing & Catch in Warm-Up / Catch / Landing & Pivoting / Moving or Leading into Space to Receive Pass*

### 1. Warm Up

Incorporating Landing & Catch into Warm-Up.

5  
min

Throw Ball to Self (emphasis – catch & landing)

1. Run length of court, throwing ball up to self & snatching in
  - i) 2 handed snatch x 2 lengths
  - ii) 1 handed snatch x 2 lengths

5  
min

2. All start on side-line & run along an imaginary line across court (parallel with transverse line), eg left. Pretend to catch ball, leap and land on outside foot (left) and balance FWD. Repeat on other leg on way back.

3. Add ball. All start on side-line & run along an imaginary line across court (eg left) throwing ball up to self, leaping & landing on outside foot (left) as catch ball & balancing FWD. Repeat on other leg once get across to other side-line.

5  
min

Circle Run (emphasis – take-off, landing & pivoting)

Players form a circle in the centre third (around the centre circle). Number the players off 1-3.

The coach calls a number. The corresponding players take-off clock-wise around the outside of the circle. When they get back to their spot they run to the middle, lean 'n land into the centre circle on their outside foot, balance FWD, pivot & run back to starting spot. Repeat in other direction.

### 2. Skills

Catch

Figure 8

10  
min

Emphasis on 2 handed catch. Arms outstretched to meet the ball, "W" shaped hands & snatch ball in.



The Worker (W) drives to receive ball off T1. T1 then throws to T2. T2 then throws to Worker. (Worker moves in a figure 8 pattern.)

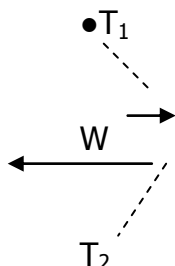
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### Session 4 (continued)

#### Landing & Pivoting

5  
min



Worker (W) leads to right to receive pass from T1. W leaps, lands, balances, FWD, pivots & passes to T2. W leads to right again to receive pass off T2, pivots and passes back to T1. Repeat for 10 passes and switch over.

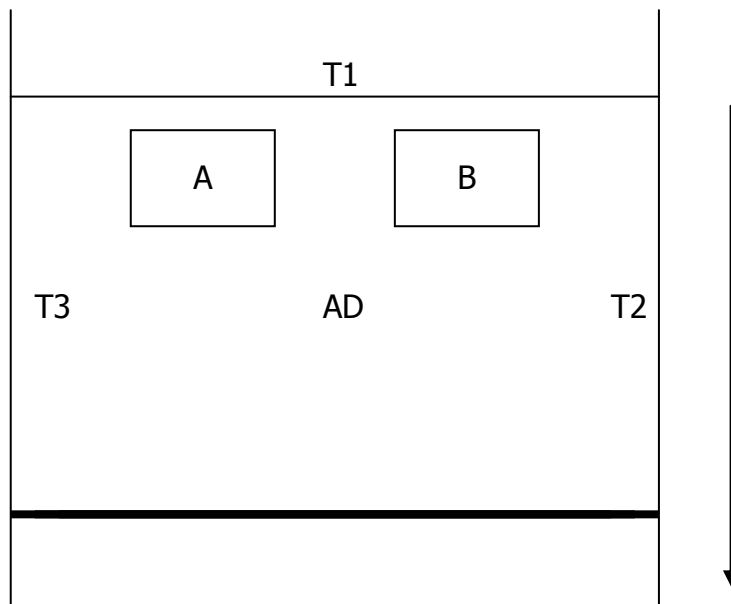
### **3. Modified Game**

15  
min

#### Progressing Landing & Pivoting & Continuing Theme of Moving into Space to Receive Pass

The Attacker (A) must first receive ball in either area A or B. The aim is to use the throwers (T1 T2 or T3) to get the ball down court, over the line to score a point. First player (A or D) to get 2 points wins. Defender earns a point if they intercept the ball or cause a turnover.

Court Area: Centre Third





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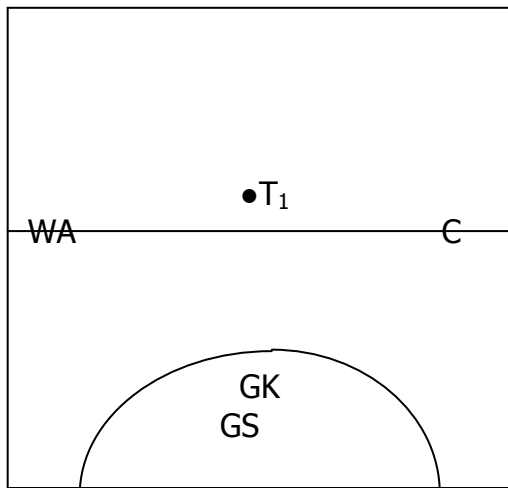
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## Session 4 (continued)

10  
min

### **Full Court / Half Court / Court Specific Activity**

Progress Modified Game to court specific (GS).



#### **RULES:**

Court size: Goal third

- GS must lead to receive ball off T1.
- GS then uses either WA or C to move the ball into the goal circle to score a point by shooting a goal.
- If GK intercepts ball, must play back out to either WA or C & receive another pass

#### **PROGRESSION:**

- Add def (WD & C)
- Must be moving to receive the ball (T/O)
- If GK, WD or C intercept – play back out over transverse line to score point.

5  
min

### **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

# Cockburn Netball Club

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## Session 5

55  
min  
total

*Emphasis: Take-Off & Landing in Warm-Up / One Handed Shoulder Pass / Catch / Landing & Pivoting / Reading Off One Another*

### **1. Warm Up**

Incorporating Take-Off & Landing into Warm-Up.

10  
min

#### Fruit Salad

Players line up along transverse line. Number off in fruits, eg Apple, Orange, Banana. When coach calls a fruit, those players run to transverse line and back. If coach calls "fruit salad" all players move.

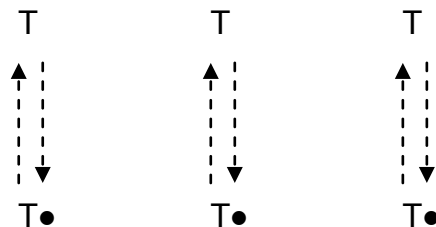
1. Run
2. Side-step
3. Skip
4. Kangaroo Hop
5. Run, leap n' land & pivot – Right & then Left leg

### **2. Skills**

5  
min

#### Shoulder Pass

Stationary one-handed shoulder passes in pairs.



#### *Coaching Points*

- *Step forward with opposite leg to throwing arm*
- *Transfer weight forward and swing hips through*
- *Ball in a "stop-sign" position prior to release*
- *Hips need to face thrower*
- *Avoid stepping back behind. Start "square" (feet together) and then step forward.*

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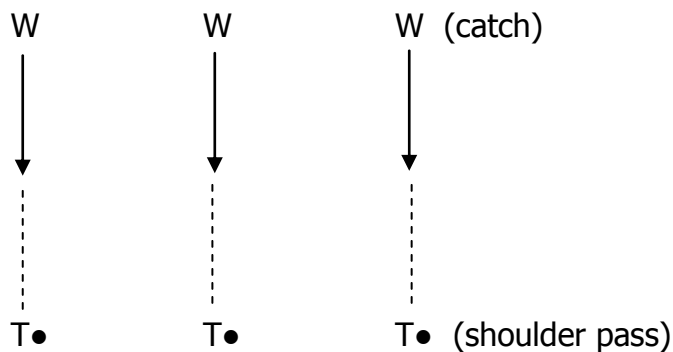
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## Session 5 (continued)

5  
min

### Shoulder Pass & Catch

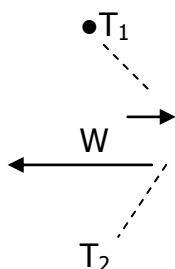
Progress one person to OTM



Work for 5 passes and then switch

### Landing & Pivoting

5  
min



Worker (W) leads to right to receive pass from T1 (shoulder pass). W leaps, lands, balances, FWD, pivots & passes to T2. W leads to right again to receive pass off T2, pivots and passes back to T1. Repeat for 10 passes and switch over.

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### Session 5 (continued)

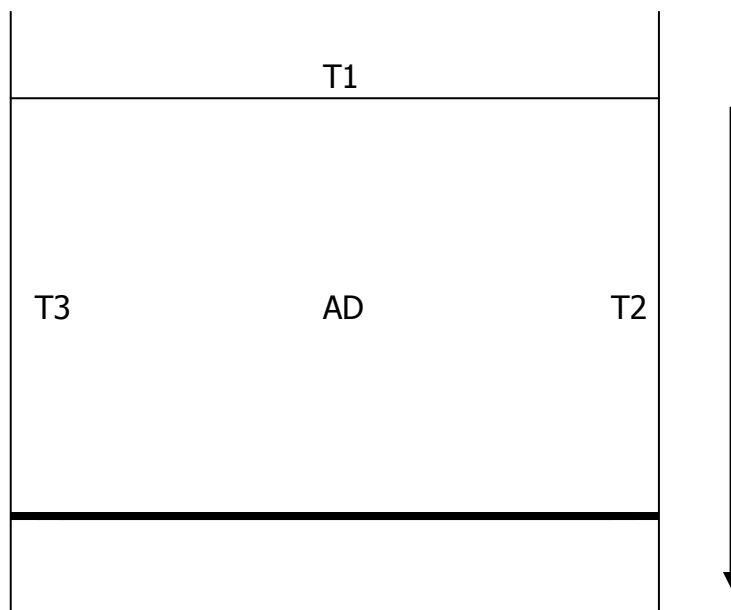
10  
min

#### **3. Modified Game**

##### Progressing Landing & Pivoting & Shoulder Pass

The Attacker (A) leads out to receive a pass from T1. A then uses T2 or T3 to get the ball down court, over the line to score a point. First player (A or D) to get 2 points wins. Defender earns a point if they intercept the ball or cause a turnover. Throwers must use a shoulder pass. Attacker needs to think about which leg to leap n' land onto.

Court Area: Centre Third



15  
min

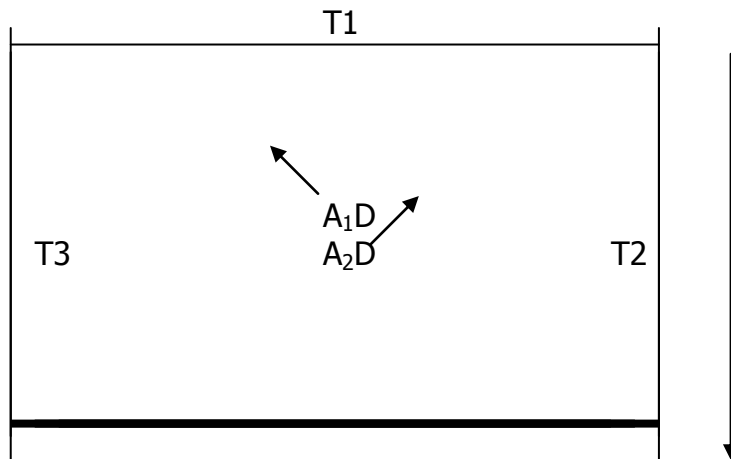
#### PROGRESSION – Reading Off One Another

“Lead ‘n Read” principle – The front attacker (A1) leads anyway. The back attacker (A2) reads off A1, waiting until A1 has committed one way and leads to a different space. T1 passes to either A1 or A2 (most open player). T1 needs to see both options.

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## Session 5 (continued)



### Cool Down

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## Session 6

50 min total

*Emphasis: Landing & Pivoting in Warm-Up / One Handed Shoulder Pass / Landing & Pivoting / Reading Off One Another*

total

### 1. Warm Up

Incorporating Take-Off & Landing into Warm-Up.

5 min

#### Scattered Marker Run

Scatter markers randomly in the goal third. Players run around, when they reach a marker, they push off and run to another marker.

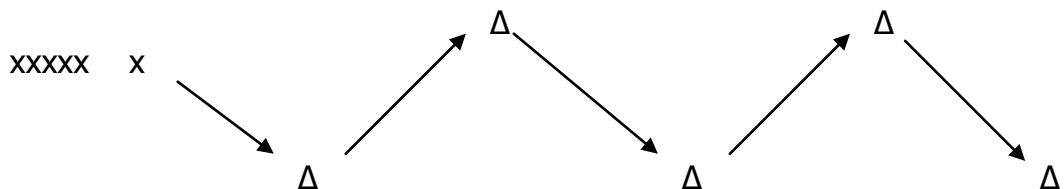
- Mix it up      STRETCH QUADS
- Run              STRETCH HAMSTRINGS
- Side-step
- Leap n' Land, balance FWD & pivot
- Leap n' Land, balance FWD & pivot (on outside leg)
- Leap n' Land, balance FWD & pivot (in relation to ball)

### 2. Skills

#### Landing & Pivoting

10 min

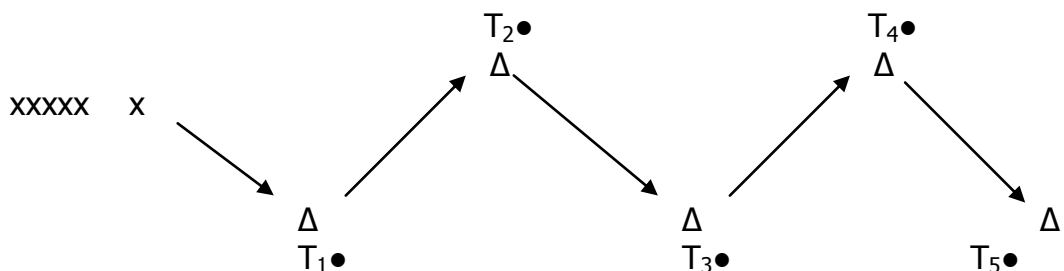
Run to marker, leap n' land on outside foot, balance FWD & pivot. Run to next marker, leap n' land on outside foot, balance FWD & pivot. Repeat to end.



5 min

#### PROGRESSION:

A Thrower stands at each marker with a ball and worker receives pass from each thrower. Leap n' land, balance FWD, "square up" and deliver back to Thrower.



# Cockburn Netball Club

# JUNIOR COACH MANUAL

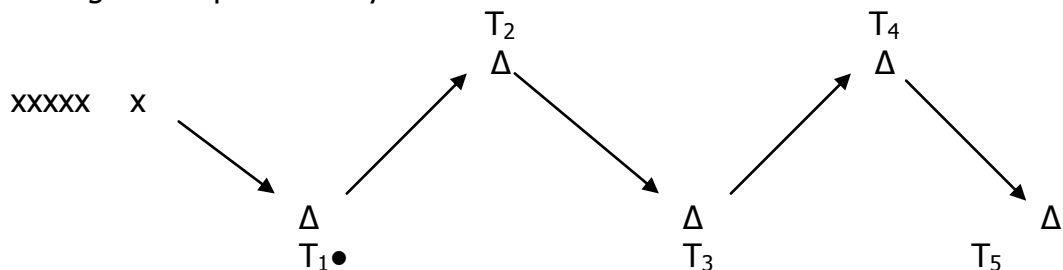
## Session 6 (continued)

10  
min

### PROGRESSION:

One ball, deliver to next thrower:

A Thrower stands at each marker, only T1 with a ball. The worker drives towards T1 leaps n' lands, balances FWD & pivots (a full pivot), delivers to T2 and drives again. Repeat all way to final Thrower.



### 3. Modified Game

Progressing Landing & Pivoting & Shoulder Pass

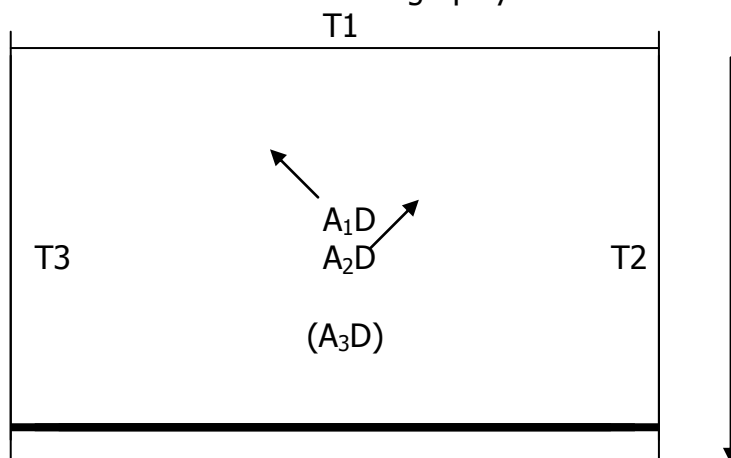
#### Reading Off One Another

15  
min

"Lead 'n Read" principle – The front attacker (A1) leads any direction. The back attacker (A2) reads off A1, waiting until A1 has committed one way and leads to a different space. T1 passes to either A1 or A2 (most open player). T1 needs to see both options. Attackers can pass to each other or use any of the Throwers to get the ball down court, over the line to score a point. Defender earns a point if they intercept the ball or cause a turnover. Throwers must use a shoulder pass. Attacker is thinking about which leg to leap n' land onto.

### PROGRESSION:

Add a 3<sup>rd</sup> Attacker and Defender if enough players.



### Cool Down

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 7

**50  
min**

*Emphasis: One Handed Shoulder Pass / Landing & Pivoting / Reading Off One Another*

**total**

### **1. Warm Up**

#### Rob the nest

**5  
min**

4 even teams in the corners of the centre third. Place plenty of markers in the centre circle. One player at a time from each line must run in to get a marker then take it back to their line and put it on the ground. Tag the next player for them to go. When there are no markers left in the middle you may steal from other lines. Lines are not allowed to hold onto their markers and only one person from each line may be running at any one time.

### **2. Skills**

#### Shoulder Pass

**10  
min**

Stationary one-handed shoulder passes in pairs. 10 each side.

Reinforce coaching points and repeat. (1) Bring ball up into "stop-sign" position and (2) step fwd with opposite foot, keeping back foot planted.

#### Landing & Pivoting

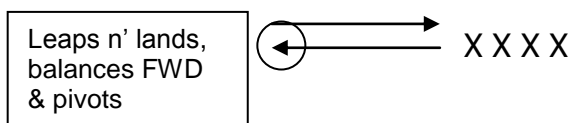
#### L-Drill

**5  
min**

i) Without a ball

Two lines face the centre circle. The first person from one line runs to the centre circle, leaps n' lands on outside foot, balances FWD (MUST be WATCHING the first person in the other line), pivots and runs back to own line. The first person from the other line runs to centre circle, leaps n' lands on outside foot, balances FWD, pivots and runs back to own line. Repeat.

X  
X  
X  
X





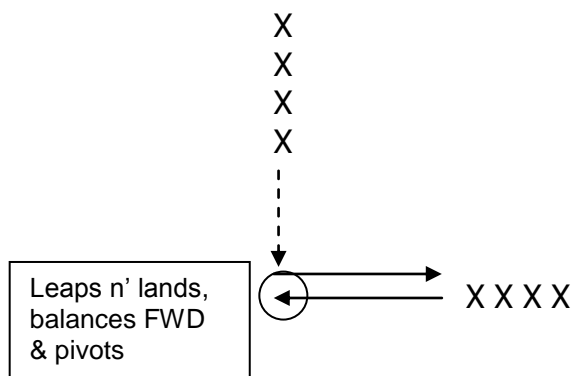
# Cockburn Netball Club

## JUNIOR COACH MANUAL

### Session 7 (continued)

ii) Add a ball. Receive ball and pass back to own line, join own line.

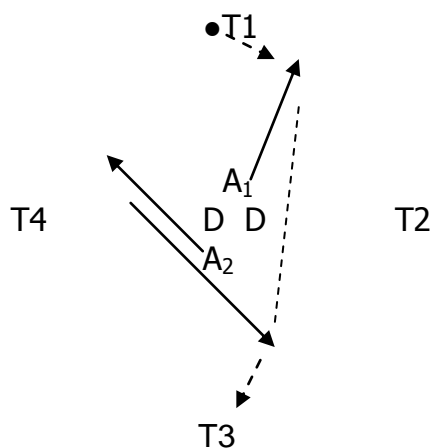
10  
min



### **3. Modified Game**

Progressing Reading Off One Another – Still emphasising Landing & Pivoting & Shoulder Pass

20  
min



Explanation: 4 throwers form a diamond shape with 2 attackers and 2 defenders in the centre. The front attacker always makes the first lead with the back attacker reading off and finding the space. The thrower (T1) can pass to whoever is free and the attacker without the ball must make a second lead to work the ball through to the opposite thrower (must be over the 1/2 way mark to pass to the opposite thrower T3). Once the thrower (T3) has the ball they chose another thrower on a point in the diamond to pass to and the drill starts again with whichever attacker is closer to the ball being the first lead.

Throwers must pass a shoulder pass. Attackers are concentrating on which leg to leap n' land onto as well as reading off one another.

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 7 (continued)

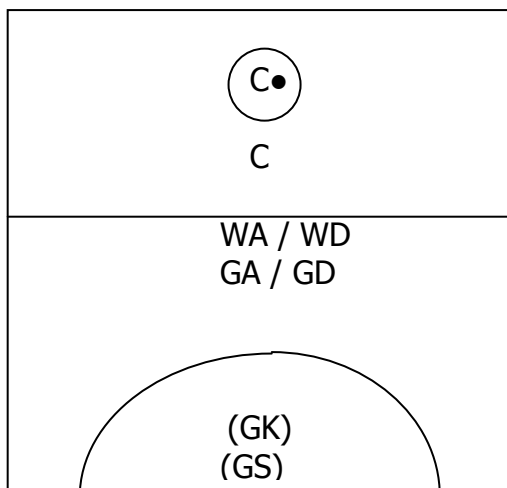
### **Full Court / Half Court / Court Specific Activity**

Progress Modified Game to court specific – Centre Pass.

i) The WA & GA use the lead n' read principle from the centre pass, to work it down until the GA is in the goal circle (only). (The GS and GK are not on the court and after the Centre passes the Centre Pass, they are not involved in any play after that.

ii) Add GS / GK. The GS must wait and read off both the WA and GA before making a lead.

iii) Add C / C. The Centre must wait and read everything (WA, GA & GS) before making a lead. They enter on the opposite side to the WA



### **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 8

50  
min

*Emphasis: Footwork in Warm-Up / One Handed Shoulder Pass / Catch / Shooting Technique / Landing & Pivoting / Reading Off One Another*

total

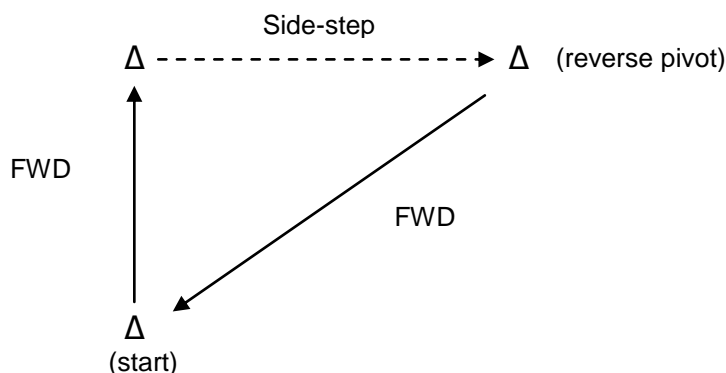
### 1. Warm Up

#### Footwork Movement Pattern

5  
min

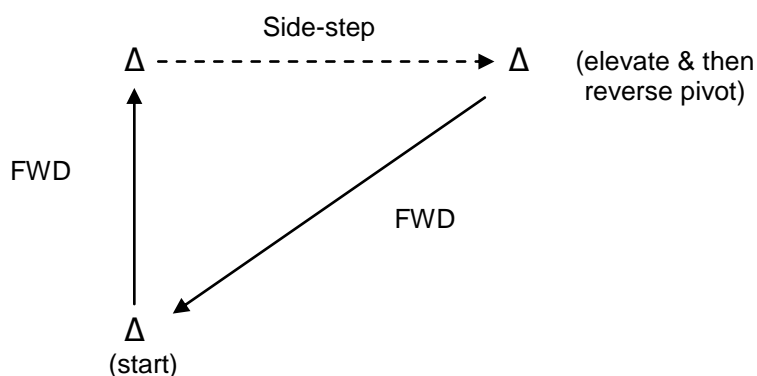
i) FWD, side-step, reverse pivot & run BWD (still facing FWD). Twice through then change sides.

*Facing the front for all movements*



ii) Add elevation after side-step. Twice through then change sides

*Facing the front for all movements*



5  
min

# Cockburn Netball Club

# JUNIOR COACH MANUAL

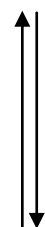
## Session 8 (continued)

iii) L-drill – without ball

W1 runs to middle marker, leaps n' lands on outside leg, balances FWD, pivots and runs back to own line. W2 runs to middle marker, leaps n' lands on outside leg, balances FWD, pivots and runs back to own line. W3 goes, etc.

Leaps n' lands, balances  
FWD & pivots

Δ



Δ

W1  
W3  
W5

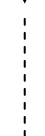
Δ W2 W4 W6

## 2. Skills

### Shoulder Pass & Catch

Worker drives onto the ball with arms outstretched and hands in a "W" position. Thrower steps forward with opposite foot and passes a one-handed shoulder pass

W



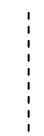
T●

W



T●

W (catch)



T● (shoulder pass)

Work for 5 passes and then switch

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 8 (continued)

### Shooting Technique

i) Lying on ground with a ball each. Shoot ball to self and catch again. Should go straight up and straight down.

#### *Coaching Point:*

- *Ball sitting in fingers of dominant hand (webbing of hand)*
- *Other hand resting at side of ball for balance*
- *Strong flick of wrist ("dead duck wrist")*

ii) Sitting on ground with ball each. Shoot ball to self and catch again. Should go straight up and straight down.

#### *Coaching Point:*

- *Ball sitting in fingers (webbing of hand)*
- *Other hand resting at side of ball for balance*
- *"Elbows to ears"*
- *Strong flick of wrist ("dead duck wrist") – follow through*

iii) Sitting on ground facing partner. Shoot to partner up and over and imaginary post in the middle.

### **Full Court / Half Court / Court Specific Activity**

Progress Modified Game to court specific – Centre Pass.

i) The WA & GA use the lead n' read principle from the centre pass, to work the ball for two passes. (The Centre's only role is to pass the Centre Pass, they are not involved in any play after that).

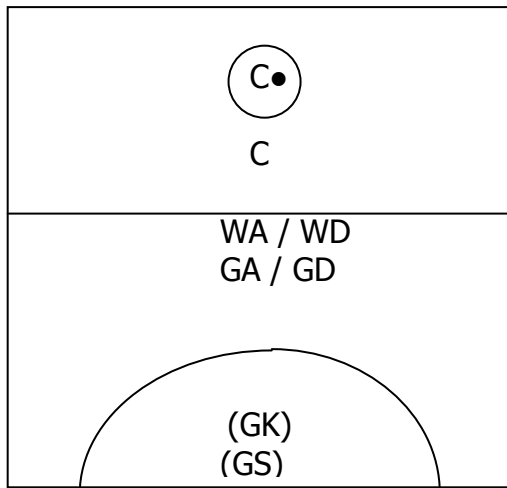
ii) Add GS / GK. The GS must wait and read off both the WA and GA before making a lead. The GS waits for the 2<sup>nd</sup> lead and only leads IF needed.

iii) Add C / C. The Centre must wait and read everything (WA, GA & GS) before making a lead. The C waits for the 2<sup>nd</sup> lead and then enters on the opposite side.

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 8 (continued)



### **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 9

50  
min

total

40min

*Emphasis: One Handed Shoulder Pass / Catch / Lob Pass / Shooting Technique / Reading Off One Another from Centre Passes and Back-Line Throw-Ins*

### 1. Warm Up

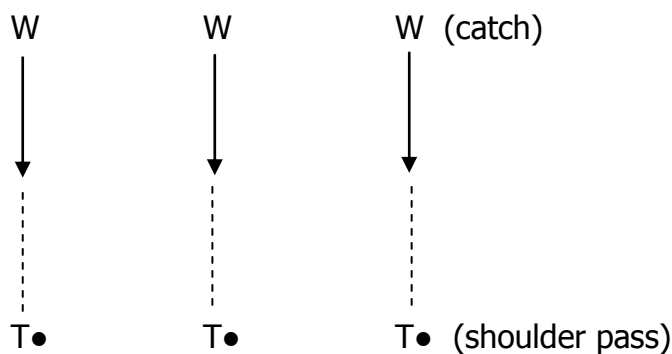
#### Bull Rush

One player in the centre circle the others behind the transverse line. Players behind the line must run through the middle to the other transverse without getting tagged. If they do they must stay in the middle and help catch for the next go.

### 2. Skills

#### Shoulder Pass & Catch

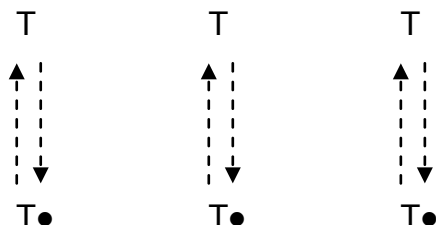
Worker drives onto the ball with arms outstretched and hands in a "W" position. Thrower steps forward with opposite foot and passes a one-handed shoulder pass



Work for 5 passes and then switch

#### Lob Pass

Stationary one-handed lob passes in pairs. 10 each then switch.



# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 9 (continued)

### *Coaching Points*

- *Hips need to face thrower*
- *Step forward with opposite leg to throwing arm*
- *Transfer weight forward and swing hips through*
- *Ball in a "stop-sign" position prior to release (higher than shoulder pass)*
- *Strong flick of wrist ("dead duck wrist")*
- *Avoid stepping back behind. Start "square" (feet together) and then step forward.*

### Shooting Technique

In pairs facing one another. Shoot ball to partner (pretend it's going over something tall in the middle).

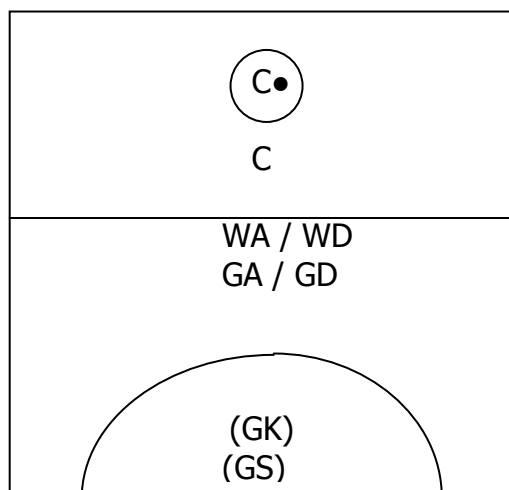
### *Coaching Point:*

- *Ball sitting in fingers (webbing of hand)*
- *Other hand resting at side of ball for balance*
- *"Elbows to ears"*
- *Feet facing partner*
- *Feet shoulder width apart*
- *Bend knees in a smooth motion*
- *Strong flick of wrist ("dead duck wrist") – follow through*

### **Full Court / Half Court / Court Specific Activity**

Continue progressing Half Court from Centre Pass.

i) The WA & GA use the lead n' read principle from the centre pass. GS waits for the 2<sup>nd</sup> lead and only leads IF needed. The C waits for the 2<sup>nd</sup> lead and then enters on the opposite side.





# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 9 (continued)

### Progression

If the defenders intercept, they must play the ball back out over the 2<sup>nd</sup> transverse line.

Add in rule, must be moving to receive ball or a turnover is awarded to the other team.

### Back Line Throw-In's

Start the ball with GK from a back-line throw-in (anywhere). GK steps up to the line with their opposite foot.

The GD & WD use the lead n' read principle from the BLTI, to work the ball down court.

The C must wait and read off both the GD and WD before making a lead. The C waits for the 2<sup>nd</sup> lead and only leads IF needed.

The GK offers IF needed, into the space.

### Half Court with Back-Line Throw-In's

Half court. When a goal is scored, set up a BLTI. If a turnover occurs, the defending team works the ball down until they get it over the second transverse line.

### Cool Down

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 10

50  
min

*Emphasis: Lob Pass / One on One Defence / Reading Off One Another from Back-Line Throw-Ins and Centre Passes*

total

40min

### 1. Warm Up

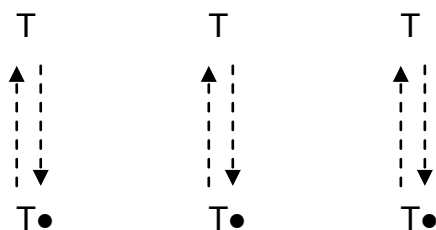
#### Chain Tiggy

2-3 players form a line and hold on to the front person's waist (t-shirt). One player stands out the front facing the line. The front person tries to tag the back person.

### 2. Skills

#### Lob Pass

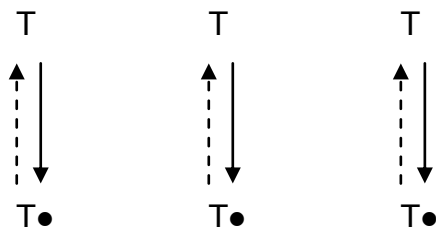
Stationary one-handed lob passes in pairs. 10 each.



#### *Progression:*

#### Lob Pass on the move (OTM)

The worker drives in to touch the ball and drives backwards to receive a lob pass, with their hips facing BWDs but their head looking at the ball. The Thrower steps forward with opposite foot and passes a one-handed lob pass.

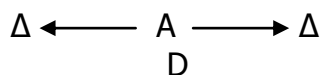


# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 10 (continued)

### One on One Defence



T●

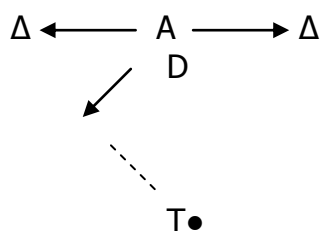
i) The Defender positions themselves  $\frac{1}{2}$  to  $\frac{3}{4}$  across the body of the Attacker, with their head still, in a position to see both the attacker and the ball. The attacker can move anywhere along the line between the 2 markers (approx. 2m apart). The Thrower puts a pass in around every 10 seconds. Work for 5 passes then rotate.

#### *Coaching points:*

- *Covering  $\frac{1}{2}$  -  $\frac{3}{4}$  of the attacker*
- *Position self to see both attacker and the ball*
- *Keep head still and move feet to maintain the  $\frac{1}{2}$  to  $\frac{3}{4}$  position*
- *Eyes up*
- *Hips facing FWD*
- *Weight on front foot*

#### *Progression:*

After 6 seconds the Attacker can lead FWD towards the ball and take the ball over the line. Work for 4 and then switch.



### **Full Court / Half Court / Court Specific Activity**

#### Back Line Throw-In's

Full court without defence from GK → GS

Start the ball with GK from a back-line throw-in (anywhere). GK steps up to the line with their opposite foot.

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## **Session 10** (continued)

The GD and WD use the lead n' read principle. The C waits for the 2<sup>nd</sup> lead and only leads IF needed.

The WA & C use the lead n' read principle. The GS waits for the 2<sup>nd</sup> lead and only leads IF needed.

### Half Court with Back-Line Throw-In's

Half court. When a goal is scored, set up a BLTI. If a turnover occurs, the defending team works the ball down until they get it over the second transverse line.

Turnover if not moving.

### **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders

# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 11

50  
min

total

40min

*Emphasis: One Handed Shoulder Pass / Lob Pass / One on One  
Defence Progressed / Reading Off One Another Progressed /  
Centre Passes and Back-Line Throw-Ins*

### **1. Warm Up**

#### Scarecrow Tiggy

Players run around the centre third. Two people are it and must tag everyone else. If tagged, stand like a scarecrow. Can be freed by someone crawling through their legs. Can't get tagged while under the legs.

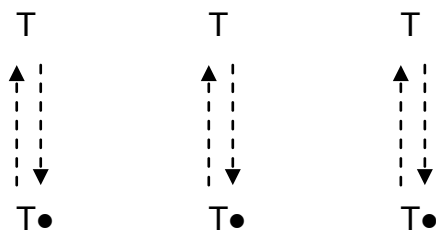
### **2. Skills**

#### Shoulder Pass

Stationary one-handed shoulder passes in pairs. 10 each.

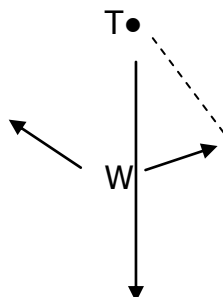
#### Lob Pass

Stationary one-handed lob passes in pairs. 10 each.



#### Combination of Shoulder Pass and Lob Pass

The Worker leads to the right to receive a pass, to the left to receive a pass, in to touch the ball and back for a lob.

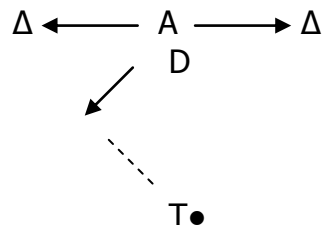


# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 11 (continued)

### One on One Defence



i) The Defender positions themselves  $\frac{1}{2}$  to  $\frac{3}{4}$  across the body of the Attacker, with their head still, in a position to see both the attacker and the ball. The attacker can move anywhere along the line between the 2 markers (approx. 2m apart). After 4 secs the Attacker can lead out to receive the pass.

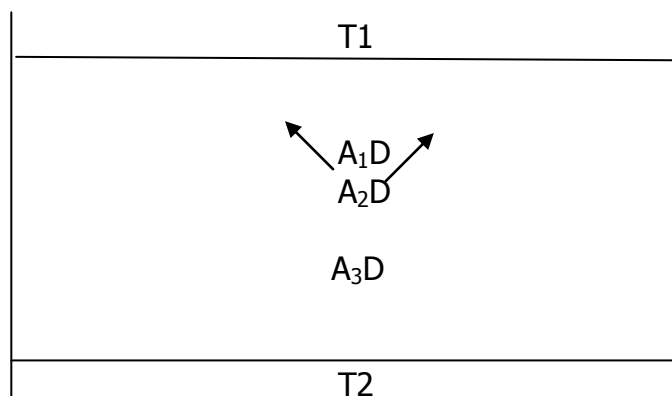
#### *Coaching points:*

- *Covering  $\frac{1}{2}$  -  $\frac{3}{4}$  of the attacker*
- *Position self to see both attacker and the ball*
- *Keep head still and move feet to maintain the  $\frac{1}{2}$  to  $\frac{3}{4}$  position*
- *Eyes up*
- *Hips facing FWD*
- *Weight on front foot*

### **Modified Game**

#### Reading Off One Another

"Lead 'n Read" principle – The front attacker (A1) leads any direction. The back attacker (A2) reads off A1, waiting until A1 has committed one way and leads to a different space. T1 passes to either A1 or A2 (most open player). T1 needs to see both options. Whoever doesn't receive the ball drives down court to get the next one. A3 waits and only leads IF needed. The aim is to work the ball down the court to finish with T2. Reverse roles on the way back



# Cockburn Netball Club

# JUNIOR COACH MANUAL

## Session 11 (continued)

### **Full Court / Half Court / Court Specific Activity**

#### Half Court with Back-Line Throw-In's

Half court. When a goal is scored, set up a BLTI. If a turnover occurs, the defending team works the ball down until they get it over the second transverse line.

### **Cool Down**

- Jog 2 lengths of the court & walk 2 (down and back equals 2 lengths)
- Use different types of body movements during lengths
- Stretch major muscle groups – quads / hamstrings / lower back / upper back / shoulders