

COACH'S GUIDE FOR NETSETGO

SUNCORP



Coaching Resource



## What is NetSetGO?

NetSetGO is Netball Australia's only junior entry netball program. It provides children aged from 5 to 10 years with the best possible learning and playing experience to develop a positive introduction to netball, ensuring enjoyment and continued participation.

NetSetGO incorporates skill activities, minor games, music, dance and modified matches in a fun and safe environment. The weekly program is coordinated by accredited coaches to ensure a quality experience for all participants.

The program consists of two tiers, Net and Set, and to ensure a consistent approach to the delivery of NetSetGO, Netball Australia has developed resourcing to support coaches in this area.





## Contents

Introduction	6
Catch	9
Throw	27
Run	59
Jump	91
Balance	109
Minor Games Coaching Resource	127
Dance	139
Stretching	161
Coaching Points	171

# NetSetGO

### Net Tier (5 – 7 years)

**Focus:** Developing fundamental motor skills through netball activities.

**Delivery:** The NetSetGO Net session plans have been developed to provide a sequential 10-session program for delivery within a NetSetGO Centre program. Players will be encouraged to develop fundamental motor skills in a netball environment by being involved in individual, small and large group games. Activities should allow for maximum participation and repetition, with the key outcomes for each having a direct link to a netball-specific skill.

### Set Tier (8 – 10 years)

**Focus:** Applying skill to modified games.

**Delivery:** The NetSetGO Set session plans have been developed to provide a sequential 10-session program for delivery within a NetSetGO Centre program. Players will be involved in activities that have a specific netball skill outcome, and activities will allow players to make more decisions and execute skills in small-sided netball games while learning the rules of the sport. Players will hone their skill execution and decision-making in this program.

The Set tier can be delivered as a skills-only program or a combination of skill program and modified NetSetGO competition.

## Activity Cards

As part of each session plan, a number of activity cards have been designed to ensure a consistent approach to delivery, development, use of language and coaching for coaches delivering at a NetSetGO Centre.

These activities can be used in conjunction with the NetSetGO Session Plans for the Net and Set tiers or can be used to create your own NetSetGO Session Plan.

In this resource, activities are grouped by the skill being coached, and the Stretching and Coaching Points are towards the end of the resource.

### What's on a card?

**Objectives:** Clearly defined netball-specific learning outcomes relevant to the activity. Coaches should base their delivery, support, discussion and questioning around these.

**Start out/Get into it/Finish up:** The format of each session is broken up into a warm up (Start out: 10–15 minutes), skill development and minor game (Get into it: 30–35 minutes) and modified game/cool down (Finish up: 5–10 minutes).

**Equipment/area:** What equipment and area is required to play the activity.

**Group management:** What group numbers are required.

**Description:** Provides simple instructions on how to deliver the activity.

**Coaching tips:** Provides key technical and tactical coaching points to guide coaching as participants are engaged in the activity. More detailed coaching points can be found in the appendix of this resource.

**Change it:** Ideas on how to change the activity to reflect the developmental stage of the group and individual. Down = Easier; Up = Harder.

**Questions:** Examples of individual and group questions that can be asked to develop awareness around technical or tactical aspects of the game.

### Minor Games

The minor game variations are included at each level of the program in the 'Get into it' sections. These invasion games allow players to practise and develop skills in a game-like environment without actually playing a match. Minor games may be modified by changing the rules, increasing or decreasing the activity space or setting time restrictions. The coach can decide whether they use the minor game identified in the session plan, or use their discretion to choose an appropriate variation based on the development of their players.





ACTIVITY TYPE

# Catch

## Tunnel Ball

### Objective

To develop hand-eye coordination and practise rolling the ball in a confined space.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of 4–5.

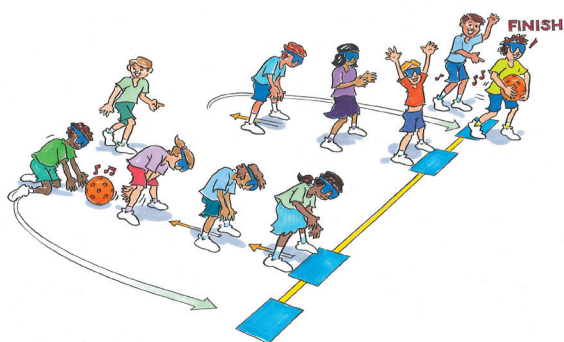
### Description

Players line up in teams, one behind the other.

The ball is passed to the end of the line between the legs of all team members.

The last person then runs to the front of the line and starts passing the ball again.

The winning group is the first back to their original position.



### ! Safety

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

### 🎯 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: No competition; Use a beanbag.

Up: Pass the ball over the heads of the players; Pass the ball in an over and under pattern; Pass the ball twisting to the left and right; Combine the different variations in one race.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Twisting

### Objective

To develop ball control and balance in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

Players stand back to back. Ball is received from one side of the body and passed to the other side, completing a circle.

Reverse direction after a period of time or certain number of passes.



### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Initial stance is feet shoulder-width apart, body upright, knees slightly flexed and over toes.

### 🔄 Change It

Down: Sit back to back; Make a circle and pass the ball around the circle.

Up: Stand further apart.

### ❓ Question

How did you keep your balance in this activity?

## Body Wrap

### Objective

To develop hand–eye coordination and ball control.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals.

### Description

Wrap the ball around the waist, knees or head.

Work for period of time or set number of wraps.

Repeat in the opposite direction.

### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes on the ball.

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

Pull ball towards the body.

### ↻ Change It

Down: Use a softer ball.

## Figure 8

### Objective

To develop hand–eye coordination and ball control.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals

### Description

Wrap the ball around each leg alternately in a figure 8 pattern.

Work for a period of time or set number of wraps.

The pattern can be repeated alternating a figure 8 pattern around a single leg lift.

### ! Safety

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

### 🎯 Coaching Tips

Eyes on the ball.

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

Pull ball towards the body.

### ↻ Change It

Down: Use a softer ball.

## Throw to Self Using a Bean Bag

### Objective

To practise catching in a controlled environment.

### Equipment/Area

Netball court or suitable playing area.

Bean bags.

### Group Management

Individuals/pairs.

### Description

Individuals:

- Throw to self, high in the air and catch in the palms
- Throw to self in the air and catch with favourite hand
- Throw to self in the air and catch with the other hand
- Throw to self and clap once before catching
- Throw to self and turn 180 degrees before catching.

Pairs:

- Each partner has a bean bag which they pass to each other
- Use one bean bag per pair, and the thrower can pass anywhere.

### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes on the bean bag.

Hands towards the bean bag.

Pull bean bag towards the body.

### ↻ Change It

Down: Just do individual activities.

Up: Combine a number of activities in sequence.

### ❓ Questions

Which activity was the easiest?

Which activity was the most difficult?

Why do you think this was?

## Throw to Self using a Ball

### Objective

To develop hand-eye coordination and ball control.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

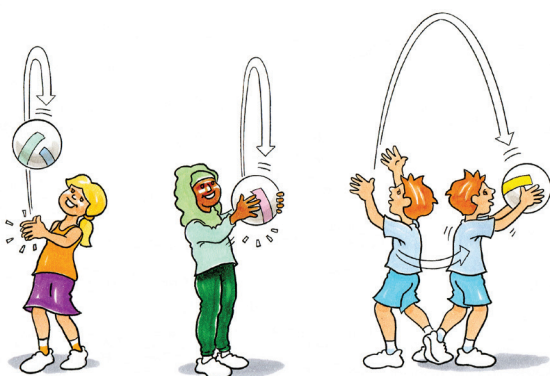
### Group Management

Individuals.

### Description

Complete some/each of the following:

- Bounce ball with two hands and catch
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching.



### ! Safety

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

### 🕒 Coaching Tips

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: Add/increase the number of claps.

### ? Questions

Which was the easiest to catch?

What was the hardest to catch?

## Scatter Bounce

### Objective

To practise catching technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Hoops.

### Group Management

Individuals.

### Description

Each player holds a ball and stands in an area with hoops scattered around (minimum of one hoop per player).

Players move around the area (for example, run, hop, skip).

When the coach calls a number the player should move to a hoop and bounce their ball in the hoop that number of times.

### ! Safety

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

### 🎯 Coaching Tips

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: Share a ball with a partner and take in turns to catch it after bouncing in the hoop.

Up: Increase the difficulty of the activity (for example bounce, clap then bounce).

### ? Questions

What did you do to help you catch the ball safely?



## Catch the Bounce

### Objective

To practise catching technique using bounce pass.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

Players stand approximately two metres apart.

One player throws the ball so it bounces once before their partner, who then catches the ball.



### ! Safety

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

### 🎯 Coaching Tips

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 softer ball.

Up: Move further apart; Bounce the ball more than once.

### ? Questions

What did you have to do differently to catch the bounce pass?

## Wall Sequence

### Objective

To develop catching skills in a controlled environment.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

### Group Management

Groups of three.

### Description

Groups of three players stand in a line two metres from the wall, the front person holding a ball.

The first person performs the following activities using a shoulder pass, until they make a mistake.

The next person then has their turn:

- 10 x Throw ball onto the wall and catch
- 9 x Throw ball at a wall, jump then catch
- 8 x Alternate throwing ball onto the floor so it bounces on the wall and catch then onto the wall so it bounces on the floor and catch
- 7 x Throw ball onto the wall, bend down and touch the ground then catch
- 6 x Throw ball onto the wall and clap then catch
- 5 x Throw ball onto the wall and catch it after it bounces once
- 4 x Throw ball under one leg onto the wall and catch (two each side)
- 3 x Throw ball at a target and catch
- 2 x Bounce ball on the ground so it rebounds on the wall and catch
- 1 x Throw ball onto the wall and spin around to catch.

When the first person is back at the front of the line, they begin the sequence from where they made the mistake.

### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

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.

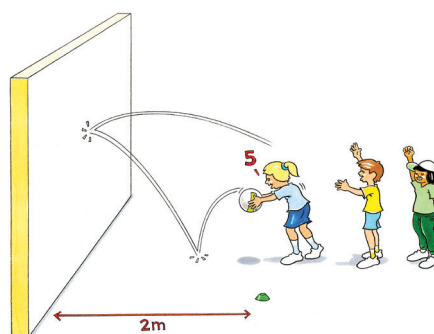
### ↻ Change It

Down: Use a soft ball; Decrease the complexity and/or the number of activities.

Up: Player starts again so that all activities are completed at the one time.

### ? Question

What did you do to help you catch the ball safely?



## Wicked Witch

### Objective

To develop catching skills in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Wand (stick, bib, whistle).

### Group Management

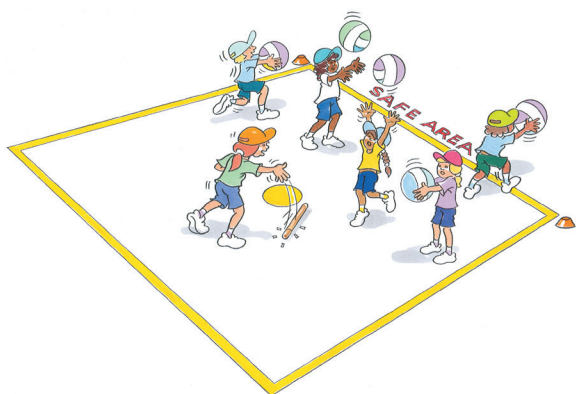
Individuals.

### Description

All players have a ball and the wicked witch holds a stick as a wand.

The wicked witch calls out commands to the players (for example, bounce the ball, throw the ball in the air).

When the wicked witch drops their wand (after 2–3 orders) they chase the players to their 'safe' zone (all players must carry their ball).



### ! 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 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: Coach acts as the witch so that simple ball skills are called.

Up: Skills called are more complex.

### ? Questions

Which was the most difficult catching activity?

## Circle Pass

### Objective

To develop the ability to catch in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Hoops.

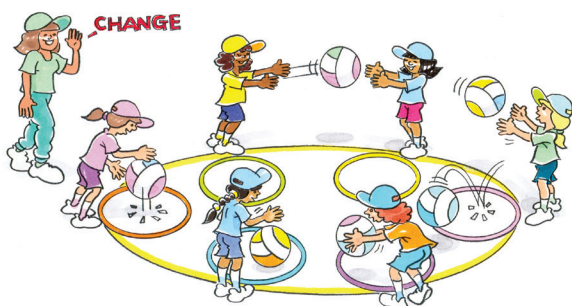
### Group Management

As a group.

### Description

Players stand in a circle with a ball and a hoop placed in front of each player.

Each player bounces the ball in the hoop continuously until the coach calls change. The players then pass their ball to their left using a chest pass, and then bounce the new ball in the hoop.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

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.

### ↻ Change It

Down: Give the ball to the partner.

Up: Continuous pattern (for example, four bounces then pass left, four bounces then pass right).

### ? Questions

What are the things you do to pass a good chest pass?

## Hear the Catch

### Objective

To practise reaction time and ability to catch the ball under pressure.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

One partner stands with back towards player with ball.

The player drops the ball. When the partner hears the ball bounce they turn and catch it before it bounces a second time.

### ! Safety

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

### 🎯 Coaching Tips

Feet shoulder-width apart

Shoulders back and down

Knees slightly flexed

Knees over toes

Head up with eyes looking in direction of play

Arms relaxed by side of body

Centre of gravity is low and over base of support

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: Call partner as ball is dropped so they turn earlier.

Up: Release the ball lower to the ground; Move further away.

### ? Question

What did you do to turn around quicker?

## Catch It

### Objective

To develop the ability to catch on the move.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

### Group Management

Groups of 6–10.

### Description

Groups of approximately ten players are numbered consecutively and each given three 'lives'.

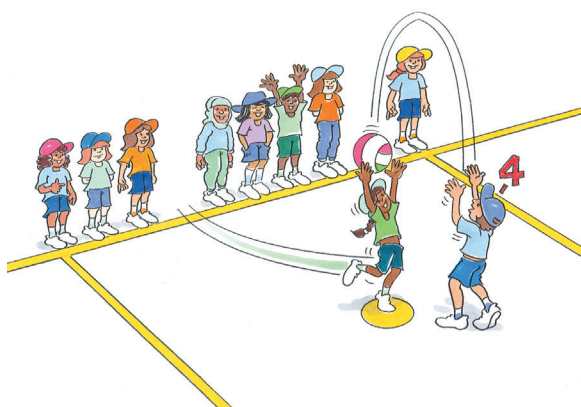
A player with the ball starts the game by throwing the ball in the air and calling a number.

The player whose number is called runs in to catch the ball before it hits the ground.

If the ball hits the ground the player loses a 'life'.

The person then throws the ball in the air and calls another number.

Game ends after a period of time or when a person loses all of their 'lives'.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Eyes on the ball.

Strong take off towards 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: Ball can bounce before it is caught.

Up: Play 'Frozen ball'.

### ? Questions

What did you do to get to the ball before it bounced?

## Frozen Ball

### Objective

To practise reaction time and ability to catch the ball under pressure.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of approximately 10 players.

### Description

Players in each group are numbered consecutively and given three 'lives' each.

A player with the ball starts the game by throwing the ball in the air and calling a number.

The player whose number is called runs in to catch the ball and calls 'freeze'.

All players stop and keep their feet on the ground. The ball is thrown at the legs of the player, who may try to catch the ball.

If the ball hits the player, they lose a 'life'.

If the ball misses or is caught by the player, then the player who threw the ball loses a 'life'.

The person who loses a 'life' throws the ball up and calls another number.

The game ends after a period of time or when a player loses all of their 'lives'.

### ! Safety

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

### 🕒 Coaching Tips

Initial stance:

- Feet shoulder-width apart
- Shoulders back and down
- Knees slightly flexed
- Knees over toes
- Head up with eyes looking in direction of play
- Arms relaxed by side of body
- Centre of gravity is low and over base of support

Take off:

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right, take off with the right foot and vice versa

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 softer ball.

Up: Ball must be caught on the full or the player also loses a 'life'.

### ? Question

How many players did you hit?

## Bounce Ball between Legs

### Objective

To develop hand–eye coordination and ball control.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals.

### Description

Bounce the ball between the legs from front to back (catch behind).

Repeat, bouncing the ball from back to front.

### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes on the ball.

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

Pull ball towards the body.

### 🔄 Change It

Down: Use a softer ball.



## Partner Pass – Version 2

### Objective

To practise reaction time and catching in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

### Group Management

Pairs.

### Description

Catch the ball released by a partner in the following way:

Dropped.

Thrown in the air.

Rebounded off the wall.

Bounced on the wall then floor.

Bounded on the wall then floor.

Surprises.



### ! Safety

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

### 🕒 Coaching Tips

Initial stance:

- Feet shoulder-width apart
- Shoulders back and down
- Knees slightly flexed
- Knees over toes
- Head up with eyes looking in direction of play
- Arms relaxed by side of body
- Centre of gravity is low and over base of support.

Take off:

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right, take off with the right foot and vice versa.

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: Release the ball higher/bounce it harder, etc. to give the player more time.

Up: Release the ball more quickly.

### ? Question

Which activity was the easiest?

Which activity was the hardest?

## Turn and Catch

### Objective

To practise catching technique under pressure.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Pairs.

### Description

One player stands with their back to the player with the ball, who stands three metres away.

The player with the ball calls the other player's name, who then turns and catches the ball.

The ball can be placed high, low and bounced in front.

### ⚠ Safety

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

### 🎯 Coaching Tips

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 softer ball.

Up: Release the ball more quickly or further away.

### ❓ Questions

What did you do to turn quickly?

What pass was the easiest to catch?

What pass was the hardest to catch?

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

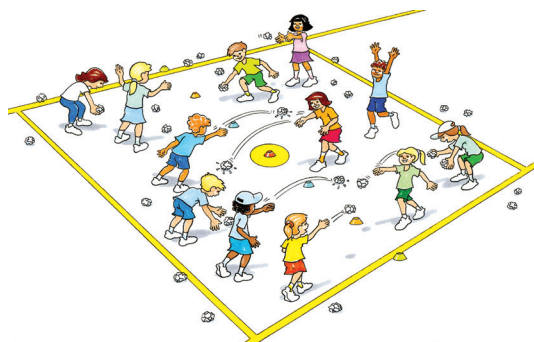
Divide the third in half with a line of markers down the middle and approximately eight players on each side of the line.

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.

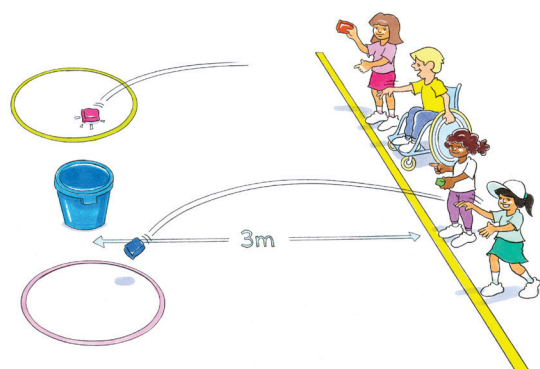
### Description

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

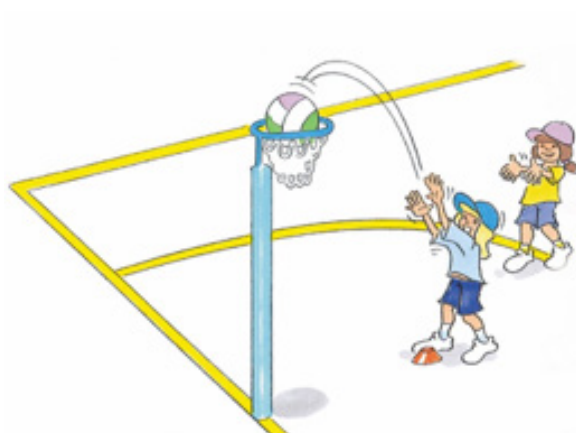
Pairs.

### 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.

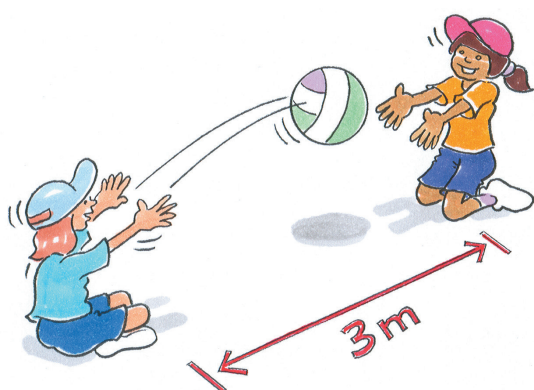
### Description

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.

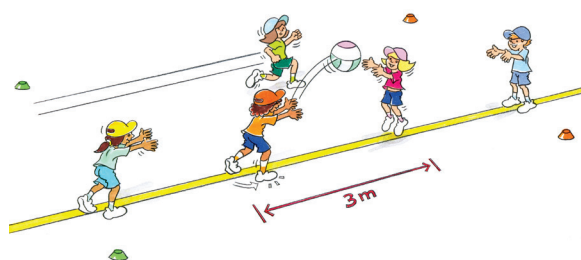
### Description

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.

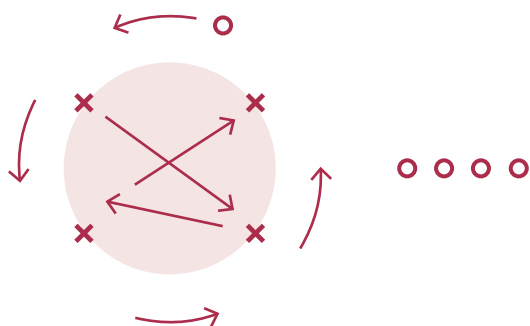
### Description

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.

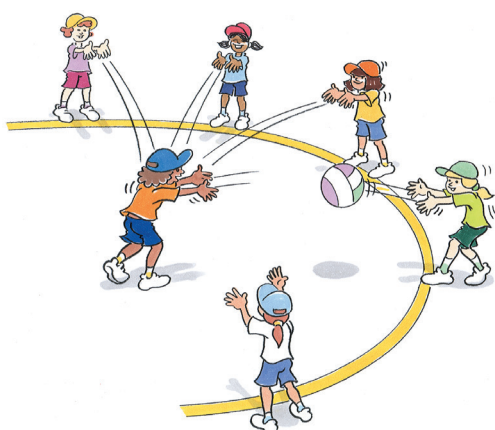
### Group Management

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

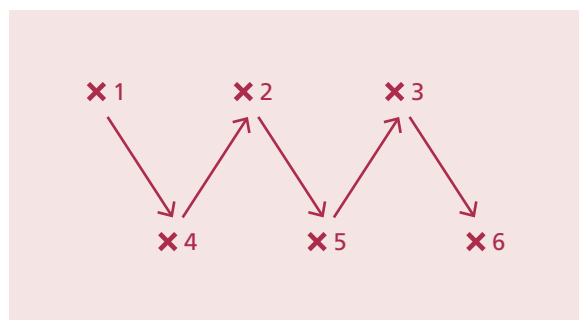
Groups of 5–6.

### 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.

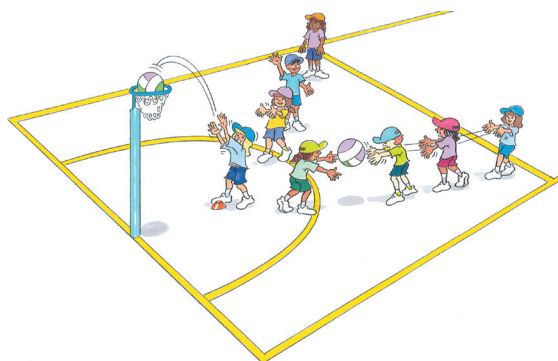
### Description

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

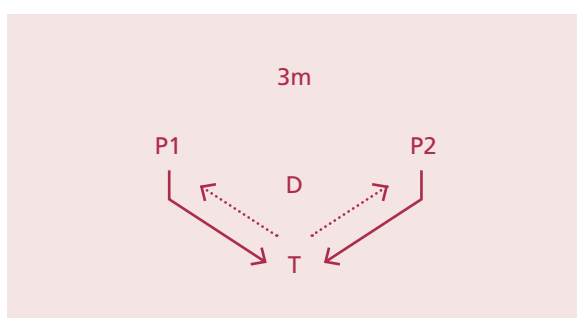
Divide the group into one defender (D), one thrower (T), and two passers (P1 and P2).

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

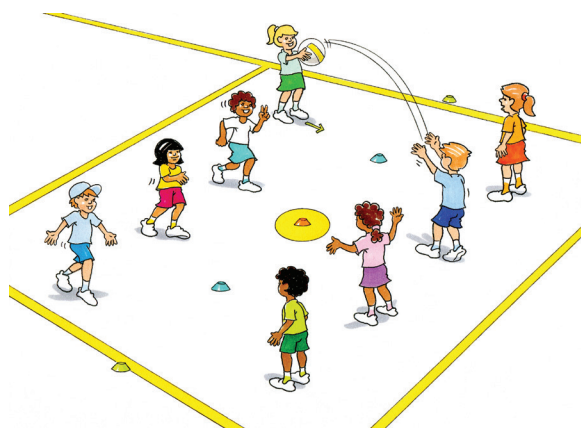
Divide one third of the netball court in half.  
A team of four stands in the middle of each half.

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

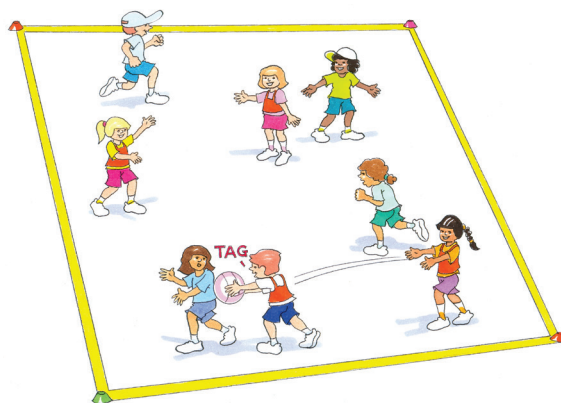
As a group.

### 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

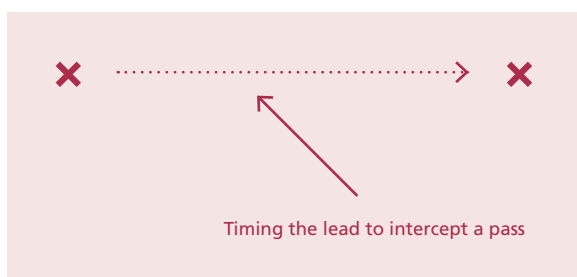
Groups of three.

### 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.

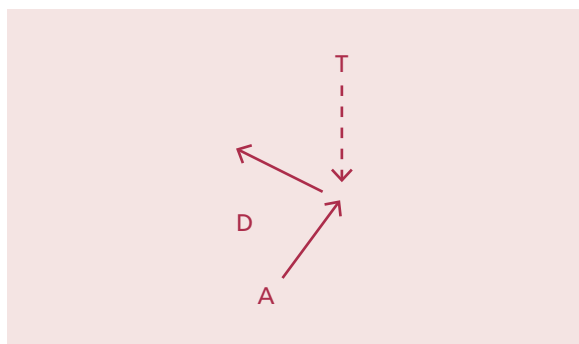
### Description

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

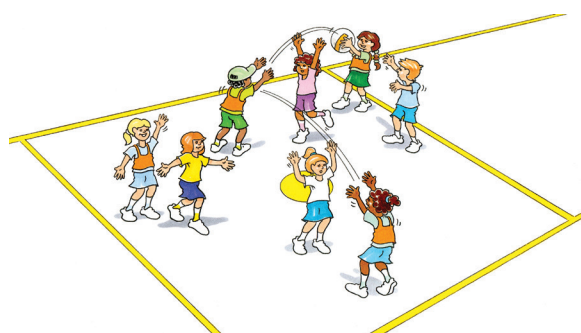
Groups of 3–4.

### 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?



ACTIVITY TYPE

**Run**

## Hand Slaps

### Objective

To practise running and changing direction.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

One player stands with one hand raised. Their partner runs around them as many times as possible in 15 seconds, slapping hands each time. Compare the number of hand slaps.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Running:

- 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.

Change of direction:

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

### ↻ Change It

Down: No competition.

Up: First player to a specific number.

## Tunnel Ball

### Objective

To develop hand-eye coordination and practise rolling the ball in a confined space.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of 4–5.

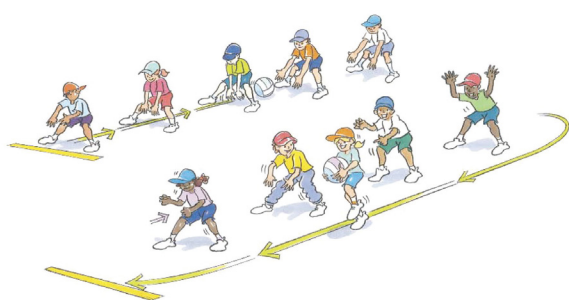
### Description

Players line up in teams of four, one behind the other.

The ball is passed to the end of the line between the legs of all team members.

The last person then runs to the front of the line and starts passing the ball again.

The winning group is the first back to their original position.



### ! Safety

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

### 🎯 Coaching Tips

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: No competition; Use bean bags.

Up: Pass the ball over the heads of the players; Pass the ball in an over and under pattern; Pass the ball twisting to the left and right; Combine the different variations in one race.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Relays

### Objective

To practise running and passing technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

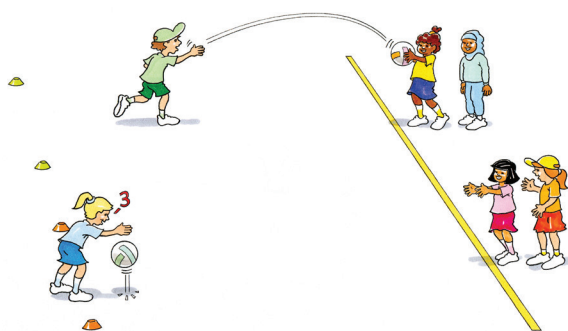
### Group Management

Two groups.

### Description

The first person in each team runs with the ball to a nominated spot and bounces the ball three times, then runs back to their line and shoulder passes the ball to the next person.

Repeat with different activities (for example, three catches, one bounce and one catch).



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

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.

Shoulder pass:

- 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: No competition; Place ball in front of the group so players do not have to run with the ball.

Up: Make the ball activities more challenging (for example, three balls in the air, or clap and ball in the air and turn around).

### ? Questions

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

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Here, There and Everywhere

### Objective

To practise running and changing direction using verbal cues.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Individuals.

### Description

The coach calls one of the three words – here, there and everywhere:

- Here: run towards the coach
- There: run towards where the coach is pointing
- Everywhere: run in any 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 looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

### ↻ Change It

Down: Reduced number of commands.

Up: Change the type of movements (for example, skipping, hopping, jumping, leaping).

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Number Exchange

### Objective

To develop running and changing direction skills in a confined space.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

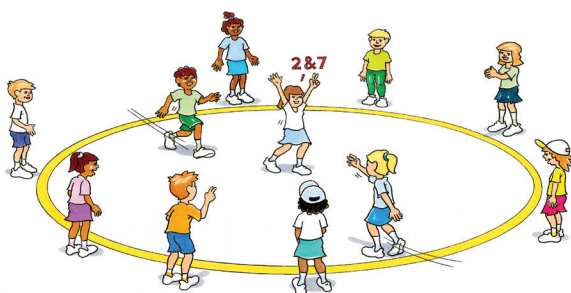
Stand ten players in a circle and number them 1 to 10.

Another player stands in the middle of the circle.

The player in the middle calls two numbers and these two players must exchange places.

The middle player tries to run to one of the vacated places before the other players.

The player left out stands in the middle and calls two numbers.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

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.

### ↻ Change It

Down: The coach calls the numbers out.

Up: Change the activity so that more than two players can go at once (for example, players who have on a blue skirt, players who barrack for a certain netball team).

### ? Question

When you were in the middle, what strategies did you use to take someone's place?



## Bean Bag Take Off

### Objective

To develop a strong take-off technique.

### Equipment/Area

Netball court or suitable playing area.

Bean bags.

### Group Management

Groups of 5–6.

### Description

Players stand behind a line.

On a command players sprint forward five metres to pick up a bean bag.

### ⚠ Safety

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

### 🎯 Coaching Tips

Arms/legs move in opposition.

Lean body forward.

Start with small steps and gradually move to bigger steps.

Arms drive forward in relaxed style, elbows bent.

Keep head erect and eyes up.

If leading to the right, take off with the right foot and vice versa.

### ↻ Change It

Down: No competition; Remove the bean bag so players only need to cross the line.

Up: Take off from different starting positions (for example, lying down, facing backward/sideways).

### ❓ Questions

What are the important things to do to run fast?

## Straight Line Partner Tag

### Objective

To develop change of pace.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Groups of 2–3.

### Description

Players form into groups of two or three with one nominated leader.

Starting behind the sideline, players jog towards the opposite sideline. At any point between the sidelines, the leader turns and sprints back to the start line.

The other players in the group aim to beat the leader back to the sideline.

Repeat then change roles.



### ⚠ Safety

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

### 👁 Coaching Tip

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move 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: Players change direction at a designated spot.

Up: Add a further change of direction (for example, before the player reaches the start line they change direction and sprint back to the other sideline).

### ❓ Questions

What did you do to speed up/change pace?

## Slap Tag

### Objective

To practise running and changing direction skills to evade partner.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

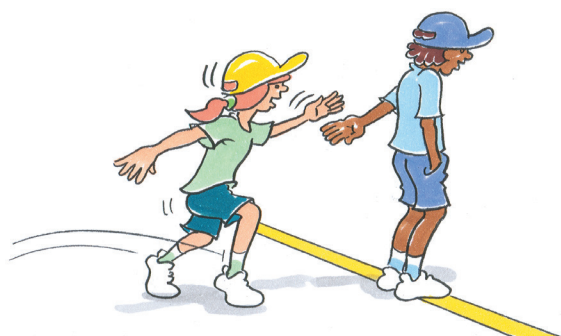
Pairs.

### Description

One player stands on the transverse line with their back to their partner and their hand outstretched behind.

Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point.

Swap roles and repeat.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

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.

### ↻ Change It

Down: Start behind player so they do not have to sneak across.

Up: Both stand in the middle of the third and perform a rock, paper, scissors competition, then the loser is chased over the transverse line.

### ? Questions

What did you do to avoid being tagged?

## What's the Time Mr Wolf?

### Objective

To practise running and changing direction skills to evade tagger.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

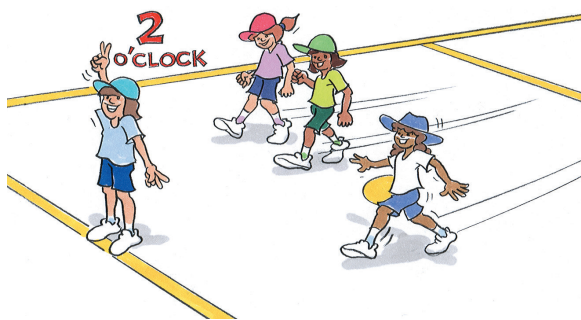
### Description

Players line up behind the transverse line with one player, the wolf, standing at the next transverse line.

Players say 'What's the time Mr Wolf?', and the wolf answers with a time (for example, 4 o'clock).

The players then take that number of steps closer to the wolf.

When the wolf answers 'dinner time' instead of a number, the wolf turns and chases the players back to their transverse line.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

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.

### ↻ Change It

Down: Players play in pairs.

Up: The wolf must turn and catch a player moving before they can chase them back to the transverse line.

### ? Questions

What helped you get away from the 'wolf'?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Ball Pick-Up Race

### Objective

To develop running technique, focusing on take off.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Groups of 5–6.

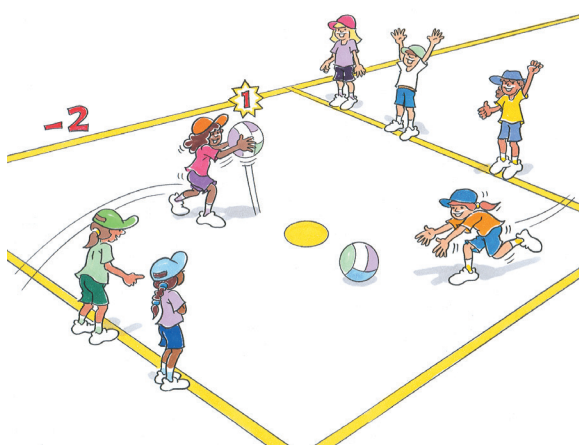
### Description

Groups form two lines and stand facing each other across one third. Players in each group are numbered consecutively.

Two balls are placed in the middle, one for each group.

When the coach calls a number, the corresponding player from each group runs in to pick up their ball.

The first player to pick up their ball scores a point for their team.



### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

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 It

Down: Make a circle of five players, numbering players one to five. When a number is called only one person has the number.

Up: Once the player picks up the ball they must complete an activity with the ball (for example, three bounces, or once the player picks up the ball they must pass to three team-mates).

### ❓ Questions

What things did you do to take off quickly?

What things slowed you down?

## Cat and Mouse

### Objective

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

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Players join hands to make a circle.

One player stands inside the circle (mouse) and another outside the circle (cat).

The cat must try and catch the mouse as the players in the circle raise their arms to let the cat and mouse in and out.

Rotate roles.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Take off:

- Arms and legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up.

Change of direction:

- Shoulders in direction of movement
- Emphasis should be on strong first 3–4 steps
- Push off strongly on outside foot and use inside foot as take off foot.

### ↻ Change It

Down: The coach calls the arms up or down.

Up: Add a second cat or mouse.

### ? Questions

How many times did you catch the mouse?

## Number Exchange

### Objective

To develop running and changing direction skills in a confined space.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Stand ten players in a circle and number them 1 to 10.

Another player stands in the middle of the circle.

The player in the middle calls two numbers and these two players must exchange places.

The middle player tries to run to one of the vacated places before the other players.

The player left out stands in the middle and calls two numbers.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

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.

### ↻ Change It

Down: The coach calls the numbers out.

Up: Change the activity so that more than two players can go at once (for example, players who have on a blue skirt, players who barrack for a certain netball team).

### ? Questions

When you were in the middle, what strategies did you use to take someone's place?

## Pairs Chasey

### Objective

To practise running in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

Players stand in pairs with arms linked.

One pair is separated, with one player chasing their partner.

The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased.

If the player being chased is tagged, the roles are reversed.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Running:

- 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.

Change of direction:

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

### ↻ Change It

Down: Reduce the number of pairs; Decrease the size of the area.

Up: Increase the size of the area.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.



## Golden River

### Objective

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

### Equipment/Area

Netball court or suitable playing area.

Multiple sets of bibs.

### Group Management

As a group.

### Description

All players wear bibs of varying colours and line up on one side of the area.

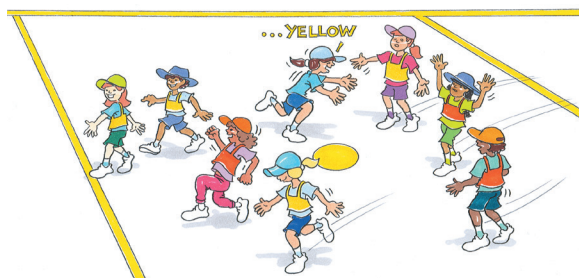
One player stands in the middle of the area and plays the role of the wolf.

The group asks the wolf, 'Mr Wolf, may we cross your golden river'. The wolf responds, 'Yes if you are wearing yellow'.

Players wearing a yellow bib can cross the area safely, but players without the yellow bib aim to run across without being tagged.

Players caught join the wolf and assist in tagging other players.

The players then ask to cross again and the wolf responds with a different colour.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### ↻ Change It

Down: Reduce the size of the area to make it easier for the wolf and increase the size of the area to make it easier for the players.

Up: Increase the size of the area to make it harder for the wolf and decrease the size of the area to make it harder for the players.

### ? Questions

What did you do to escape the wolf?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Golden Child

### Objectives

To develop goal shooting technique.

To practise take off and running technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

### Group Management

Two teams.

### Description

Divide the group into two teams of five to six players.

The running team lines up on the goal line and the shooting team forms a line behind a marker in the goal circle.

The shooting team takes turns to have one shot at goal and calls 'stop' each time they score a goal.

If a runner has not completed running around one third they must STOP and remain at that point.

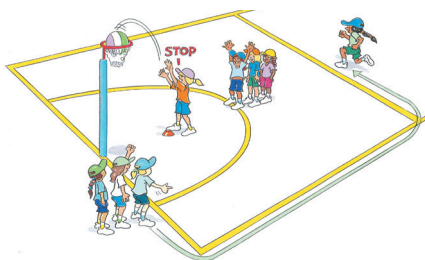
The next runner begins after a call of 'stop' or when the previous runner is back at the start.

The running team scores one point when a runner completes a circuit.

The last runner (the golden child) can 'free' any player stopped on the circuit by tagging them.

Each time a runner completes the remaining part of the lap the team scores one point.

If a goal is scored while the 'golden child' is running, the game stops and the teams change roles.



### ! Safety

Define the area appropriate for numbers.

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

Ensure there is an awareness of safety considerations such as avoiding the area near the goalposts.

### 🎯 Coaching Tip

Running:

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

Shooting:

- Ball is held above head in dominant hand
- Opposite hand may be used to steady ball
- Bend knees and elbows, release ball and flick wrist.

### ↻ Change It

Down: Decrease the distance of the running.

Up: Increase the running or shooting distance.

### ? Questions

What helped you successfully shoot for goal?

## Rob the Nest

### Objectives

To develop running technique at different speeds and in varying directions.

To work as a team to achieve the task.

### Equipment/Area

Netball court or suitable playing area.

Bean bags.

Size 4 netballs (or equivalent).

Hoops.

### Group Management

Four groups.

### Description

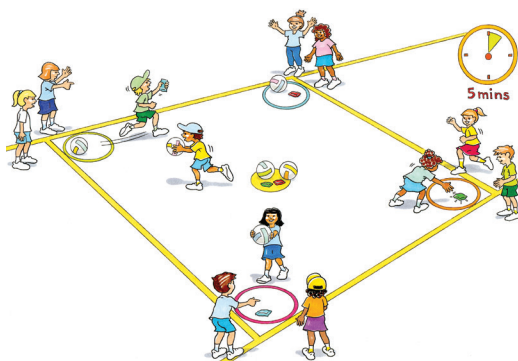
Place netballs in the middle of the centre circle.

Divide players into four teams and line them up at each corner of the centre third.

Each team sends a runner to rob an egg (netball) from a nest. They return the egg to their nest and the next person in line then goes to rob an egg.

Players can collect eggs from the middle or from other nests. Teams cannot stop others stealing their eggs.

Set a time limit for each game.



### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move 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 beanbags; Decrease distance of running; Increase the number of netballs/bean bags.

Up: Increase distance of running.  
The winner is the first team with three eggs.

### ❓ Questions

To get a quick start what do you need to do?

How did you encourage the members of your team during the game?

## Rats and Rabbits

### Objectives

To develop running and quick take off.

To reinforce the concept of 'ready position' in preparation for sprinting.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Teams.

### Description

Players set up in two single file lines next to a partner who is standing approximately one metre away.

One line of players is designated the 'rats' while the other line of players is the 'rabbits'.

On the call of 'rats' or 'rabbits' the nominated group attempts to run to the sideline before their partner catches them.



### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Reinforce the concept of 'ready position' in preparation for sprinting.

Feet shoulder-width apart, body upright, knees slightly flexed and out over toes.

Push off on inside foot, stepping out in direction of lead.

Arms drive forward, elbows bent.

### ↻ Change It

Players can keep a tally of scores, receiving one point if they catch their partner or one point if they reach the line before they are tagged by their partner.

Change the movement patterns (for example, side stepping, skipping, jumping).

'Crusts and crumbs', 'Brats and brownies' – similar sounding words can be substituted for rats and rabbits.

Down: Increase the starting distance between the teams.

Up: Coach extends the 'r' sound so players are unsure of the call; After the first call (for example, 'Rabbits') and prior to them reaching the sideline, the coach calls 'Rats', who then have to turn and reach their sideline before being tagged.

### ❓ Questions

What starting position can you use to be ready to either catch your partner or avoid being caught by your partner?

Why is it important to have an explosive start?

## Change of Direction

### Objective

To develop take off and change of direction technique.

### Equipment/Area

Netball court or suitable playing area.

Markers.

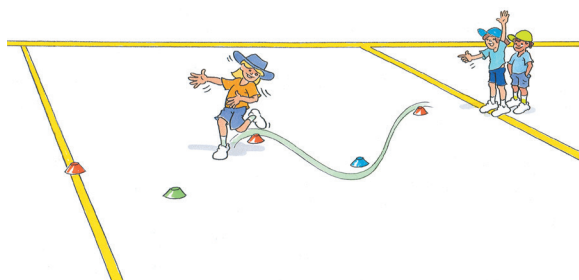
### Group Management

Individuals.

### Description

Lay out markers in a zigzag formation on the ground.  
Players line up behind the start of the zigzags.

Players run through, changing direction at each marker.  
At the end of the line, they pivot and repeat back down the line.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### ↻ Change It

Down: Reduce the number of markers.

Up: Introduce a competition between teams;  
After the last marker the player leads for the ball.

### ? Questions

Why is it important to be able to change direction?

## Marker Dodge

### Objective

To practise take off and change of direction technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Markers of different colours.

### Group Management

Groups of three.

### Description

Place 4–6 markers of each colour in one third of the court.

Divide players into groups of three and allocate them a colour.

The first player from each group moves into the area and changes direction each time they reach a marker of their colour.

On a call from the coach or after a set number of dodges, the player goes back to their team and the next player repeats the activity.

### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

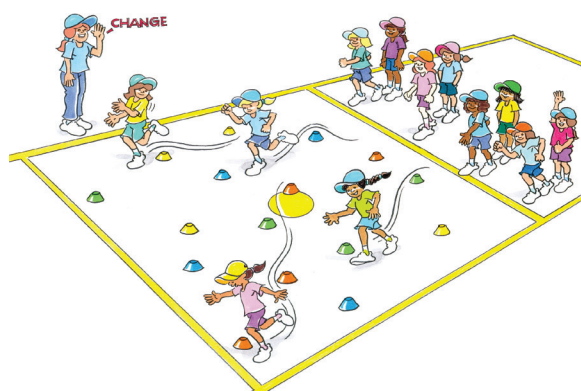
### ↻ Change It

Down: Reduce the number of groups working in an area.

Up: Introduce a competition between teams; After the last marker/each marker the player leads for the ball from their team.

### ? Questions

What did you do to change direction quickly?



## Follow the Leader

### Objective

To practise movement skills in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

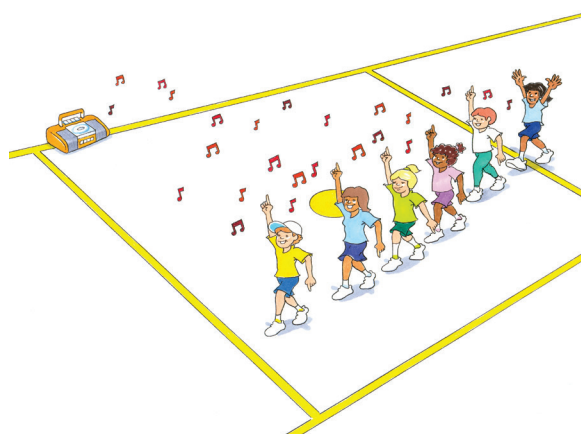
Groups of 4–5.

### Description

Form groups of four or five with one player nominated as the leader.

Using the outlines of the netball court, the leader alternates between running, skipping, hopping, jumping, leaping and walking on tip toes along the lines, with the participants copying the movement.

Change leaders regularly.



### ! Safety

Define the area appropriate for numbers.

Ensure there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalpost.

### 🎯 Coaching Tip

Reinforce running, hopping and skipping techniques.

### ↻ Change It

Down: Coach calls the movement.

Up: Use the full court rather than just the lines; Call a change of leaders and the front person goes to the back and the second person becomes the new leader without a break between activities.

### 👉 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Knee Tag

### Objective

To develop the ability to change direction and dodge.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, partners face each other.

Partners try to tag each other's knees while avoiding being tagged.

Players cannot turn and run away from their partner.



### ! Safety

Define the area appropriate for numbers.

### 🕒 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### ↻ Change It

Down: No competition.

Up: First player to a specific number.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.



## Toe Tag

### Objective

To practise change of direction.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, partners face each other with hands behind their back.

Partners try to step on each other's toes while avoiding the other players standing on theirs.

### ⚠ Safety

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

### 🎯 Coaching Tip

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.

Body leans forward.

### ↻ Change It

Down: Allow players to have arms out for balance.

Up: Introduce a competition between pairs.

### ❓ Questions

What did you do to change direction quickly?

## Partner Tag

### Objective

To develop dodge technique.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, one player uses a dodge to try to evade their partner 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.

Players cannot turn and run away from their partner.

### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### 🔄 Change It

Down: Decrease number of pairs working within an area; Increase distance the partner should be on the whistle (for example, two steps to touch partner).

Up: Increase the number of pairs working the area.

### ❓ Questions

What moves worked best to shake the shadow?

## Fox and Geese

### Objective

To develop change of direction and dodge technique in a confined space.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Groups of four.

### Description

Three players form a circle with one of these players nominated as a goose, and another player (fox) standing outside the circle.

The fox aims to tag the goose.

Players keep the circle intact and aim to reposition themselves to protect the goose from being caught by the fox.

The fox cannot go under the arms of players protecting the goose.

After a designated time frame or after tagging the goose, players change roles.



### ! Safety

Define the area appropriate for numbers.

Ensure there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalposts.

### 🎯 Coaching Tip

Feet shoulder-width apart.

Body upright.

Knees slightly flexed and out over toes.

Use small running steps.

Push off an outside foot to quickly change direction.

### ↻ Change It

Down: Two players in the circle can be geese and the fox can touch either one.

Up: Designate a tagging time frame (for example, 30 seconds for the fox to catch the goose and one point each time the goose is tagged. Experiment with group sizes and more than one 'goose'.

### ? Questions

What moves helped the fox catch the goose?

## Train Tag

### Objective

To practise change of direction using quick footwork.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Groups of four.

### Description

Three players stand in single file (train) holding the waist of the person in front, with another player standing facing the line (the tagger).

The tagger aims to tag the player at the back of the train.

Players keep the train intact and aim to reposition to protect the back carriage of the train from being caught by the tagger.

After a designated time frame or after tagging the back carriage, players change roles.

### ⚠ 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

Eyes looking forward.

Move feet using small steps.

Feet shoulder-width apart.

Change direction by pushing off on outside foot.

### ↻ Change It

Down: The two back players in the line can be tagged.

Up: Introduce a time limit.

### ❓ Questions

How might you use quick footwork like this in a netball match?

## Scarecrow Tiggy

### Objective

To practise running and changing direction in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

One player is nominated as the tagger.

When the tagger catches the other players they become 'scarecrows'.

Scarecrows are released when another player crawls underneath the legs of the player captured.

Limit space depending on numbers.

Variation: Change the type of movements (for example, skip, hop, jump).



### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

### ↻ Change It

Down: Increase the size of the area; Increase the number of taggers.

Up: Increase the size of the area.

### ❓ Questions

What did you do to avoid the tagger?

## Flip It

### Objective

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

### Equipment/Area

Netball court or suitable playing area.

Markers or coloured paper (different colour each team).

### Group Management

Two teams.

### Description

Split the group into two teams.

Each player has a marker. One team places them correctly on the ground and the other team places them on the ground upside down.

On a command, players run around to try and turn the other team's markers over to match their own.

After a set period of time, the team with the most markers in the same position wins.

### ! 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

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: All players are on the same team. Players stand outside the area, and on a command they run in and flip all the markers over.

Up: Player must run to a corner after each flip.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Chain Tag

### Objective

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

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

One player is designated the tagger and chases the other players.

Once another player is caught, they join hands then continue to chase remaining players extending the line after each additional tag.

Only players on the ends of the chain are able to tag players.

### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Arms/legs move in opposition.

Lean body forward.

Start with small steps and gradually move to bigger steps.

Arms drive forward in relaxed style, elbows bent.

Keep head erect and eyes up.

If leading to the right, take off with the right foot and vice versa.

### ↻ Change It

Down: Begin with more than one tagger.

Up: When the chain has four players, they split in half and form two separate tagging groups.

### ? Questions

What did you do to avoid the taggers?

## Position Tag

### Objective

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

### Equipment/Area

Netball court or suitable playing area.

Bibs.

### Group Management

As a group.

### Description

Each player wears a bib and stands on the court.

The coach calls out a position and the player whose position is called becomes the tagger and chases the other players.

When tagged, the player freezes on the spot.

When another position is called, everybody is 'free' and the new tagger begins the chase.

### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Arms/legs move in opposition.

Lean body forward.

Start with small steps and gradually move to bigger steps.

Arms drive forward in relaxed style, elbows bent.

Keep head erect and eyes up.

If leading to the right, take off with the right foot and vice versa.

### 🔄 Change It

Down: Before the tag game begins, ensure the player knows their position has been selected.

Up: Two teams on the court and therefore two players chasing at any time.

### ❓ Questions

When you were the tagger, what did you do to catch/tag other players?



## Tail Tag

### Objective

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

### Equipment/Area

Netball court or suitable playing area.  
Bibs.

### Group Management

As a group.

### Description

All players tuck a bib or band into the back of their shorts/skirt.

Players must keep moving and grab as many tails as possible while protecting their own tail.

Players cannot hold onto their own tail.

The winner is the one with the most tails after all have been stolen.

There is no elimination.

### ! 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 Tip

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.

### ↻ Change It

Down: Work in pairs so you can only steal your partner's tail.

Up: Divide the group into teams. Players can only steal the tails of the opposition players, team with the most tails wins.

### ? Questions

How did you get away and avoid your tail being stolen?

What tactics did you use to steal players' tails?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.



ACTIVITY TYPE

**Jump**

## Jumping Square

### Objective

To develop jumping technique.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

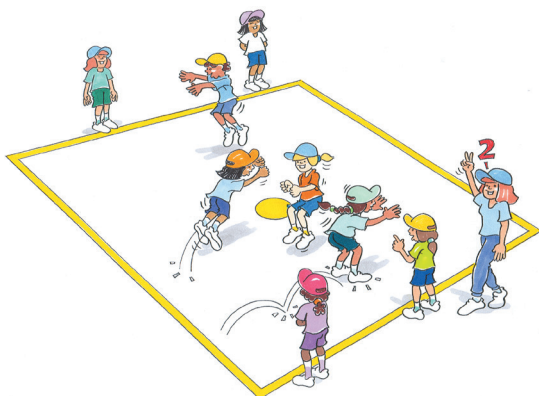
### Description

Players stand evenly around a square.

Number opposite sides of the square 1, and the other sides 2.

When a player's number is called, players jump from one side to the other, exchanging places.

When the number three is called all players jump to the opposite side of the square.



### ⚠ Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Jump:

- Eyes forward
- Bend at the knee, hip and ankle with arms back
- Bring arms forward and up as legs straighten to take off.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

### ↻ Change It

Down: One side moves at a time so all going in the same direction.

Up: Call a different movement as well as the number (for example, leap, hop, skip).

### ❓ Questions

How many jumps did it take to get across the square?

## Landings off a Step

### Objective

To practise jumping and safe landing technique.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Step.

### Group Management

As a group.

### Description

Jump off a step (make sure it is not too high) on to the ground landing on either two feet or one foot.

Hop off a step onto the ground landing on either two feet or one foot.



### ⚠ Safety

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

### 🎯 Coaching Tips

Land softly with two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

### ↻ Change It

Down: Jump from the ground (as shown in illustration).

Up: Catch a ball on landing.

### ❓ Questions

What did you do to land safely?

## Fancy Frogs

### Objective

To develop awareness of different styles of jumping and landing.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Individuals.

### Description

Spread markers 0.5m apart in front of small groups of players.

Players complete the following activities by jumping over the markers:

- Jump two feet together
- One-foot jump (alternate landing on right foot and left foot).



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

### ↻ Change It

Down: Remove the markers.

Up: Catch a ball after jumping over a marker.

### ? Questions

Which technique allowed you to jump higher, the two-foot jump or one-foot jump?

## Elevation Jump

### Objective

To develop jumping skills, focusing on gaining vertical height.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

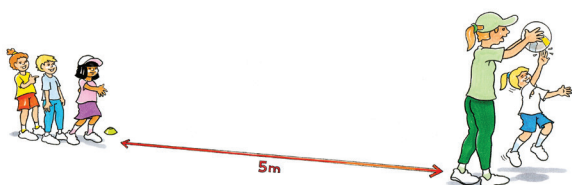
### Group Management

As a group.

### Description

The coach holds a ball high in the air.

Players line up in small groups five metres away, then run towards the coach and jump/leap and touch the ball. Players then return to the back of the line, opposite their original group.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Eyes looking forward.

Bend slightly at the knees, hips and ankle, weight forward over toes.

Push strongly off take-off foot.

Drive arms up to extend towards ball.

Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles.

### ↻ Change It

Down: Jump/leap with reduced run up.

Up: Grab the ball, land, pivot and pass to the next player who passes it back to the coach.

### ? Questions

What did you do to jump higher?

## Landing on the Circle Edge

### Objective

To practise landing technique in a confined space.

### Equipment/Area

Netball court or suitable playing area.

Goal circle.

Markers.

Size 4 netballs (for advanced players).

### Group Management

Groups of three.

### Description

Players line up three metres from the circle edge in groups of three.

The first player in the line runs forward and jumps to land on the circle edge and hold their balance for 2–3 seconds.

They join a different line for their next turn.

### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Land softly on two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

### ↻ Change It

Down: Add a marker as a guide of where to take off.

Up: Add a ball to be thrown to the player as they land

### ? Questions

How did you make sure you didn't go offside when landing on the circle edge?





## Leap from Hoop to Hoop

### Objective

To practise landing technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Hoops.

### Group Management

As a group.

### Description

Place hoops in a third of the court. Hoops can be placed either next to each other or spaced apart.

Players leap from hoop to hoop, and balance after each leap.

### ⚠ 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

Body weight over the outside foot with shoulders even and weight on the outside foot.

### ↻ Change It

Down: Reduce the numbers of hoops.

Up: Leaps become continuous.

### ❓ Questions

How did you keep your balance after jumping?

## Footwork at a Corner

### Objective

To practise jumping technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Lines.

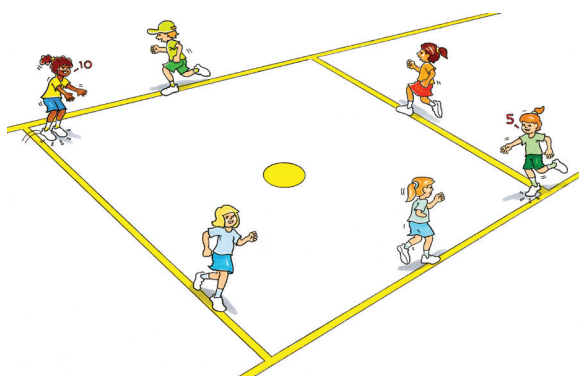
### Group Management

Individuals.

### Description

Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities:

- 10 jumps forward and backward across the line
- 10 jumps side to side across the line
- 5 hops on each leg
- 10 criss-cross legs across the line.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### ↻ Change It

Down: Reduce the number of jumps or size of area; Coach calls the activity.

Up: Increase the speed of running between activities.

### ? Questions

In which activity were you able to jump the highest?

## Jump Up the River

### Objective

To practise jumping technique for distance

### Equipment/Area

Netball court or suitable playing area.

Long ropes.

Chalk.

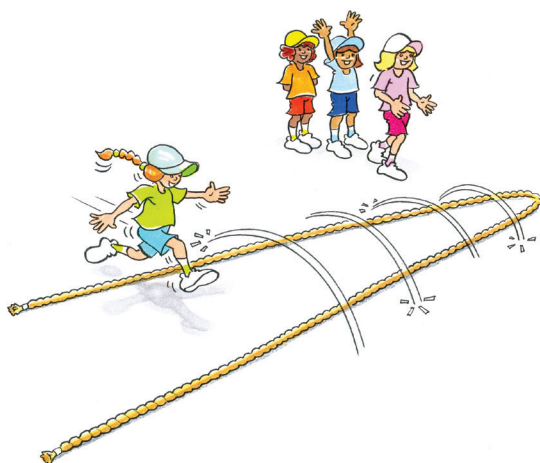
### Group Management

Individuals.

### Description

Loop a long rope around so it is narrow at one end and wider at the other.

Jump over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end.



### ! Safety

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

### 🕒 Coaching Tips

Two-foot jump:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Step into take off with a quick left/right or right/left step pattern
- Use both arms to drive up
- Land on both feet, cushioning landing by bending at knees, hips and ankles.

One-foot leap – right/left foot:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Push strongly off take-off foot
- Drive arms up
- Land on one foot, cushioning landing by bending at knees, hips and ankles.

### ↻ Change It

Down: Jump/leap over one piece of rope.

Up: Introduce a competition.

### ? Questions

Ask players to reflect on their jumping and landing technique – how does it feel when you jump/land?

Which jumping technique helped you jump the furthest?

## Leap Frog

### Objective

To practise jumping and landing techniques.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Groups of 3–4.

### Description

Divide group into teams.

Participants leapfrog the width of the court.

### ⚠ Safety

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

### 🎯 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### ↻ Change It

Down: Leap over only one person.

Up: Introduce a competition.

### ❓ Question

Which technique helped you jump over the person in front of you?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## Elastics

### Objective

To practise jumping and landing technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Elastics.

Chair (or players)

### Group Management

As a group.

### Description

Set up hopscotch elastic between two players/chairs.

Complete different jumping patterns over the elastic.

### ! Safety

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

### 🕒 Coaching Tips

Bend slightly at the knees, hips and ankle, weight forward over toes.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### ↻ Change It

Down: Complete the same jumping patterns over lines on the ground.

Up: Increase the difficulty of the patterns.

### ? Questions

Which pattern was the easiest?

Which pattern was the hardest?

## Hopscotch

### Objective

To practise jumping and landing techniques.

### Equipment/Area

Netball court or suitable playing area.

Chalk.

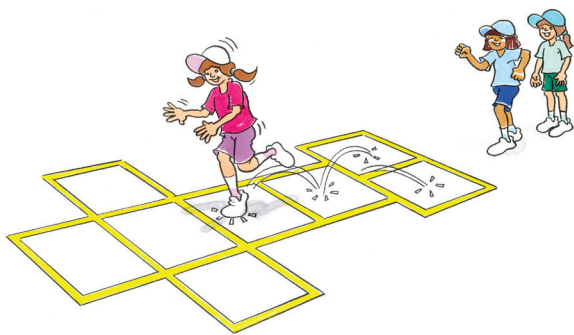
### Group Management

As a group.

### Description

Set up hopscotch so players need to hop and jump through the activity.

Variation – make it part of a circuit.



### ! Safety

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

### 🎯 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on the opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

### 🔄 Change It

Down: Set up the footwork pattern without the lines.

Up: Introduce a competition; Set a time limit.

### ? Question

Was it easier to hop on your left or right foot?

## River, Rock, Bridge and Tree

### Objective

To practise running, jumping and leaping in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Groups of four.

### Description

Four players line up in a relay formation.

The first player runs out to a marker and lays on the ground to form a river.

The second player jumps over the river, runs to the next marker and crouches down to form a rock.

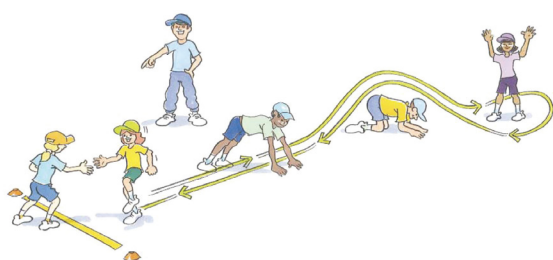
The third player jumps the river, leaps over the rock, runs to the next marker and stands astride to form a bridge.

The fourth player jumps over the river, leaps over the rock, crawls under the bridge and stands with arms out to form a tree.

Once the river is leapt by the fourth player, they stand up and leap over the rock, crawl under the bridge, run around the tree and run back to the start.

The rock, bridge and tree complete the activity in order.

Repeat with players taking on different roles.



### ! Safety

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

### 🕒 Coaching Tips

Take off:

- Arms/legs in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up.

Two-foot jump:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Step into take off with a quick left/right or right/left step pattern
- Use both arms to drive up
- Land on both feet, cushioning landing by bending at knees, hips and ankles.

One-foot leap – right/left foot:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Push strongly off take off foot
- Drive arms up
- Land on one foot, cushioning landing by bending at knees, hips and ankles.

### ↻ Change It

Down: Reduce the number of formations in the relay.

Up: Introduce a competition.

### ? Questions

How did you encourage your team-mates in the relay?

## Helicopter

### Objective

To develop jumping with a focus on timing.

### Equipment/Area

Netball court or suitable playing area.

Rope.

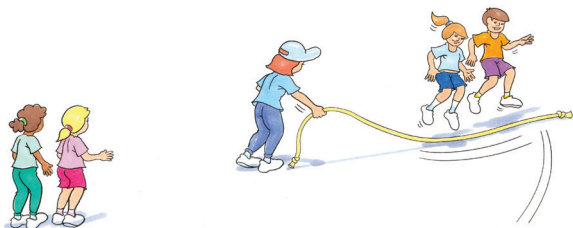
### Group Management

Groups of 2–3.

### Description

A coach/player stands in the middle of the circle holding a rope.

Swing the rope low over the ground so players can jump the rope as it passes.



### ! Safety

Define the area appropriate for numbers.

Beware that the rope is a tripping hazard.

### 🎯 Coaching Tips

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

Timing of when to jump.

### ↻ Change It

Down: Start the rope on the ground and swing in a half circle.

Up: Move the rope faster.

### ? Questions

How did you know when you should jump?

How close was the rope?



## Two-Foot Land and Pivot

### Objective

To practise landing and pivoting technique.

### Equipment/Area

Netball court or suitable playing area.

Hoops.

Size 4 neballs (for advanced players).

### Group Management

Groups of 3–4.

### Description

Place four hoops in front of a line of 3–4 players.

The first player moves forwards and jumps into the first hoop, pivots a full circle (squash the spider with one foot and the other foot follow the hoop around) and then repeats for each hoop.

The next player begins when the first player is at hoop three.

Repeat pivoting with other foot.

### ! Safety

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

### 🕒 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on the opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

### ↻ Change It

Down: Jump into the hoop only (no pivot).

Up: Catch a ball as the player jumps in the hoop.

### ? Questions

Which way should you pivot if you land on your right foot? Left foot?

Why is this important?

## Hopping Fight

### Objective

To develop balance technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Lines.

### Group Management

Pairs.

### Description

Players face each other across a line, holding each other's upper arms firmly.

On 'go', players try to hop their partners over the line.

Repeat using the other leg.



### ! Safety

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

Reinforce the importance of holding on to their partner.

### 🎯 Coaching Tips

Eyes forward.

Bend at the knee, hips and ankles.

### ↻ Change It

Down: Hop forward and back over a line with no partner.

Up: Play Hoppo Bumpo (cross arms and hop and bump partner off balance).

### ? Questions

What did you do to keep your balance and not get pulled over the line?

## Skipping with Small Rope

### Objective

To develop skipping technique.

### Equipment/Area

Netball court or suitable playing area.

Small skipping ropes.

### Group Management

Individuals.

### Description

Each child has their own rope.

Players perform different skipping techniques when called by the coach (for example, forward, backward, running step, crossovers).

A player could also demonstrate their own for others to attempt.

### ⚠ Safety

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

### 🎯 Coaching Tips

Bend slightly at the knees, hips and ankle, weight forward over toes.

Step in to take off with a quick left/right or right/left step pattern

### ↻ Change It

Down: Start the rope on the ground;  
Complete one jump at a time.

Up: Complete more complex skipping techniques.

### ❓ Questions

How many different skipping techniques did you try?

## Jumping/Leaping Large Rope

### Objective

To develop skipping technique.

### Equipment/Area

Netball court or suitable playing area.

Large skipping rope.

### Group Management

As a group.

### Description

Two players/coaches on the end of the rope.

One player runs in and begins singing, and acting the rhyme. Once the rhyme is completed, change players.

Rhyme:

Teddy bear, teddy bear, touch the ground,

Teddy bear, teddy bear, turn around,

Teddy bear, teddy bear, climb the stairs,

Teddy bear, teddy bear, say your prayers,

Teddy bear, teddy bear, turn off the lights,

Teddy bear, teddy bear, say goodnight.

### ! Safety

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

### 🕒 Coaching Tips

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

### ↻ Change It

Down: Swing the rope from side to side, as it comes towards the player they leap over it; Players sing only one line from the rhyme and then exit the rope as the next player enters.

Up: Stay in the rope and try to have 4-6 children enter one at a time and keep jumping as a group then leave one at a time; Catch and throw a ball while jumping the rope.

### ? Questions

Which part of the rhyme was easiest to do?

Which part of the rhyme was hardest to do?

ACTIVITY TYPE

**Balance**

## Individual Standing Balances

### Objective

To develop players' balance by practising different balances as dynamic activities.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals.

### Description

Individual standing balances:

- Stand on one leg like a bird
- Stand on one leg, swing the other like a pendulum
- Stand on tiptoe
- Stand on both feet with eyes shut
- Stand on one foot with eyes shut
- Stand on both feet, then on one leg and balance a beanbag.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Eyes looking forward.

Bend at knees as required.

### ↻ Change It

Down: Players can use another player or object to balance and let go for as long as possible.

Up: Add players moving around prior to the balance being called; For some balances a ball could be thrown while balancing.

### ? Questions

When was it hard to keep your balance?

When was it easy to keep your balance?

## Walk Along a Line

### Objective

To develop players' balance using dynamic activities.

### Equipment/Area

Netball court or suitable playing area.

Line for players to perform balances.

### Group Management

Individuals.

### Description

Players to move along a line using a variety of movements:

- Heel/toe walk
- Walk on toes
- Walk backward
- Hop forward/backward
- Jump.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

### ↻ Change It

Down: Players perform the activity without staying on a line.

Up: Add cones to move over as players progress along the line.

### ? Question

How did you keep your balance during the activities?

## Simon Says

### Objective

To develop balance using a variety of dynamic activities.

### Equipment/Area

Netball court or suitable playing area.

Coach to call instructions.

### Group Management

As a group.

### Description

Use the following balance and hopping activities or make up your own:

- Stand on one leg
- Stand on one leg and swing the other to the side
- Stand on tip toe
- Stand on both feet with eyes open/shut
- Stand on one foot with eyes open/shut
- Hop forward/backward on right/left foot
- Pivot right or left (squash the spider).



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use of arms to counterbalance.

### 🔄 Change It

Down: Perform balances/activities without playing 'Simon says'.

Up: Introduce a competition using time, not exclusion.

### ? Questions

Which was the easiest activity to stay balanced?

Which was the hardest?



## Thumb War Leg Balance

### Objective

To practise balance in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

Players stand on one leg and monkey grip the hand of their partner, with thumbs in the air.

Players tap thumbs onto hand on alternating sides three times then try to pin the other player's thumb down.

Variation: right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

### ↻ Change It

Down: Players can touch other foot down as required to balance.

Up: Play both hands at once.

### ? Question

Which position was easiest to balance?

## Musical Balance

### Objectives

To improve balance technique in a dynamic activity.

To practise a range of movement skills in a defined space.

### Equipment/Area

Netball court or suitable playing area.

Music.

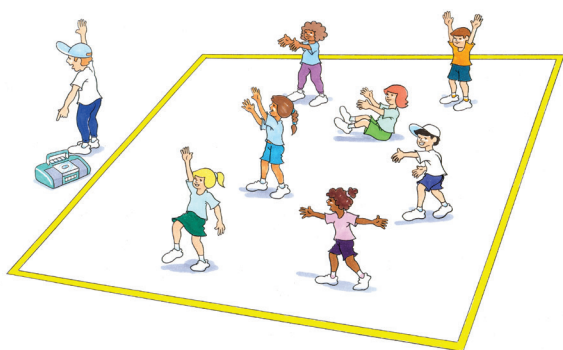
### Group Management

Individuals.

### Description

Players move around with a variety of movements (for example, running, skipping, hopping, jumping).

When the music stops, players must balance on the body parts called by the coach (for example, one foot, one hand and one foot).



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Reinforce technique for running, skipping, hopping and jumping.

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

### ↻ Change It

Down: Keep the same balance position.

Up: Introduce a competition.

### ? Question

What did you do to help yourself remain balanced?

## Squash the Spider

### Objective

To practise balance and pivot technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Individuals.

### Description

Players run around an area scattered with markers.

When they come to a marker they perform a pivot – squash the spider.

### ⚠ 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

Bring weight over grounded foot.

Bend knees slightly.

Turn on ball of the pivot foot, pushing off the other foot.

Non-grounded foot is lifted and re-grounded to maintain balance throughout movement.

### ↻ Change It

Down: In groups of three, line up behind a line, run to one marker, pivot and return to own line.

Up: Introduce a competition.

### ❓ Question

What did you do to stop and balance to perform a pivot at the marker?

## Balloon Stomping

### Objective

To practise balance technique in a dynamic activity.

### Equipment/Area

Balloons.

String.

### Group Management

Pairs.

### Description

A balloon is tied to each player's ankle.

Players hold both hands of their partner, trying to burst their partner's balloon while protecting their own.



### ! Safety

Define the area appropriate for numbers.

Reinforce importance of holding on to their partner.

### 🎯 Coaching Tips

Eyes forward.

Knees bent as required.

### ↻ Change It

Down: Only one person in the pair has a balloon.

Up: Move around an area and try to stomp on other players' balloons.

### ? Question

What did you do to stomp the balloon?

## Partner Connection

### Objective

To improve participants' balance and movement skills.

### Equipment/Area

Netball court or suitable playing area.

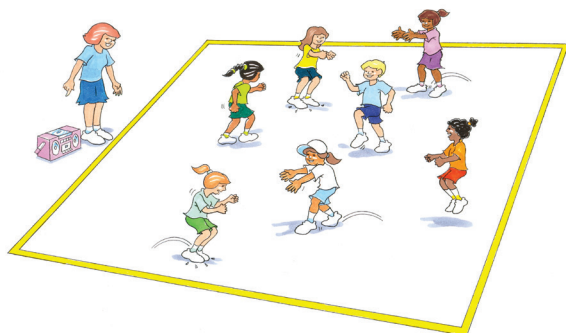
### Group Management

Groups.

### Description

Players move around using a variety of movements (for example, running, skipping, hopping, jumping, leaping).

The coach calls out two body parts which each player must connect to another player (for example, elbow to knee, hand to foot, head to head).



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use arms to balance.

Look for correct technique in movement skills.

### ↻ Change It

Down: Players do not move around prior to creating the connection.

Up: Form larger groups by calling out more body parts (for example, five elbows, two heads and three knees).

### ? Question

What things did you do to stay balanced?

## Partner Balance

### Objective

To improve participants' balance.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs ask the players to balance on the body parts called by the coach. Make up your own or use the following:

Four feet touching the ground.

Two feet touching the ground.

Two hands and two feet touching the ground.

Two hands and two knees touching the ground.

One back and two feet touching the ground.

### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

### ↻ Change It

Down: Allow players to add one or two other body parts to balance if required.

Up: Players move around using a variety of movements (for example, run, skip, hop, jump, leap), when the coach calls the body parts; Perform the balance with a partner.

### ❓ Question

What things did you do to stay balanced?

## Mirror Balance

### Objective

To improve participants' balance.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

Pairs.

### Description

In pairs, players mirror each other's balances.

### ! Safety

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

### 🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

### ↻ Change It

Down: All players mirror the coach.

Up: Add movement before the balance.

### ? Question

What things did you do to stay balanced?

## Throw to Self, Using a Bean Bag/Ball Standing on One Leg

### Objective

To practise balance techniques incorporating ball movement.

### Equipment/Area

Netball court or suitable playing area.

Bean bags/balls.

### Group Management

Individuals.

### Description

Complete each of the following standing on one leg then repeat standing on the other leg:

Throw bean bag from hand to hand – high/low.

Throw to self in the air and catch.

Throw to self and clap once before catching.

Repeat, extending the number of claps.

### ! Safety

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

### 🎯 Coaching Tips

Eyes on the bean bag.

Hands towards the bean bag.

Pull the bean bags towards body.

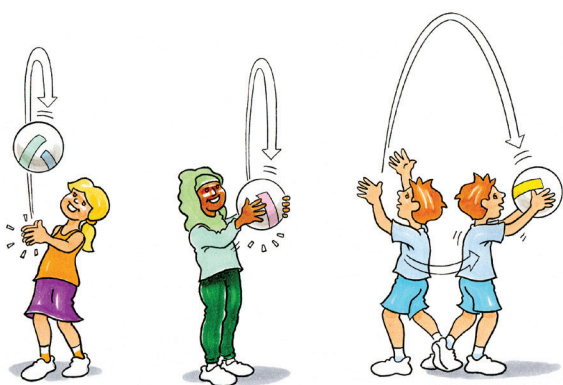
### ↻ Change It

Down: Move bean bag around rather than throwing it and/or copy partner's movements.

Up: Increase the difficulty of activities with the bean bag (for example, bean bag in each hand throwing both up in the air at once).

### ? Question

What things did you do to stay balanced?





## Bounce Ball and Balance

### Objective

To practise balance techniques incorporating ball movement

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

Individuals.

### Description

Balance on one leg while bouncing a ball.

Hop and bounce a ball.

Cross legs and bounce a ball.

### ⚠ Safety

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

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

### ↻ Change It

Down: Move ball around rather than throwing it and/or copy partner's movements.

Up: Bounce ball consecutively with one hand; Bounce two balls at once.

### ❓ Question

What things did you do to stay balanced?

## Partner Pass and Balance

### Objective

To practise balance techniques incorporating ball movement.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

### Group Management

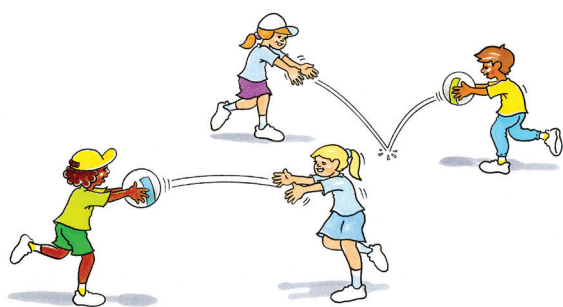
Pairs.

### Description

Both players balance on one leg with one ball between them.

They pass the ball using the following passes:

- Around the body
- Bounce the ball
- Chest pass.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tips

Bend knee as required.

Eyes forward.

### ↻ Change It

Down: Stand close to partner so the ball can be passed from hand to hand.

Up: Throw the ball further away from the centre of the body.

### ? Question

What activity made it hard to keep balanced?

## Islands

### Objective

To practise balance techniques in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Floor discs/hoops.

Bib (for the shark).

### Group Management

Groups.

### Description

Set up with less hoops/discs (islands) than the number of players.

Nominate one/two players as the sharks; these players are the taggers.

The players avoid being tagged by balancing on one leg on an island. Islands can only hold one person, so if another player moves onto an island the first player must leave.

Players cannot balance on the island for more than three seconds.

If a player is tagged they exchange places with the shark.

Variation: Run until the music stops, then run to an island and balance.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use arms to counter balance.

### ↻ Change It

Down: Have no tagger, players balance on islands then move to a new island.

Up: Coaches nominate different balances to be performed when on the island (for example, two feet, right foot, left foot).

### ? Question

What did you do to help keep your balance?

## Kings and Queens

### Objective

To practise balance technique and hands over ball defense.

### Equipment/Area

Netball court or suitable playing area.  
Line or markers (to start).

### Group Management

Groups of 5–6.

### Description

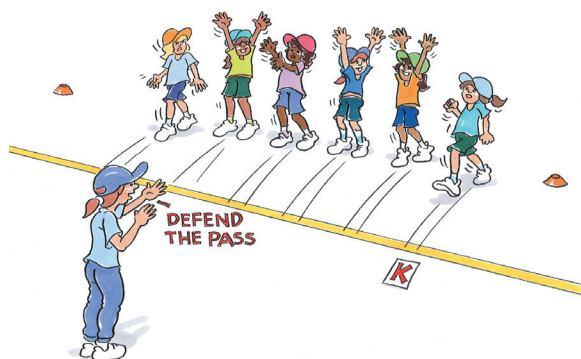
Group lines up along a line.

The coach faces the group – the first player on the coach's right is the king and the second is the queen.

When the coach calls players to 'defend the pass', they must get back 1.2m (4 feet) and put their hands up to defend.

If a player is slower than the player on their right (coach's left), they move down one spot.

The aim is to be the quickest and become the king.



### ! Safety

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

### 🕒 Coaching Tips

Recovery to 1.2m (4 feet)

Push off strongly 1.2m distance.

Strong stride/jump back – can be one large stride or a few quick steps.

Use arms for power to jump back.

Head up with eyes on ball and opponent.

Hand over the ball:

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

### ↻ Change It

Down: Remove the competition.

Up: Combine with specific arm positions (Balance Activity - Norma Says).

### ? Question

How far away do you need to be to defend a player with the ball?

What did you do to stay balanced?

## Norma Says

### Objective

To practise balance technique and hands over ball defence.

### Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

### Description

Using the rules of Simon Says, the coach calls out commands for players to perform.

Players should move back 4 feet to defend the pass when 'Norma says defend the pass'.

Other commands are:

Norma says high wide pass – move back 4 feet with arms wide.

Norma says lob pass – move back 4 feet with arms high in the air.

Norma says bounce pass – move back 4 feet with arms low.

### ⚠ Safety

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

### 👁 Coaching Tips

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

### ↻ Change It

Down: Play just with arm actions and not moving back 4 feet; Use lines so players know how far to move back.

Up: Combine with Kings and Queens (Balance Activity).

### ❓ Question

Which was the easiest activity to stay balanced?

Which was the hardest?



ACTIVITY TYPE

# Minor Games Coaching Resource

## Corner Spry Cricket

### Objective

To develop accuracy of passing and catching under pressure.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Markers.

### Group Management

Two groups.

### Description

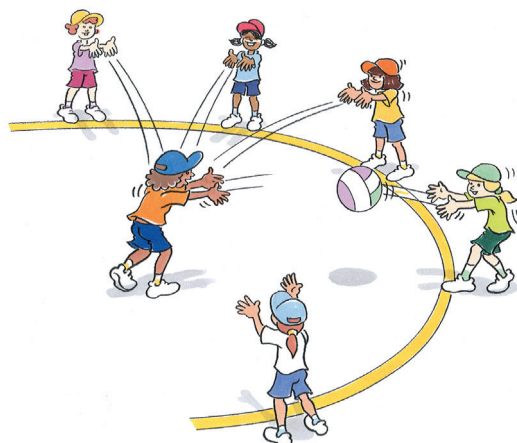
Divide group into two teams, one team 'batting' and the other team 'fielding'.

The batter passes the ball into the court then runs between two cones 5m apart, scoring one point per lap.

At the same time, the fielders run towards the player who fielded the ball and corner spry the pass to them only, yell stop when completed, and the batter stops running.

The game continues until all batters have thrown the ball, then swap roles.

The winning team scores the most runs.



### ! Safety

Define the area appropriate for the numbers and selected activity.

### 🎯 Coaching Tips

Passing:

- 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.

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.

Up: Set up bases so that the batter must run around the bases once before the fielding team finishes the corner spry or they go out.

### ? Question

How many points did you score?



## Keep the Ball

### Objective

To practise netball skills in a match-like game.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Bibs.

### Group Management

Groups of five.

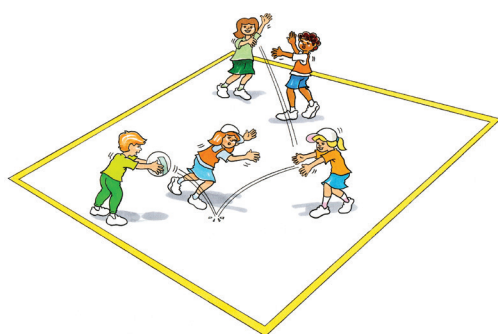
### Description

Three attackers and two defenders are distributed over the playing area.

The attackers aim to make five passes without the ball being intercepted.

Every five passes score a point.

NetSetGO rules apply.



### ! Safety

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

### 🎯 Coaching Tips

Passing:

- 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.

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.

Shadow:

- Start standing in front of opponent with back to attacker, half way across 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; Decrease number of defenders; Increase size of area; Score one point for each pass.

Up: Increase defenders; Decrease size of area.

### ? Question

What did you do well if you succeeded in making five passes without being intercepted?

## Corner Ball

### Objective

To practise netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

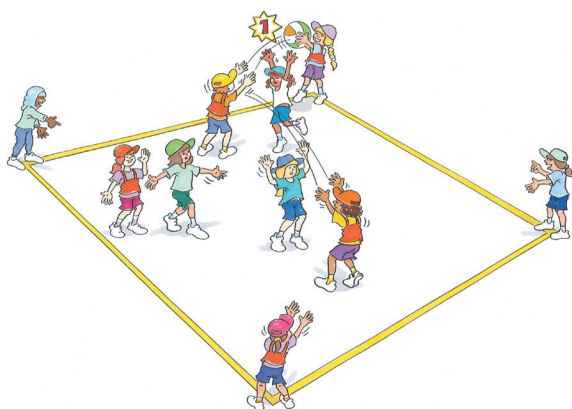
Two even teams.

### Description

Each team has one player in diagonal corners.

The ball starts in one corner. Players pass the ball and score one point if they can pass it to the other corner. The opposition then start with the ball.

If intercepted, the defender rolls the ball to their nearest corner and becomes the attacking team.



### ! Safety

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

### 🎯 Coaching Tips

Reinforce all techniques during the activity.

### ↻ Change It

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

Up: Set a number of passes that must be completed before a point is scored; All players must touch the ball before a point is scored.

### ? Question

How many points did your team score?

## Numbers Netball

### Objective

To practise netball skills in a match-like game.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Bibs.

### Group Management

Groups of 10–12.

### Description

Two teams, consecutively numbered, line up on the sideline.

The coach calls two numbers and those players from each team run into the playing area.

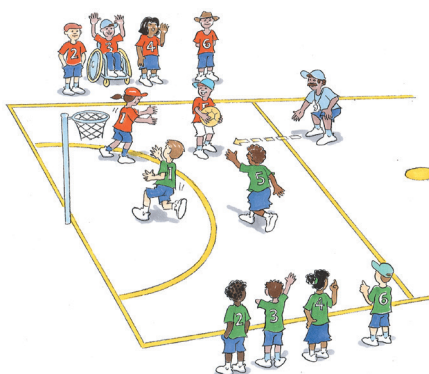
Only the first number called is able to contest the first ball rolled by coach.

The team which gains possession becomes attackers and may pass to sideline players.

Both teams shoot towards the same goal ring. If the ball is intercepted, the defending team becomes the attacking team but must pass the ball back to the coach (or sideline player) before shooting.

Work for one minute using NetSetGO rules.

The ball getting into the goal circle scores two points and an additional point if a goal is scored.



### ! Safety

Define the area appropriate for numbers.

### 🎯 Coaching Tip

Passing:

- 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.

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.

Reinforce intercept, shadow and shooting coaching points.

### ↻ Change It

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

Up: Set a number of passes that must be completed before a point is scored. All players must touch the ball to score.

### ? Questions

What moves did you use to lose the defender?

What did you do to stick tight to the defender?

## Skittles

### Objective

To practise netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Skittles or markers.

### Group Management

Two even teams.

### Description

Form two even teams with bibs.

Position four skittles in each goal circle.

Start with a toss up in the centre circle.

Players work the ball towards their goal circle.

From the edge of the goal circle, players aim to throw the ball at one of four skittles.

Players score one point for each skittle knocked over.

The other team restarts the game with the ball after each shot.

The first team to knock down all four skittles wins.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Reinforce all techniques during the activity.

### ↻ Change It

Down: Set up Numbers Netball (Minor Games Activity) so less players on the court at once; Increase the size of the skittles and/or put them closer together.

Up: Decrease the size of the skittles and/or put them further apart.

### ? Question

What did your team do to knock down a skittle?

## Five Point Play

### Objective

To develop passing and catching technique in a dynamic activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Groups of 10.

### Description

Form two teams of five players.

The attacking team passes the ball between themselves scoring one point per pass.

After five passes a bonus five points is scored when the ball is passed to a team-mate in one of the goal circles who then scores a goal.

### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Reinforce all techniques during the activity.

### ↔ Change It

Down: Use a soft ball; Reduce number of defenders; A successful pass to a player in the goal circle scores five points.

Up: Score one point for 15 seconds of passing then a bonus five points for passing to a team-mate in the goal circle who then scores a goal. The player who shoots for goal must score on the first attempt.

### ? Questions

How many points did you score?

Did you score any bonus points?

## Find the Goal Line

### Objective

To practise netball skills in match-like game.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Groups of 4–5.

### Description

Two teams work across the centre third.

One team attempts to pass the ball to each team member, while the opposing team tries to intercept the ball. All members of the team must touch the ball at least once before the team can score.

A point is scored if the ball is placed over the goal line.

The opposition throws the ball in from that spot.

NetSetGO rules apply.

### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tips

Reinforce passing/catching technique.

Encourage a range of attacking moves to move ball in the space.

Encourage defending team to use shadowing.

### ↻ Change It

Down: Use a soft ball; Not all players have to touch the ball before a goal can be scored.

Up: Increase the size of the playing area.

### ? Questions

What did you do to keep close to your player?

What did you do to make sure you passed the ball safely?



## End Ball

### Objective

To practice netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Hoops/floor discs.

### Group Management

Groups of 5–6.

### Description

Form two teams of approximately six players.

The game is started with a toss-up between two players.

After a goal is scored, the game is restarted with the opposite team taking a pass from behind the goal line.

Using NetSetGO rules the team in possession passes the ball, attempting to score a goal by passing to the end person who must catch the ball on the full.

No player other than the end person may step in the hoop or enter the goal area.

Rotate the end person.



### ! Safety

Define the area appropriate for numbers.

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

### 🎯 Coaching Tip

Reinforce all techniques during the activity.

### ↻ Change It

Down: Use a soft ball; Small group (for example, 3v3); Decrease the size of the area (for example, across a third).

Up: Defended end person (1v1 in circle).

### ? Questions

How does this activity relate to what happens in a netball match?

## End to End

### Objective

To practise netball skills in a match like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Modified goalpost.

### Group Management

Two teams.

### Description

Pair off two teams and spread the length of the court.

On command, the player with the ball at one end passes the ball to a team-mate towards their goal at the other end.

Players are restricted to one third or the goal circle.

Only one player can be the designated shooter and they are not defended.

### ⚠ Safety

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

### 🎯 Coaching Tips

Reinforce all techniques during the activity.

### ↻ Change It

Down: Use soft ball.

Up: Defended end person;  
Add a modified goalpost.

### ❓ Questions

How many passes did it take to score a goal?



## Half Court

### Objective

To practise netball skills in a match-like activity.

### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

### Group Management

Two teams.

### Description

Players stand ready for a centre pass with defence.

On the whistle, a player passes the ball until a shot is taken, then reset the centre pass.

Players should play in all positions.

NetSetGO rules apply.

### ⚠ Safety

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

### 🎯 Coaching Tip

Reinforce all techniques during the activity.

### ↔ Change It

Down: Use soft ball. Remove defenders as required.

Up: All players must touch the ball before a shot can be taken.

### ❓ Questions

What different moves did you use to get free for the centre pass?



ACTIVITY TYPE

**Dance**

## Dance

Netball Australia has created the NetSetGO Dance program to help kids develop the fundamental skills needed for netball in a fun way. Dancing is a great way to engage young children who are just starting netball and best of all – it's fun, and a great way to break the ice at the start of each NetSetGO session.

In this resource manual you will find 18 fun and funky dance games that can be incorporated into any NetSetGO session.

You don't need to have any prior dance knowledge or experience in order to lead these games, just enthusiasm! All kids love to dance and they will also have their own favourite moves to incorporate into the games. Kids love freestyle dancing (creating their own moves) and many of the games incorporate this so you don't need to be a choreographer! Just remember – everyone will have much more fun and be more motivated if you get involved and dance along with them!

When choosing music, the easiest way to ensure there is a variety and that the participants have fun is to ask them to bring their favourite songs. Many children will be familiar with all genres of music, so feel free to include some of your own favourites throughout the activities.

In conjunction with this resource, Netball Australia has also developed dance videos that show you some great dances that you can use with your NetSetGO participants.

For more information and ideas, or to access the NetSetGO Dance videos visit [www.netsetgo.asn.au](http://www.netsetgo.asn.au)

Last of all, have FUN!

## Strike a Pose

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

Individuals.

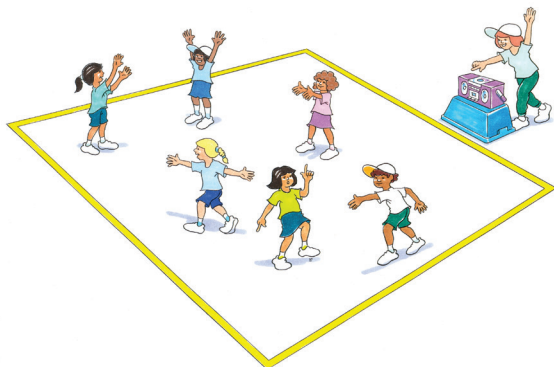
### Description

The music starts and players move freely around the designated area. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, players must freeze and form a statue replicating a netball pose (for example, defending the ball, shooting a goal) or their favourite dance move.

Players repeat and copy a statue from another player in the group the next time the music stops.

Variation – call out a scenario and players perform this on the spot (for example, defending a shot, landing after a pass or rock-star, disco, funky and hip hop).



### ⚠ 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

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### 🔄 Change It

Down: Slow down the pace of the music to allow greater body control when forming statues.

Up: Encourage players to hold the body position for different lengths of time; Players form groups of three and form a statue together; Award points for creative statues.

## Say My Name

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

Players stand in a large circle.

The coach starts by saying their name and performs a dance movement. It can either be a pose or a movement that lasts 3-5 seconds.

Each player repeats the coach's name and the movement.

The player to the coach's left says their name and comes up with their own movement.

The players repeat their name and the movement.

Continue around the circle.

### ! 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 Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### 🔄 Change It

Down: Ask players to nominate themselves.

Up: Repeat the movement sequence (that is, coach, player 1, player 2 and so on).



## Hoop Stretch

### Objective

To develop balance technique and postural control.

### Equipment/Area

Grass or indoor surface (not recommended on bitumen for younger groups).

Hoops/floor discs.

### Group Management

Individuals.

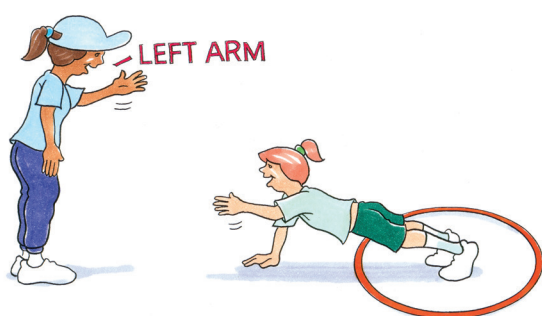
### Description

Players stand in a hoop or marked circle.

Players form a bridge/plank position with two feet inside the circle and both hands outside the circle.

The coach calls a body part (left arm) and they raise that arm off the ground.

Players hold the balance for a few seconds and return to their position.



### ! Safety

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

### 🎯 Coaching Tips

Keep back straight and bottom in line with body.

Pull belly button in to spine.

### ↻ Change It

Down: Work in pairs so players can help each other hold a safe bridge/plank position; Hold balances for a short duration.

Up: Increase the number of body parts off the ground; Hold balances for a longer time; Add side plank.

## Funky Tiggy

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Music.

Hula hoops.

### Group Management

As a group.

### Description

Spread the players out in an area (that is, third of the court).

Allocate 1–2 players as the tagger/s.

The tagger attempts to tag as many players as possible. When they have been tagged, they must find a hoop and do a dance move of their choice until they are freed.

To free a player, another player must stand in front of the player in the hoop and copy their dance move for three seconds.

Rotate the taggers regularly.



### ! 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 Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Players are safe after they have performed a dance for five seconds.

Up: Increase the size of the area.



## Pick Some Spots, Join the Dots

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Markers/floor discs.

### Group Management

As a group.

### Description

Players move around the room while the music is playing.

Once the music is stopped, players choose a cone and complete a sequence (for example, two-foot jump to the next cone, side jumps across the cone, leap from cone to cone).

Variation – number the cones and players move between the cones each time the music stops.

### ⚠ 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

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### 🔄 Change It

Down: Decide the type of movement for the players; Reduce the number of spots; Start by walking between spots.

Up: Change the movement patterns to harder activities (for example, side stepping, grapevine); Change the sequence (for example, even numbers 2, 4, 6, 8, followed by odd numbers 1, 3, 5, 7).

## Shapes in Space

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

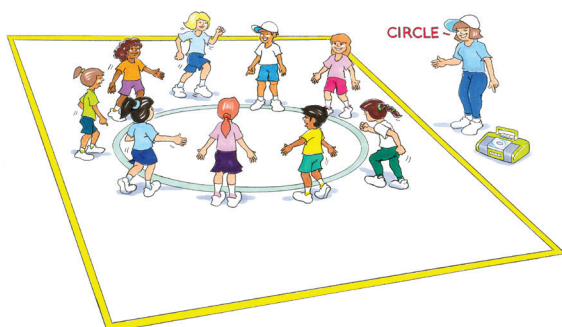
Players start to move around the area while the music is playing. The coach can dictate the movement pattern (for example, skipping).

When the music stops, the coach calls a shape (for example, a circle, square or rectangle).

Players make the nominated shape.

When the music restarts, all players run away from the shape and move around the area.

Repeat this pattern.



### ! 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 Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Tell players in advance what the new shape will be.

Up: Call more than one shape.

## Find a Friend

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

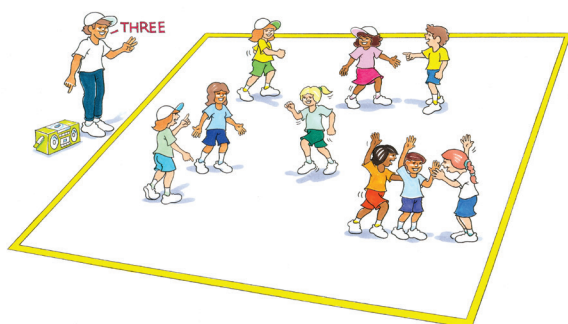
Players move around the court in time with the music (for example, skipping, twisting, hopping or a dance movement).

When the music stops, call out a number and the players form groups of that many players. Players raise their hands when completed.

The fastest group decides how the group will move until the music stops again.

Variation 1 – call out a body part and players have to join the body parts (for example, four elbows).

Variation 2 – in groups, players decide on a funky dance pose.



### ! 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

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Players freeze on their own with the specific movement.

Up: Add netball poses/movements (for example, defending a shot, shooting a goal, hands over the ball).

## Shapes in Space

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

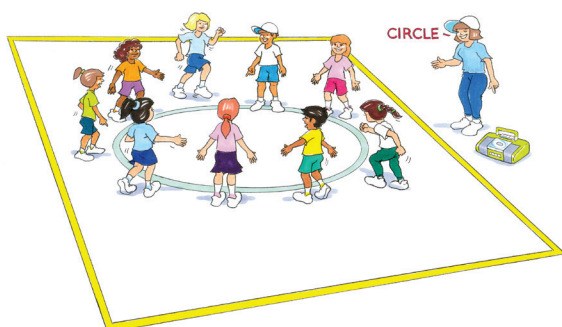
Players start to move around the area while the music is playing (the coach can dictate the movement pattern e.g. skipping).

When the music stops, the coach calls a shape e.g. a circle, square or rectangle.

Players make the nominated shape.

When the music restarts, all players run away from the shape and move around the area.

Repeat this pattern.



### ! Safety

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

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

### 🕒 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Tell players in advance what the new shape will be.

Up: Call more than one shape.

## Hoop Races

### Objective

To develop awareness of self and others in space.

### Equipment/Area

Netball court or suitable playing area.

Hoola hoop.

### Group Management

Groups of 4–5.

### Description

Players form a line, one behind the other approximately one metre apart.

The first player in the line steps into the hoop, takes it over their head and then passes it to the next player at head height.

The next player takes it over their head, lowers the hoop, steps through it and passes it to the next player.

Each group agrees on an 'up noise' and a 'down noise' and makes these noises as the hoop travels up and down.

This pattern continues until the hoop reaches the end of the line.

The end player runs to the beginning of the line and starts again.

Play until the original leader is back at the front of the line.



### ! Safety

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

### 🎯 Coaching Tips

Encourage player to step through hoop and lift over head in a smooth movement.

### 🔄 Change It

Down: Players participate in pairs.

Up: Add a competition to see how many times players can pass the hoop up and down the line in a minute; Players can't break the link with their hands.

## Musical Shapes

### Objective

To develop spatial awareness, balance and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

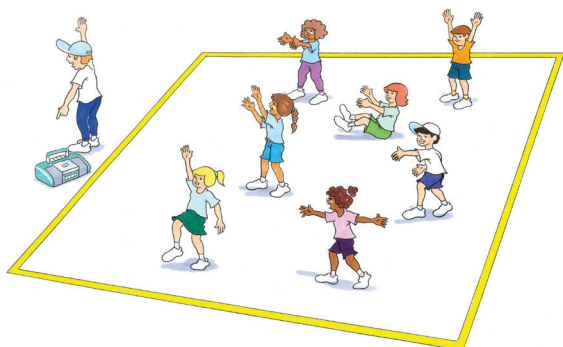
### Description

Players move around the room in time with the music. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, a nominated player turns their back/closes their eyes while the players choose a balance/action from the predetermined poses (for example, defending a shot, reaching for a pass, shooting a goal, v-sit).

The nominated player says a pose as they face the group/opens their eyes. The players who chose differently perform a task (for example, five star jumps, three dodges) and then rejoin the group.

Variation – each player has a netball with which they perform activities while the music is on (for example, bounce, toss in the air, wrap around their body).



### ! 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 Tip

Reinforce technique for balance and movement skills.

### ↻ Change It

Down: Players all do the same pose; Players start with a ball between two.

Up: Incorporate a netball.

## Jump, Land, Pivot

### Objective

To develop movement, balance and landing techniques in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

In groups of 4–5.

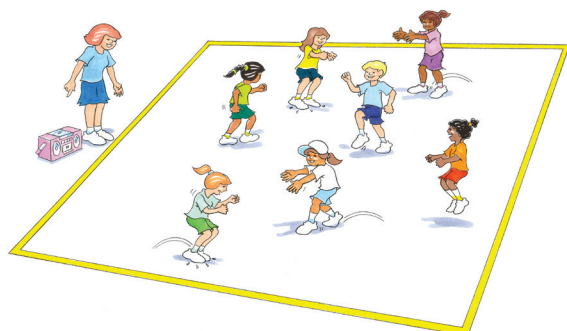
### Description

Players move around the room in time with the music. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, each player jumps, lands and pivots.

When the music restarts, players continue to move around the room.

Variation – introduce one or two balls. One or two players carry the ball around. When the music stops, they make eye contact with another player and pass them the ball. To receive the ball they perform their jump, land and pivot. Two passes are completed each time the music stops.



### ! Safety

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

### 🕒 Coaching Tips

Reinforce balance, landing and movement technique during activity.

### ↻ Change It

Down: Only jump and land to begin.

Up: Introduce multiple balls.

## Follow the Leader

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

As a group.

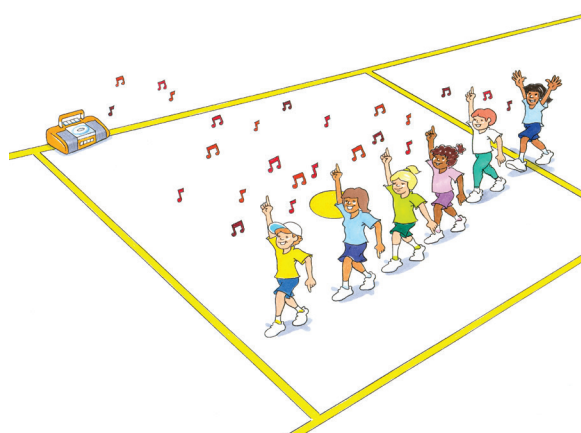
### Description

Players form a line standing behind each other facing the same direction.

While moving around the court, the leader performs a dance movement and the rest of the group follows.

At each intersection of the court, the leader moves to the back of the line. The new player at the front of the line is now the leader and chooses a new movement, the players continue to follow the leader.

Repeat until each player has been the leader.



### ⚠ Safety

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

### 🎯 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Tell players the type of movements to do.

Up: Include netballs.



## Mirror Mirror

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

As a pair.

### Description

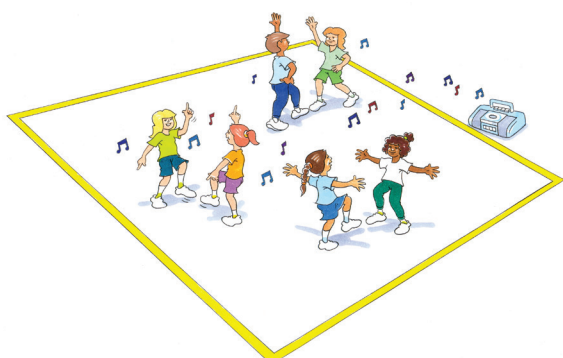
In pairs, players stand facing each other.

The first player begins with a dance move they like and their partner copies them as a mirror image.

Note: Mirror means if the first player is moving their right arm, the partner moves their left arm.

Rotate each 10 seconds.

Variation – players can explore different heights (high arms, squatting, lunging, reaching out to the side).



### ⚠ Safety

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

### 🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Keep the movements simple and the whole group mirrors the coach; Use slower music.

Up: Include netballs.

## Stage Fright

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

As a group.

### Description

In front of all the players, demonstrate a dance move (heel digs, side steps, march steps, grapevine, etc.) for all players to copy.

Rotate the front player and change the dance movement with each leader.

Variation – put students in small groups to make up their own short routine (16 counts max) to perform for the group.

### ! Safety

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

### 🕒 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Keep the movements simple and the whole group mirrors the coach; Use slower music.

Up: Include netballs.



## Do This, Do That!

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

In front of all the players, demonstrate a dance move (heel digs, side steps, march steps, grapevine, etc.) for all players to copy.

Change the activity and say 'Do this' again and the players copy.

If the leader says 'Do that' when a move is changed, the players should not copy the leader.

If a player is tricked and performs the move, they perform a movement or other warm-up action (for example, star jumps) and rejoin the group for the next movement.

Change leaders regularly.



### ⚠ Safety

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

### 🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Keep the movements simple.

Up: Change the movements faster.

## Travel Around the World

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

Pick 4–5 countries (think of netball countries) and allocate a dance move for each.

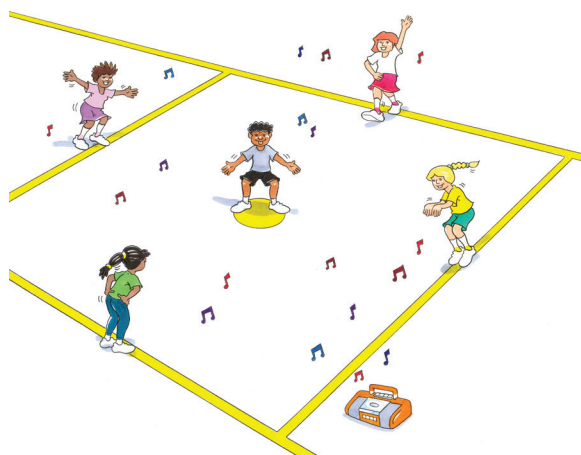
In a third of the court, allocate a country to each line (include the centre circle for five countries).

Players move around the third (hopping, skipping, high knees) and when a country is called, they run to that line and perform the dance move.

After 20 seconds, players continue to move around the third.

Repeat this pattern.

Variation – ask the players to make up different dance moves for each of the lines.



### ! Safety

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

### 🎯 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Tell the players what the dance move is.

Up: Change the movements faster.

## Detective

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

### Group Management

As a group.

### Description

Players stand in a circle, with one player allocated the 'detective' and another as the 'spy'.

The detective must stand away from the group to not see who the spy is.

The spy is the leader and decides the movement the rest of the group will perform. They try not to show who the spy is.

The detective comes back in to the circle and tries to work out who the spy is.

The spy keeps changing the movement for the rest of the group to copy.

The detective has three guesses to pick the spy.



### ! Safety

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

### 🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Keep the dance movements simple.

Up: Change the movements faster.

## Sneaky Goblins

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

As a group.

### Description

Allocate one player as the giant who stands in the centre circle with the treasure (netball) behind their feet facing away from the group.

All other players are sneaky goblins and stand behind the goal line, with the giant's back to them.

The goblins creep up on the giant (performing a dance move) and aim to steal the treasure when the giant isn't looking. If the giant turns and someone has stolen treasure they chase them back to the goal line.

The giant turns around to face the goblins and all goblins must freeze.

If the giant sees anyone moving, they send them back to the base line from where they continue the game.

Once a goblin has stolen the treasure, the giant chases all goblins back to the goal line and tries to catch the goblin who stole the treasure.

If the giant does catch a goblin, players swap roles.

### ! Safety

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

### 🎯 Coaching Tip

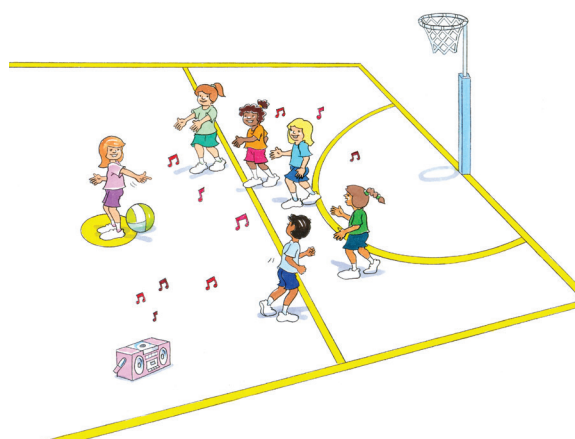
Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Allocate the movements players perform.

Up: Reduce the running distance.



## So I Know I Can Dance

### Objective

To develop spatial awareness and movement skills in a dance activity.

### Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

### Group Management

Groups of 3–4.

### Description

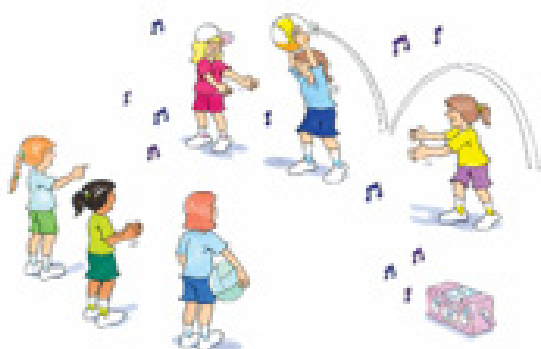
Divide players into 2–3 groups and ask each group to come up with 2–3 different simple dance moves.

Each group must put these moves together to form a routine, performing each move for 2 x 8 counts.

Players are encouraged to incorporate a netball in to their dance.

Make sure the routine has a pose at the end, so encourage each group to come up with a funky pose.

Each group performs their dance routine to the group.



### ⚠ Safety

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

### 🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

### ↻ Change It

Down: Use slow music.

Up: Each player incorporates a netball.





ACTIVITY TYPE

# Stretching

# Stretching, Warm-up and Cool-down

A regular stretching, warm-up and cool-down routine is an essential component of any athlete's program no matter what their age or competition level. Although young children are generally more flexible than their older counterparts, it is important to establish good training and playing routines early, rather than trying to introduce them at a later stage when injuries may have already occurred.

### Stretching

Aims of a stretching program:

- Increased muscle flexibility.
- Enhanced performance.
- Reduced risk of injury.
- Enhanced healing of injured tissues.
- Reduction in pain association with muscle and joint stiffness.

### Types of Stretches

There are four main types of stretches:

1. Dynamic – when limbs are moved through a full range of motion at steadily increasing speed.
2. Ballistic – when a muscle is placed in a lengthened position and then a bouncing or jerking movement is used to increase the amount of stretch.
3. Static – when a muscle is placed in a lengthened position and then a gentle sustained pressure is applied to the muscle.
4. PNF (proprioceptive neuromuscular facilitation) – combines a series of muscle contractions and static stretches.

### Dynamic Stretches

Dynamic stretches have been found to be most effective when performed prior to an activity as a part of a warm-up routine, gaining short-term increases in flexibility and reduced injury rates.

They involve movement through range during sports-specific activity at gradually increasing speed. Movement should be well controlled and not forced to avoid injury. Each movement should be repeated about 12 times, allowing a gradual increase in range of motion and flexibility.

Dynamic stretches are best performed following five minutes of aerobic exercise allowing for increased blood flow to the muscle and reduced stiffness.

These stretches should incorporate age-appropriate balance activities.

### ⚠ Points to Remember

- Dynamic stretching improves flexibility for 1–2 hours and when combined with a warm-up routine may be effective in reducing the incidence of injury.
- Dynamic stretches should be sport specific.
- The dynamic stretching component of a NetSetGO warm-up session should be performed after five minutes of aerobic activity.
- Each movement should be repeated 12 times at steadily increasing speed and range.
- During a 10–15 minute warm-up, 3–5 minutes should be spent on dynamic stretches.

## Warm-up

Warming up prior to participating in sport prepares the mind, heart, muscles and joints for play. It also improves performance, increases flexibility and reduces the risk of injury. A 10–15 minute warm-up, which includes age-appropriate activities, is suggested prior to playing netball at junior levels.

### An effective warm-up for players participating in a NetSetGO session should include:

- Aerobic activity of five minutes' duration.
- Dynamic stretches of 3–5 minutes.

### For those players warming up prior to playing a game, the following is suggested:

- Aerobic activity of five minutes' duration.
- Dynamic stretches of 3–5 minutes.
- Sport-specific drills of five minutes' duration.

### Example of a Netball-Specific Warm-up

#### Aerobic component – 5 minutes

Junior netballers will appreciate fun warm-up activities.

This may include games such as:

- Stuck in the mud – When one or more players have to tag another player, causing them to be 'stuck in the mud'. A player is unstuck when touched by another unstuck player.
- Bean games – Players walk or run around while listening for various commands given by the coach. These commands are attached to certain movements that the players must perform.

A command of "jumping beans" means that players must jump around the court until the next command is given. A command of "broad beans" means a player must walk, taking as large as strides as possible.

A command of "tall beans" means a player must walk on their tip toes with their arms up-stretched.

A command of "balance beans" mean the player must balance on one leg. A command of "dwarf beans" means the player must make themselves as small as possible. When "baked beans" is called the caller tries to catch everyone and sticks to them by joining hands. Caught beans then help to catch other players until no one is left unstuck.

- Up/Down/Stop/Go – Players walk or run around listening for commands given by the coach.

A command of "Go" means stand still. A command of "Stop" means to move around. A command of "Up" means the player must crouch down and a command of "Down" means the player must stretch up to the sky.

This is especially helpful for developing listening skills and reactions.

## Dynamic Stretches

### Lunge Walks

Keeping stomach tucked in and back straight, take a step forward, dropping the back knee towards the ground. Alternate legs.



### Side Steps with Squat

Begin by standing as straight as possible. Take a step sideways then bring feet together. Keeping knees pointing straight forward bend knees then straighten.



### High Knees

Keeping trunk upright, step forward lifting alternate knees up.



### Leg Swings Forwards and Backwards

Hold onto a solid object and balance on one leg. Keeping the body straight, then swing the other leg forwards and backwards.



## Dynamic Stretches (cont.)

### Legs Swings Sideways

Hold onto a solid object and balance on one foot. Keeping body as straight as possible, swing the other leg from side to side.



### Upper Body Trunk Rotation

Keeping the hips still, swing the arms across the body to shoulder height then back to the sides.



### Arm Circles

Standing tall and still, circle arms backwards then forwards.



#### ⚠ Points to Remember

- Warm up prior to playing.
- Include an aerobic component, dynamic stretching and sport-specific activity that is age-appropriate.
- Ensure stretches are done in a controlled manner to avoid injury.
- Make it fun.

(Examples of appropriate drills can be found in the Skills and Drills section of the manual.)

# Sport-specific drills if preparing for a NetSetGO game

### Static Stretches

Static stretches are best used to gain an increase in overall muscle length and subsequent increase in joint range. A muscle may become shortened following injury, during a period of accelerated growth, when experiencing an excessive load such as increased training and playing frequency or due to poor biomechanics.

Increased training or playing frequency are unlikely to be common issues in the junior netballer; however, poor biomechanics can lead to reduced muscles flexibility at an early age thus predisposing the player to injury.

Static stretching involves the taking of the muscle to its lengthened position, where a mild discomfort should be felt, and then maintaining this position for a specified period. This time may vary depending on whether short or long-term gains are wanted in the muscle length.

If a static stretch of 30 seconds to one minutes' duration is applied and repeated four times every day, an improvement in muscle length should be seen plateauing at about week seven. If gains lasting only one to two hours are wanted, stretches of 30 seconds duration may be used.

Static stretching has been found to be more effective when the muscles are warmed prior to stretching. Hence, a static stretching program is ideally performed as part of a cool-down following a game or training session.

### ! Points to Remember

- Static stretching increases muscle length and is more effective following aerobic exercise (for example after playing/training).
- Each stretch should be applied slowly to the point of slight discomfort but not pain
- Stretches should be held for 30–60 seconds and repeated four times on each muscle group.
- Target muscle groups that have a high demand placed on them.

## Suggested Netball-Specific Static Stretches

### Long calf muscle (gastrocnemius)

Keep the back heel on the ground and the knee straight. Bend the front knee until a gentle stretch is felt up the back of the calf.



### Front of thigh (quadriceps)

Pull the heel towards the bottom until a gentle stretch is felt along the front of the thigh.



### Hip flexor

Kneel on the ground. Keeping the back straight and bottom tucked in, lean forward from the hip until a gentle stretch is felt at the front of the hip.



### Short calf muscle (soleus)

Keep the back heel on the ground. Bend the back knee until a gentle stretch is felt at the base of the calf.



It is suggested that coaches chose two of the static stretches to target each NetSetGO session. Following a NetSetGO game or longer session it may be appropriate to stretch all muscle groups.

## Suggested Netball Specific Static Stretches (cont.)

### Back of thigh (hamstring)

Sit with one leg outstretched to the front. Gently lean forward from the hips until a stretch is felt up the back of the leg.



### Groin

Sit on the ground keeping the back straight and gently push the knees towards the ground until a stretch is felt in the groin area.





### Cool Down

A 5–10 minute cool down following a game/training is recommended to reduce injury risk, increase long term flexibility and improve recovery from activity.

**An effective cool-down for junior netballers should include:**

- Low intensity aerobic activity of three minutes (for example, slow jog around the court).
- Static stretching program of four minutes (refer to previously suggested routine)
- Implementation of other recovery strategies.
- While players are stretching it is the perfect time to encourage further recovery strategies.
- Rehydration often needs to be encouraged, especially in young players who are more susceptible to dehydration. This may involve the intake of water or sports drinks. Thirst is a poor indicator of dehydration and the amount of fluid required varies from individual to individual.
- Any injuries should be taken care of at this time with RICER (rest, ice, compression, elevation and referral) principles applied. Care should be taken with the application of ice on young players. A period of 10 minutes is suggested, with additional padding between the skin and ice to avoid an ice burn.

It is essential for all netballers to establish good stretching, warm-up and cool-down practices, no matter what their age, in order to reduce the likelihood of injury, enhance player and allow optimal recovery.

Emphasis should be placed on the development of a consistent routine, both at training and when playing, to ensure the integration of these important components throughout the playing years.

It must be remembered that the information presented is based on the best current available practice. For future updates refer to the Netball Australia website or consult an appropriate health professional.



ACTIVITY TYPE

# Coaching Points

## Footwork, Balance and Movement Skills

### Initial Stance

Forms the starting point for most attacking and defending skills.

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

### Safe Landing

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

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

## Take-Off

Stride length should be short on take-off.

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

## Jumping and Leaping

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

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

## Pivot

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

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

## Ball Skills

### Catch

Encourage players to catch with two hands to increase control.

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

### Shoulder Pass

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

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



## COACHING POINTS

### Chest Pass

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

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

### Bounce Pass

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

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

## Ball Skills (cont.)

### Lob

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

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

### Ball Placement

An important aspect of all passes.

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

## Shooting Skills

### Shooting

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

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

## Attacking Skills

### Timing of Lead

An important aspect of all attacking moves.

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

### Straight Lead

Timing is key for successful execution.

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

## COACHING POINTS

### Single Dodge

Movements should be quick and decisive.

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

### Change of Direction (Two Straight Leads)

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

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

## Defence Skills

### One on One Shadowing

Basic defending position.

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

### Interception

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

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

## COACHING POINTS

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

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

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

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

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

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

### **Disclaimer**

The NetSetGO resources have been designed for use with participants aged 5–10 years. Each session assumes that each participant is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A participant should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the participant's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these sessions, the publisher and authors do not accept any liability arising from the use of the resources, including, without limitation, from any activities described within the sessions.

### **Copyright**

The Netball Australia and NetSetGO logo and other intellectual property contained in this resource are protected by national and international laws and conventions on Trademarks and Copyright.

All reproductions, even partial, and any use of Netball Australia intellectual property is not permitted without prior written approval.

Unless otherwise specified, all images are the property of Netball Australia.

### **Design**

Studio Brave

### **Images**

G.Robey Design

### **For general enquiries**

Phone: +61 3 8621 8600  
Email: [netsetgo@netball.asn.au](mailto:netsetgo@netball.asn.au)  
[www.netsetgo.asn.au](http://www.netsetgo.asn.au)







**Netball Australia**  
191 Johnston Street, Fitzroy VIC 3065  
[www.netball.com.au](http://www.netball.com.au)