



netsetgo!
JUNIOR NETBALL



NetSetGo!
Coaching Resource
Throw

www.netsetgo.asn.au

Throw

Progressions

Progressions for the fundamental skill of throwing are as follows:

- At target
- To a stationary partner
- To a moving player
- To a defended player
- Increase complexity for each e.g. multiple balls, competition, add a defender

Coaching Points

- 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

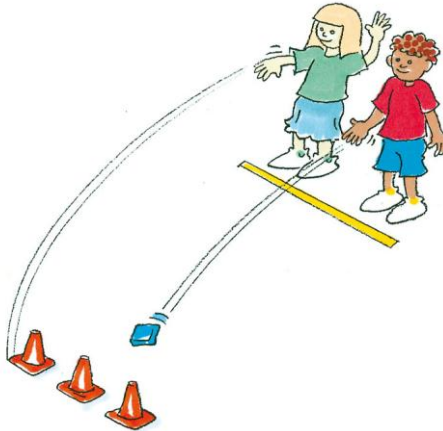
Illustrations:

Glenn Robey

Australian Sports Commission

Activity 1 – Throw at a Target

Objective: Develop accuracy in aiming for a target.



What to do:

- Set up a line of markers with a soft ball balancing on top.
- Line up behind a line 3m away.
- Throw beanbags at the balls until they are all knocked off the markers.
- Execute shoulder and chest passes.

Change it:

Easier – Move closer to the targets.

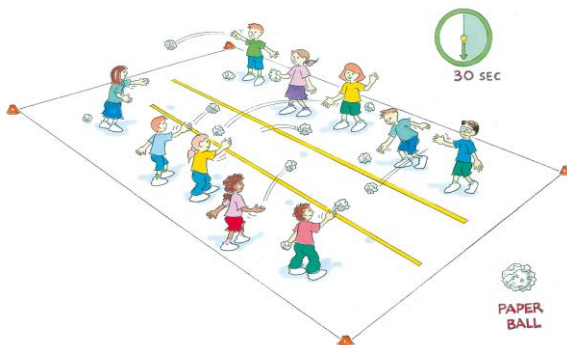
Harder – Competition between teams – each team must knock off their opponents' balls only with the winning team the one with their markers still intact. Alternatively knock off own markers and winning team the first to have no balls left balancing on markers.

What you need:

Balls
Bean bags
Markers

Activity 2 – Clean up your Rubbish

Objective: Develop should pass technique.



What to do:

- Divide the third in half with a line down the middle and approximately eight players on each side of the line.
- Spread out a large number of screwed up pieces of newspaper over the two areas.
- On the command the children must pick up the rubbish in their area and shoulder pass it to the opposite teams area.
- After a set time, coach signals time, 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 is sits outside.
- Variation – use bean bags and underarm throws.

Change it:

Easier – All players start with 1-2 pieces and only throw their pieces of rubbish.

Harder – Introduce an area between the team's areas which is a no go zone. Therefore the players need to throw further to land their 'rubbish' in the oppositions court area.

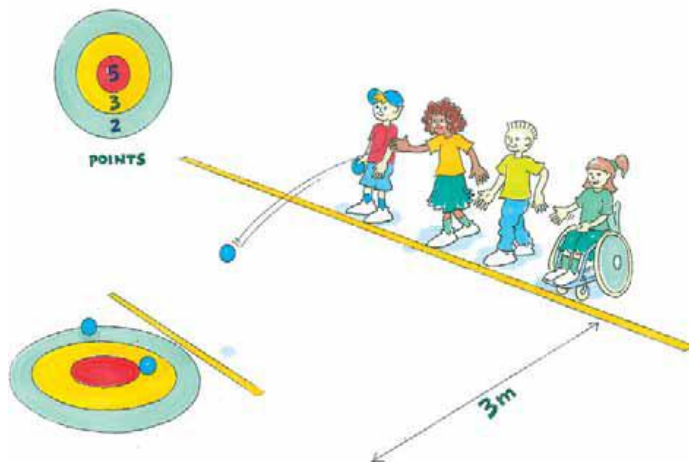
What you need:

Paper/Bean Bags

Partners

Activity 3 – Throw into a Hoop

Objective: Develop accuracy in aiming for a target.



What to do:

- A player stands 3metres from the target of three different sizes.
- Players score points applicable to the target they hit.
- Repeat for 4 beanbags then rotate.
- Variation – line hoops up vertically or horizontally.

Change it:

Easier – Move closer to the targets.

Harder – Competition between players in the group; another player calls which hoop they have to aim for.

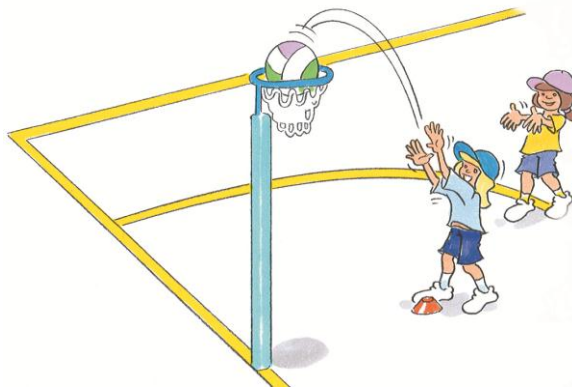
What you need:

Hoops

Bean bags

Activity 4 - Shooting a Goal

Objective: Develop shooting accuracy.



What to do:

- Work in pairs.
- One person shoot using a bean bag and the other person rebounds (collects) and passes beanbag back.
- Shoot five times and swap roles.

Change it:

Easier – Aim for a hoop held by a partner rather than a ring.

Harder – Use a soft ball or a netball; **Competition** – score out of 5;

Relay race – player has one shot, collects bean bag/ball, passes to next player in line then goes to the end of the line, continue for time limit or reach number of goals.

What you need:

Goal ring

Hoop

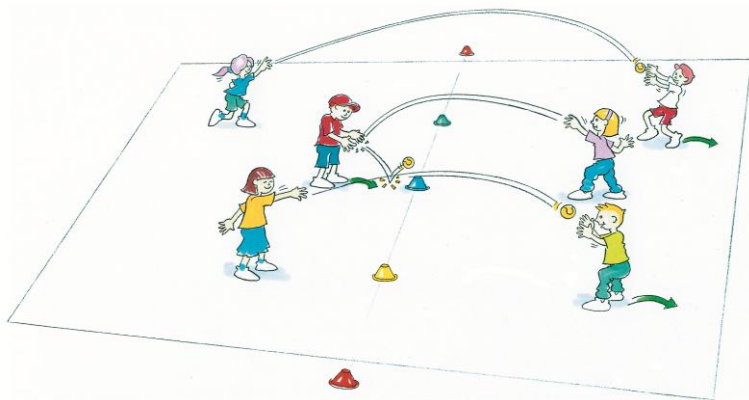
Beanbags

Netball (image demonstrates using a netball)

Catch and Throw

Activity 1 – Long Throw

Objective: Develop throwing distance of shoulder pass.



What to do:

- A shoulder pass is thrown between two people.
- If ball is caught both step back.
- If the ball is dropped both step forward (unless closer than 3 metres).
- Work for a set time or a number of passes.
- Variation – chest pass.

Change it:

Easier – Use a soft ball.

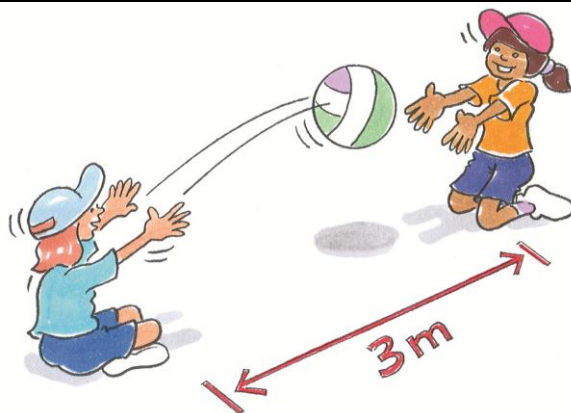
Harder – Competition between pairs – winning pair is furthest apart at completion of set time or number of passes.

What you need:

Netballs
Partners
Markers

Activity 2 - Shrink and Grow

Objective: Develop accuracy in pass.



What to do:

- Begin 3m away from partner and pass the ball.
- First time the ball is dropped both players kneel on one knee.
- If ball is dropped again players 'shrink' from one knee to both knees, then to a sitting position and finally a lying position.
- After 10 successful passes players begin to grow again.
- If the players are still standing they move back a step after the 10 passes.
- Variation – type of pass e.g. chest pass, shoulder pass.

Change it:

Easier – Use a soft ball. Decrease number of successful passes.

Harder – Competition between pairs – winning pair is furthest / tallest pair at the completion of set time or number of passes. Add a time limit or reach number of goals.

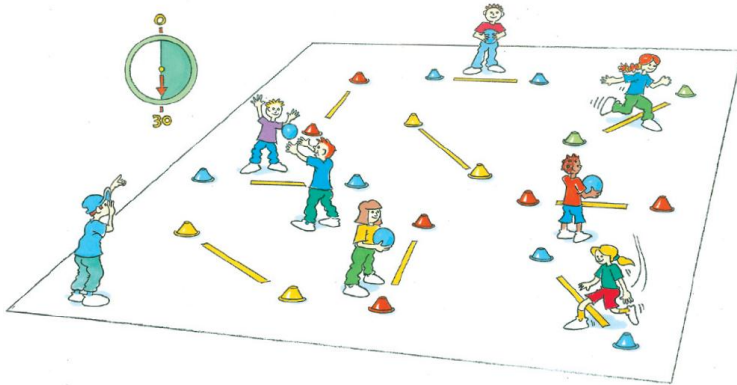
What you need:

Netballs

Partners

Activity 3 – Partner Pass

Objective: Develop passing technique with fatigue.



What to do:

- Players pass the ball to their partner.
- When the whistle is blown the person without the ball runs to find a new partner.
- Repeat.

Change it:

Easier – Use a soft ball.

Harder – Pairs move to receive the pass within a small area.

What you need:

Markers

Netballs

Partners

Activity 4 - Catch Me If You Can

Objective: Develop accuracy of pass under increasing pressure.



What to do:

- Groups of eight-ten stand in a circle with two balls starting opposite each other.
- Players pass the balls around the circle and aim to catch one ball with the other ball.
- The activity ends when one ball is 'caught' by the other ball.

Change it:

Easier – Use a soft ball.

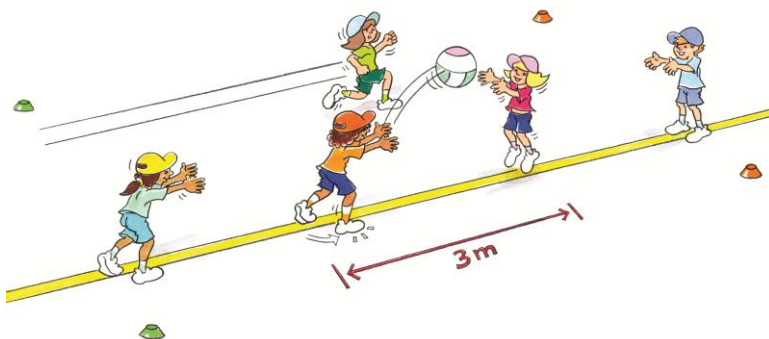
Harder – Use three balls.

What you need:

Netballs

Activity 5 – Beat the Ball

Objective: Develop accuracy of pass under increasing pressure.



What to do:

- Form a straight line, 3m apart.
- Jump and catch the ball and land on two feet, pivot, and pass to next person.
- Move ball up and down 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.

Change it:

Easier – Pass without the runner.

Harder – Change the distance of the pass. Add a time limit.

What you need:

Netballs

Activity 6 - Race the Ball (Tadpole)

Objective: Develop accuracy of pass under increasing pressure.



What to do:

- Players stand in a circle with one person outside circle standing level with ball.
- On 'go' the person on outside of circle tries to beat ball being passed around circle.
- Repeat until all have a turn.

Change it:

Easier – Pass without the runner; Use a soft ball.

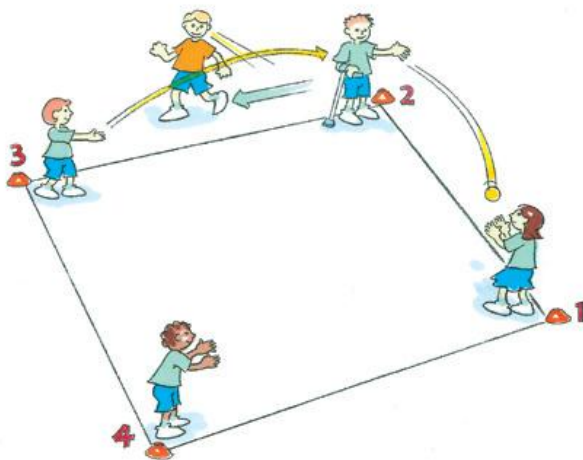
Harder – Two teams competing, one team sets up the circle formation, the other team has one runner at a time and count how many successful runs they make, teams then change roles and compare score.

What you need:

Netball

Activity 7 - Passing v Running

Objective: Develop accuracy of pass under increasing pressure.



What to do:

- One team passes the ball anywhere around a circle/square, counting the number of passes out loud.
- The second team takes in turns to run around the circle/square.
- Once each player in the running team has completed the circuit the teams swap roles.
- Compare number of passes.

Change it:

Easier – Use a soft ball; pass without the runner.

Harder – Add a second ball.

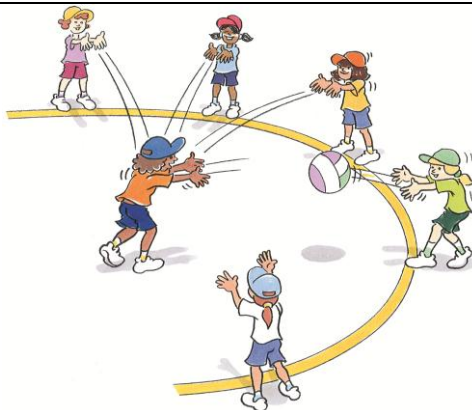
What you need:

Netball

Two teams

Activity 8 - Corner Spry

Objective: Develop accuracy of pass.



What to do:

- Stand in a semi-circle facing the player holding the ball who chest passes to each person in turn.
- Last person in the semi-circle 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.

Change it:

Easier – Use a soft ball; Use a bean bag with an underarm throw.

Harder – Add a second ball; Competition between teams:

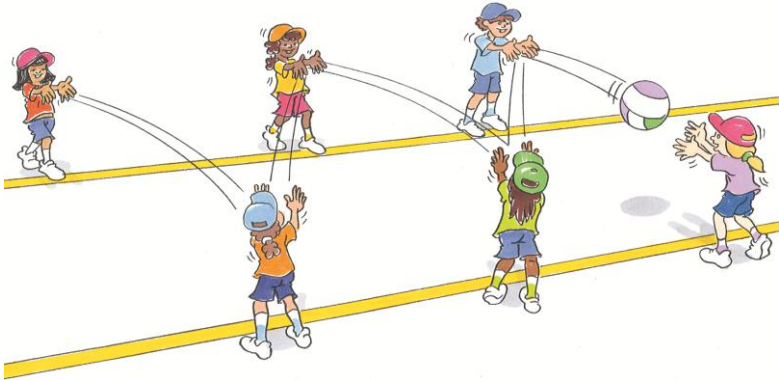
Game corner spry vs laps – one team passes the ball in corner spry formation for as many successful passes as possible, the other team run singularly or in pairs back and across the third, when all runners have completed their lap the team yells stop, teams swap roles with the winning team the one with the most successful passes.

What you need:

Netball

Activity 9 – Cross Ball

Objective: Develop accuracy of pass.



What to do:

- In a zig zag formation, players pass the ball to the player opposite them.
- End player passes ball back in reverse direction.
- Use nominated type of pass.

Change it:

Easier – Use a bean bag with an underarm throw; Use a soft ball; Decrease the size of the group.

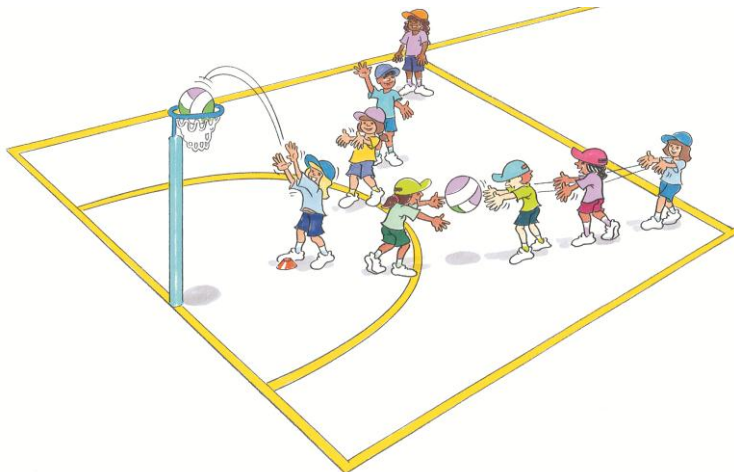
Harder – Continuous, after passing the ball the child runs to the end of the line on their side to receive another pass, thus the group move down the court; Competition between teams; Game **Cross Ball vs Laps** – one team passes the ball in cross ball formation for as many successful passes as possible, the other team run singularly or in pairs back and across the third, when all runners have completed their lap the team yells stop, teams swap roles with the winning team the one with the most successful passes.

What you need:

Netball

Activity 10 – Shooting Relay

Objective: Develop accuracy of pass and shot.



What to do:

- Two even teams line up from the corner of the third to a marker in the circle.
- Pass ball down the line with front person having one attempt at goal, rebound ball and run to end of own line.
- Repeat until all have had two shots.
- Score number of goals for each team.

Change it:

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

Harder – Introduce a competition.

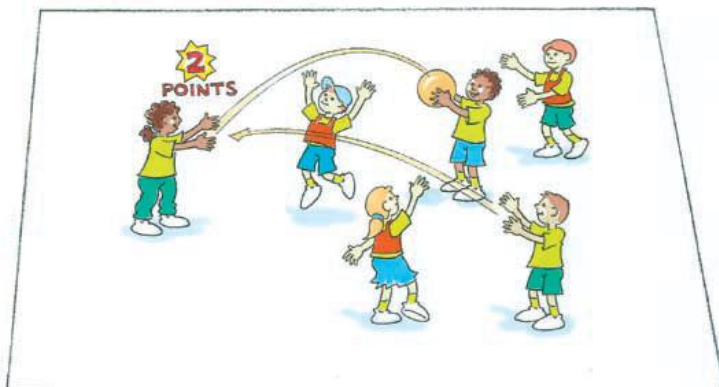
What you need:

Goal ring (adjustable)

Netballs

Activity 11 – Piggy in the Middle

Objective: Develop accuracy of pass under pressure.



What to do:

- Players stand in a circle with one person inside circle.
- Person inside attempts to intercept ball.
- Players on outside must not pass the ball to the person next to them.
- If they pass the ball and it is intercepted they swap roles with the person in the middle.

Change it:

Easier – Use a soft ball.

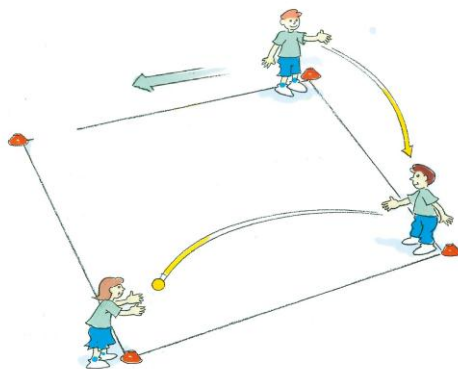
Harder – Have two defenders in the middle.

What you need:

Netball

Activity 12 – Square Pass

Objective: Develop accuracy of pass with increasing fatigue.



What to do:

- Place four markers in a square, three players stand at a marker, one of the players holds 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.

Change it:

Easier – Use a soft ball.

Harder – Ball starts with one of the players who are adjacent to the free space, the player adjacent on the other side then moves to the free space and receives the pass then continue the pattern.

What you need:

Markers

Netballs

Activity 13 – Numbers Game

Objective: Develop accuracy of pass.



What to do:

- Stand in a circle with each half of the circle numbered consecutively.
- Place two balls in the middle of the circle.
- The coach should call a number e.g. 1, both number 1's run into the middle of the circle, pick up their ball then pass to each other member of their team.

Change it:

Easier –Use a soft ball.

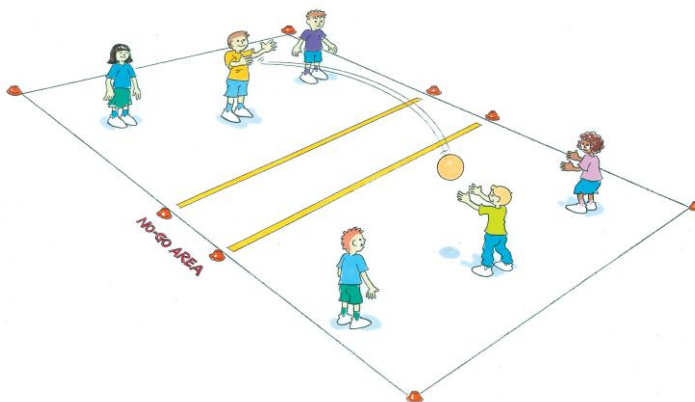
Harder – Introduce a competition, one point for the team for the first finished.

What you need:

Netballs

Activity 14 – Force Them Back

Objective: Develop accuracy of pass.



What to do:

- Divide one third of the netball court in half, a team of three - four stand 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 2 steps, if it is dropped the team moves back 2 steps.
- The other team then throws the ball back.
- The game ends if the team is forced over the back line.

Change it:

Easier – Use a soft ball.

Harder – Increase the size of the area.

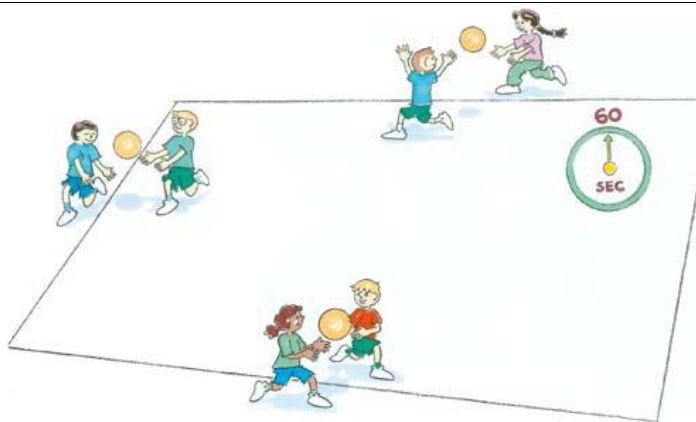
What you need:

Netball

Markers

Activity 15 – Boundary Pass

Objective: Develop accuracy of pass after catching on the move.



What to do:

- Players run around outside of court passing or bouncing ball to each other.
- On whistle change direction.

Change it:

Easier –Use a soft ball. Stand still to pass then change partners on whistle.

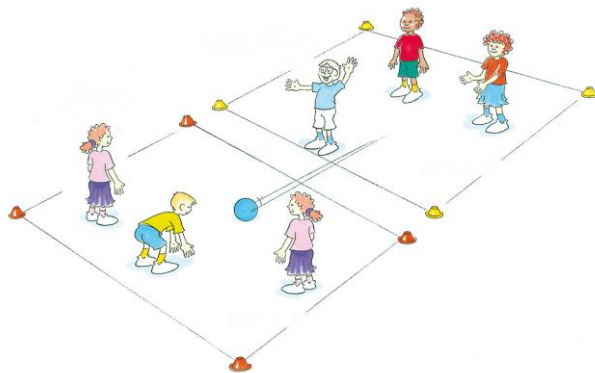
Harder – Add a change of direction. The thrower must see the change of direction made by the player before they pass the ball.

What you need:

Netballs

Activity 16 – Crocodile

Objective: Develop accuracy of pass.



What to do:

- Divide players into two teams (max. 8 players per team).
- Divide the centre third in half with each team standing in their own half.
- A player starts with the ball and 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, the ball is thrown back to the first half.
- Play continues until a team scores 10 points.

Change it:

Easier – Use a soft ball. Decrease the size of the area; Increase number of players.

Harder – Increase the size of the area. Decrease the number of players.

What you need:

Ball

Activity 17 – Forwards and Backwards

Objective: Develop accuracy of pass after catching on the move.



What to do:

- Stand facing partner at end of court, one runs backwards and other runs forwards while chest passing.
- Aim to maintain same 2-3 metres distance along length of court.

Change it:

Easier –Use a soft ball.

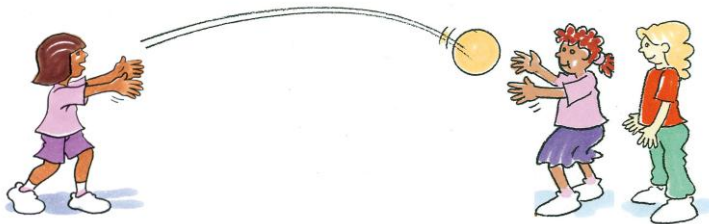
Harder – Ball passed as surprises to person running forward

What you need:

Netballs

Activity 18 - Run, Jump and Catch

Objective: Develop accuracy when passing to a moving player.



What to do:

- One player stands in front of a line of four players holding a ball.
- The front person leads forward, lands on two feet and receives a pass, they then pass back and go to the end of the line.

Change it:

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

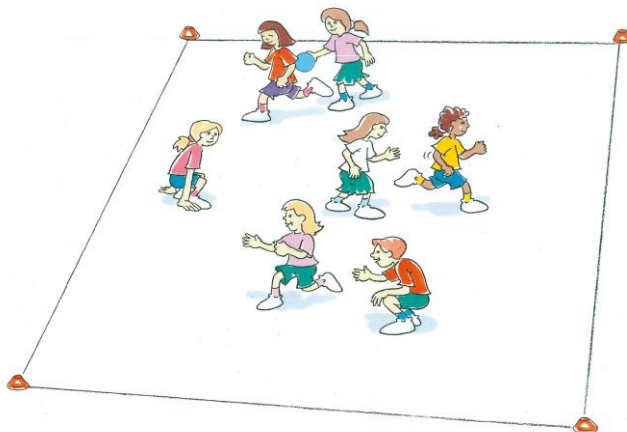
Harder – Pivot after they catch the ball, pass to the next person in the line, this person returns the ball to the front person.

What you need:

Netball

Activity 19 – Netball Tag

Objective: Develop accuracy of pass under pressure.



What to do:

- Divide ten - twelve players into two teams and play an area the size of the goal circle.
- The chasing team has a netball that they pass between them in an attempt to tag the opposition team with the ball, the ball must not be thrown at a player.
- Players use the netball footwork rule (pivot).
- Work for 1 minute and swap roles.
- Team with most tags is the winner.

Change it:

Easier – Use a soft ball; Decrease the size of the area.

Harder – Increase the size of the area.

What you need:

Netball

Bibs

Activity 20 – Around the World

Objective: Develop accuracy when passing to a moving player.

What to do:

- In groups of ten-twelve, divide the group in half.
- The throwers hold a ball and stand outside the area, the attackers stand inside the area.
- The attackers move to jump, receive and return the pass from any of the throwers, they then move to receive another pass but must move to another side of the area.
- Aim to receive as many passes as possible in 30 seconds.

Change it:

Easier –Use a soft ball. Reduce the number of attackers.

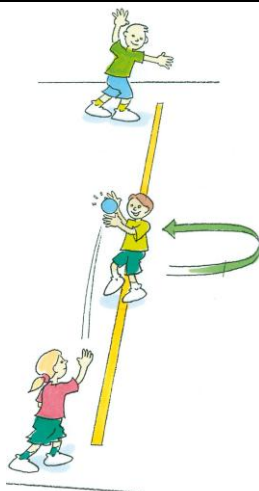
Harder – Introduce a competition.

What you need:

Netball

Activity 21 – Landing and Pivot Drill

Objective: Develop accuracy when passing to a moving player.



What to do:

- Three players in a line with one ball.
- Player with the ball stands and passes to the next player who makes a lead, they catch and pivot before passing to the end player.
- Work for 10 passes.

Change it:

Easier –Use a soft ball. Decrease the number of passes.

Harder – Add a defender.

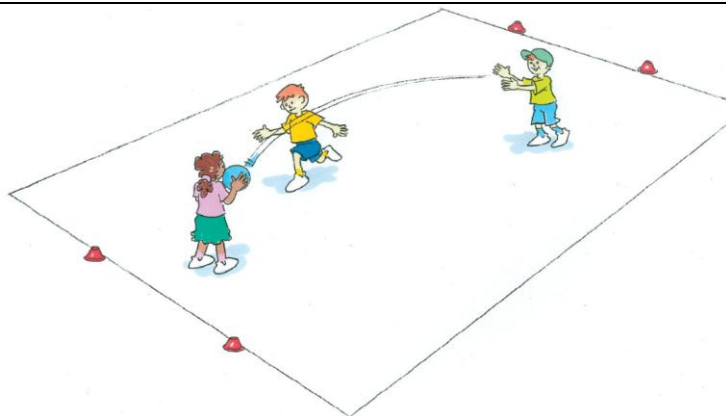
What you need:

Netball

Group of three

Activity 22 – Base Run

Objective: Develop accuracy of pass under pressure.



What to do:

- Two players with one ball try to stop a third player from reaching a base at either end of a 10 metres wide playing area.
- Players pass the ball between themselves aiming to tag the third person 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.

Change it:

Easier – Add another attacker. Use a soft ball.

Harder – Change the shape of the area.

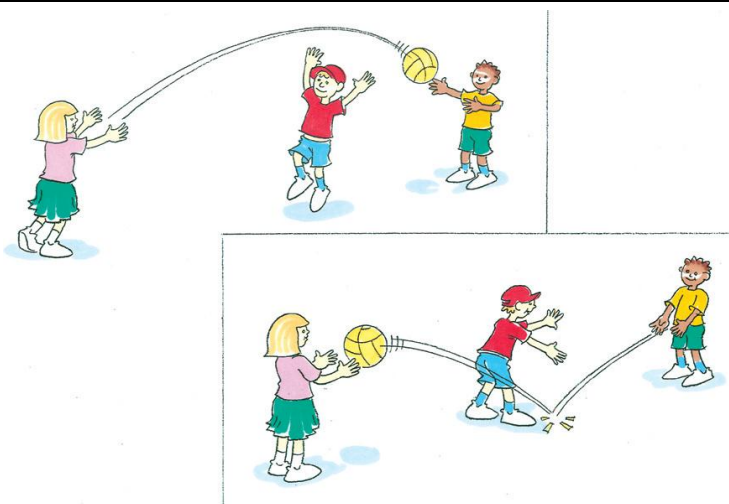
What you need:

Netball

Markers

Activity 23 – Interceptor

Objective: Develop accuracy of passing.



What to do:

- A defender stands in the middle between players and tries to intercept the ball.
- The attacking players pass the ball between each other and try to retain possession.

Change it:

Easier – Take away defender and complete a set number of passes.
Limit space defender can run.

Harder – Add a second defender. Make it a competition.

What you need:

Netball

Activity 24 – Shake the Shadow

Objective: Develop accuracy of passing when throwing to a defended player.



What to do:

- Two players, one attacker and one defender with a third player holding the ball as the thrower.
- Thrower passes the ball to the attacking player who is making a lead, who then passes back.
- Repeat for five passes.

Change it:

Easier – Remove the defender. Increase size of area. Add a second thrower on another side of the square.

Harder – Decrease the size of the area.

What you need:

Ball

Markers

Activity 27 – Treasure

Objective: Develop accuracy when passing on the move.

What to do:

- Divide the third of the netball court into three with a defender in each area.
- Three attackers start on one sideline and try to reach the other sideline without being tagged, if an attacker is tagged they stay in that area until their team mates retrieve the ball.
- Attackers will then pass the ball to each other to get the ball back across the third.

Change it:

Easier – Use a soft ball. Decrease the number of defenders.

Harder – Defenders can leave their area once the players have retrieved the ball.

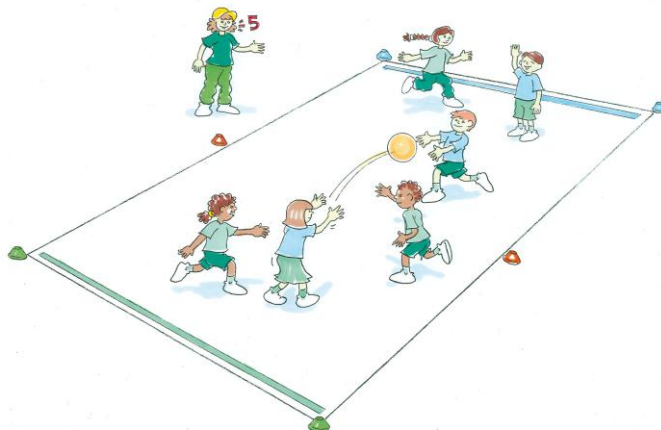
What you need:

Netball

Bibs

Activity 28 – Keepings Off

Objective: Develop accuracy of passing when defended.



What to do:

- Two equal teams of three-four players.
- The attackers score a point when they make five consecutive passes without the ball being intercepted or tapped by the defenders.

Change it:

Easier – Use a soft ball. Have more defenders than attackers.

Harder – Increase the number of passes.

What you need:

Netball

Bibs