



Possums Netball Club

Coaches Pack 2025



COMMITTEE DETAILS

All emails to: possumsnetballclub@gmail.com

President – Sarah Carroll – 0421 841 800

Vice President – Alison Smith – 0438 062 207

Secretary – Gary Kirkpatrick – 0418 317 366

Treasurer – Julie Lasry – 0412 589 679

Coaches Coordinator: Lynne Koski

Equipment Officer – Alison Simmenauer

Duty Day - Colleen Siphthorp

Presentation night Co-Ordinators – Patti Cooper & Bec Millard

Website and media – Brooke Barton

Calendar of Events and Dates is on the Possums Website
<https://www.possumsnetball.com.au/>

We invite all members to join Possums Netball on Facebook
<https://www.facebook.com/groups/possumsnetball/>

And like Macedon Ranges Netball Association on Facebook (any game cancellations are posted here)
<https://www.facebook.com/Macedon-Ranges-Netball-Association-1453698898183089/>

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CLUB STATEMENT AND VISION FOR 2025

The Possums Committee would like to thank you for volunteering your time to coach a Possums side for the 2025 season. We understand the amount of time and energy that each coach commits to developing their players and teams. Coaching requires dedication, enthusiasm and the ability to motivate and educate players. Your expertise and time is greatly appreciated – THANK YOU!

This year, as a club, we would love to focus on fundamental skill development across all age groups. As coaches, you will play a key role in achieving this. How we approach each training session as well as match days will be a key driver to upskilling our players. In order for our players to upskill, the ideal training session each week would look like this:

- Warmup
- Passing and footwork/agility activity
- Focus on a skill (defence or attack) that builds into court awareness
- Game sense game to finish, that will encourage players to put into practice what you have just taught them.

These two articles are a great read and support our 2025 vision:

<https://thenetballcoach.com/developing-or-winning-whats-your-focus/>

<https://thenetballcoach.com/dont-skimp-on-netball-skill-detection-and-correction/>

To support you in developing player skills and coach knowledge, Possums has invested in a coaching subscription, Netfit. You can download the App on to your phone or login from a computer. This resource contains a plethora of useful information including but not limited to training session plans for each netball skill and much more. Please take the time to familiarise yourself with NetFit and consider how you may incorporate it into your training sessions and general coaching practices.

The login details are: **We are currently purchasing this subscription and will send out login details as we have them.**

NetFit

Username –

Password:

Follow this link:

To further support you in our vision to upskill players fundamental skills, you can also find further resources attached as an appendix at the end of this pack, including:

- Setting up Your Coaching Environment (Appendix 1)
- Seven steps to progressing a skill from the basics to court application (Appendix 2)
- Coaches Checklist (Appendix 3)
- Pre season and Game day preparation information (Appendix 4)
- Netball Australia's "Netball Skills Development Framework (Appendix 5)
- A skill checklist for age groups (Appendix 6)
- Coaching points (Appendix 7)
- Position descriptions (Appendix 8)
- Sample Best & Fairest voting template (Appendix 9)



- Fixture/Roster Template (Appendix 10)
- Weekly rotations template (Appendix 11).

These resources may be used as a guide, in combination with your own existing knowledge of the game to help develop players skills and knowledge/understanding of the game. As a committee, we are here to support you in any possible way, so please don't hesitate to reach out if you need assistance or have any questions.

COACHING WEBSITES

- Netball Australia - <https://netball.com.au/>
- Netball Vic - <https://vic.netball.com.au/>
- Knee program (**should be used for every warmup!**)- <https://knee.netball.com.au/>
- You tube – www.youtube.com (great to see drills in action)
- <https://www.sportplan.net/>
- <https://netball.com.au/get-involved/coaching/coaching-resources/>
- <http://www.teachpe.com/netball/index.php>
- Instagram pages of netball clubs
- Football/cricket drills and adjust to netball
- Facebook - 'the netball coach', Melbourne Vixens, Netball Victoria, netball mentor, nettyheads, NetSpirit, netfit and loads more.
- Each other!!!! Bounce ideas of each other, ask for advice, ask questions, discuss what has worked or not worked. Some of our coaches are a wealth of knowledge, and always happy to help.

Accredited Coaching Courses (some are online courses)

<https://vic.netball.com.au/get-involved/coaches/accreditation-courses/>

COACHING REQUIREMENTS

All coaches must complete a minimum of the Foundation Coaching Course (online) provided by Netball Victoria, hold a volunteer working with children's check (unless under 18), and have Victoria Netball Full Membership. Possums Netball club will cover the cost of the Foundation coaching and your VNA.

To apply for a volunteer working with children's check

<https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply-1>

Online course for foundation coaching accreditation. Possums will reimburse the cost to you.

<https://vic.netball.com.au/how-become-coach-accreditation>

VNA registration if you don't already have it and are over 18

<https://vic.netball.com.au/players>

Please make yourself familiar with the MRNA bylaws and VNA codes of conduct that can be found online at:

<https://macedonrangesnetball.com.au/policies>

Coaching is so rewarding and can also be exhausting. We all understand you have families, commitments and lives outside of coaching. If you can't train, make a game, or just need a break or an assistant so you can focus on specific players or whatever the reason please reach out to the coaching co-ordinator and they will work out a way to help.



COACHES AND TEAM MANAGERS

As a coach you can do everything yourself or appoint a team manager to help you out. The following are things you could ask your team manager to do for you:

- Create a team captain roster. Captains are responsible for bringing fruit for half time. They will also be responsible for providing a scorer for the game.
- Communicating with the team regarding games and training.
- Collect allergy and medical information and share with the coach but keep confidential
- Ensure first aid kit is always stocked and assist with first aid during games if required
- Organise and track any players filling in
- Be responsible for collecting game day votes if you chose to do votes
- Be a sounding board for you
- Organising modified rings to be put up in under 9's
- Communication with parents and committee if required
- Showing captain parents how to score if required
- Organising courts to be swept if required due to debris or water on the court
- Teach players that it's part of the captain's role to call time for injury or blood during the game.

The team manager is there to help you as much or as little as you need. You are the coach and we want you to be able to focus on coaching during a game not worrying about oranges and scoring or an overly enthusiastic parent!

If you have a team manager, please let the coaching co-ordinator know who they are. They will also need to have a working with children check and we will need the number recorded as well.

MRNA bylaws are available on the MRNA website and the committee have a hard copy. Worth having a quick look over if you are a new coach.

All players have given photo consent when registering online. If they have emailed to remove consent the committee will inform you. If they tell you no photos – they need to withdraw photographic consent by emailing the committee as stated in the terms and conditions at the time of registration.

Players are allowed to wear leggings and long sleeves on those super cold days. They must be plain navy or black and no zippers, buttons, or pockets. If they are deemed unsafe by the umpires they must be removed. MRNA have an inclusive uniform policy, in which girls and boys have the option of wearing dresses or t-shirts with shorts. These must be in Possums colours, which are to be purchased from the club. No jewellery or hair ties on wrists, hair must be tied back and nails are to be short and below the fingertip.

Possums have organised some McDonalds vouchers for 'player of the week' awards. We would love you to take a photo of the player with their award and post on the Facebook group each week, or send to Brooke Barton for posting.

END OF SEASON AWARDS AND PRESENTATION

At the end of the season, all players will receive a participation trophy. As well as a participation trophy, in U11's/13's/16's, 2 awards are given out to deserving players. It's up to the coach what awards you want to present. Some ideas are:

- Best & Fairest and Runners Up Best & Fairest – needs a 3-2-1 vote recorded each week. This can be from the coach, scorer, the opposing team's scorer etc. 3 points for the best player on court and so on. They should be sealed and filed until the end of season and then counted with 2 people.
- Coaches award – a player who stands out to the coach for whatever reasons are important to you



- Most improved
- Best Team Player
- Encouragement
- Most consistent

They can be whatever you like. You may want to make a short note during or after each game to look back over to decide these awards.

UNDER 9'S – modified rules, equipment and games

Under 9's play a modified game, aimed to introduce and encourage learning and development. The modified rules have been designed to make the game more fun. They are: 4 x 10 minute quarters.

- Size 4 netball.
- Goal posts set at 2.4 metres (8 foot).
- Players have up to 5 seconds to pass the ball.
- Shuffling on the spot to regain balance, without moving down the court is generally allowed.
- Strict one-on-one defending. Players may defend a shot at goal.
- A player must defend from a distance no less than 1.2 metres (4 feet).
- Players will experience playing in ALL positions over the duration of the season (this will be rotated each week).
- Game time will be evenly distributed amongst all players.
- Scores may be kept during games, but no ladder is produced, and there are no finals matches.
- Coaches may walk up and down the sideline of courts instructing players in the rules and play of netball ensuring not to obstruct the umpires. No other coaching is recommended as this confuses young players.

In under 9s and 11's each player is to be rotated through every position on the court. The MRNA do keep track of this and will check up on it and notify if rotations aren't happening. It's up to you how you find it easiest to rotate player positions, making changes at half time works well to prevent players becoming overwhelmed with lots of positional changes in one game. For U9 and U11, compulsory rotations must occur but this looks different to previous seasons. Players can now stay in the one position for the whole match, but then they can't play that position again until 7 weeks later when they've played all other positions (policed as best as possible by coaches. No-one will be penalised if it's only 6 weeks between positions due to lack of players, injury etc..)

Rolling substitutions:

Will be introduced this season, please see the below information taken from the MRNA By-Laws:

"10.9 Rolling Substitutions

- a) Rolling Substitutions are applicable for 11 & Under upwards only*
- b) The rolling substitution stands at the designated area and the team must ensure they have two sets of bibs.*
- c) Substitutions are able to occur during a break in play and signalled to the umpire by a player on the court*
- d) Before leaving the designated area, the substitute tags (with hands) the player leaving the court.*
- e) Only one (1) rolling substitute per team can be made at a time.*
- f) Play is not to be held up for rolling substitutions. If play is delayed, the player will be penalised under Rule 19.2 of Netball Rules. Delaying play.*
- g) Players must observe the offside rules as they enter / leave the court. Therefore, the GK and GS must run along the sideline to their playing third before entering or exiting the court."*

FILL INS



You can only fill in for a team in a higher age group than you (not lower or the same), and if you fill in for a team twice, on the third time you are then considered part of the team and cannot then play in any other teams. Coaches of all teams are responsible for keeping track of fill ins.

Gender

Under 9, 11 & 13: Is a Mixed competition and will have NO restrictions applied on the basis of gender. Males must be less than 13 years of age (actual age) at the first day of the competition. Males that turn 13 during that competition will be allowed to participate for the duration of that competition.

U16 – Female only competition

Appendix

Appendix 1: Setting up Your Coaching Environment

From <https://www.eduweb.vic.gov.au/edulibrary/public/teachlearn/student/phasefmsmod.pdf>

1. Create a positive learning environment

a. Participants are there to HAVE FUN, so be friendly, welcoming and approachable.

b. Mistakes will be made.

i. Allow that to happen, so that participants will give things a go and are more open to improvement.

ii. Fear of making a mistake means fear to try!

c. Preparation is the key to successful training sessions!

2. Use visual demonstrations

a. Demonstrations help communicate the key components of the skill.

b. Use concise words or phrases that highlight where the demonstration is focussed.

c. Don't have to physically demonstrate yourself, if you have players who can demonstrate for you.

3. Provide teaching cues or tips

a. Don't wait until the end of the drill, correct as you go.

b. Brief language is easier for participants to take in rather than long explanations.

4. Give encouragement and feedback

a. Feedback should be specific and given as soon as possible.

b. Ensure that feedback highlights what is good about the performance as well as suggestion for improvement.

i. Don't just say "well done!" What is needed is information about technique.

ii. For example "I liked the way you stepped forward with the opposite foot" or "You watched the ball carefully, this time hug it to your chest when you catch it"

iii. Focus on positives rather than negatives, e.g. comments like the above, which alert all players to better technique rather than "What did you do that for" or "I told you not to do it that way".

c. Praise, praise and more praise

5. Give easy to follow information

a. Small step progression is preferable.

b. Provide no more than one/two pieces of new information at a time.

c. Use words/phrases that are easily understood.

6. Provide lots of opportunities to practice

a. Repeated practice is needed to master a skill.

b. Make practice opportunities varied and fun rather than repetitive and boring.

c. Incorporate a challenge into the practice activity, e.g. number of successful repetitions into so many seconds/minutes.

d. Encourage correct execution, and set boundaries for non-acceptable application.

7. Ensure that participants achieve success



a. Plan drills, activities and games that are at **the participants' level of learning** so that the participant has successful experiences. They will then be more willing to attempt harder skills.

b. Praise, praise and more praise

8. Review your own teaching – are my players responding to what I am teaching?



Appendix 2: Seven steps to progressing a skill from the basics to court application. (From Netball Victoria Coaching Kit, by Debra Armstrong, Coach Educator & High Performance Coach)

1) Explanation & Demonstration

- a. "When" and Why" you use the skill
- b. Most important points emphasised during demonstration
- c. Concise language and key cue words, e.g. teaching change of direction
 - i. "outside leg - bend at knee",
 - ii. "turn, and push off hard"

2) Basic Movement/No Equipment

- a. Practice skill/movement without equipment
- b. Fault detection and correction, with individual feedback for each player
- c. Correct major errors first – do not correct too much at one time
- d. Players should be given time to practice following feedback
- e. Observe next attempts, with further positive reinforcement/feedback

3) Basic Movement With Equipment

- a. Practice skill/movement with appropriate equipment
- b. Feedback as above

4) Add Ball

- a. Introduce ball with minimal movement.
- b. Increase movement appropriate to skill
- c. Feedback as in point 2

5) Add an Opponent

- a. Following successful performance with via above points, add opponent
- b. The ball may be removed during initial stages, if concentration is on developing body awareness
- c. Feedback as in point 2

6) Dynamic Drill

- a. Practice at realistic game speed to incorporate timing and decision making
- b. Add more players/skills as appropriate and within the capabilities of the level of players
- c. Adjust as necessary
- d. If not a successful process, consider returning to earlier teaching stages (no good practising something if zero is being achieved!)
- e. Plenty of feedback

7) Court Application

- a. Incorporate skill into court situation
- b. Does not necessarily involve whole court/entire team, e.g. area of court where the specific skill would be expected to be used.
- c. May involve application to a few court situations used by different positions.

Feedback - can be visual (demonstration), verbal (talk) or tactile (how does it feel).

- 1. General – "That was great" – gives no information, so use sparingly.
- 2. Specific Positive – "Great chest pass – you transferred your weight forward and followed through towards the receiver."
- 3. Specific Corrective – "push off strongly with the outside foot in the new direction"



COACH CHECKLIST FOR EVERY COACH

#NETFITFUNDAMENTALS

**PLEASE NOTE, THESE ARE JUST A
RECOMMENDATION OF 'WHAT' TO
COACH AT THIS PARTICULAR AGE.**

**IF YOU ARE LOOKING FOR 'HOW'
TO COACH THESE SKILLS? HEAD TO
THE NETFIT NETBALL APP.**

Throughout this post we reference the research of:
Netball Australia: (The Netball Skills Development Framework)

#NETFITFUNDAMENTALS



CREATE A POSITIVE ENVIRONMENT

- Learn names
- Smile, praise and encourage
- Be patient and supportive
- Encourage player input
- Make it FUN!

#NETFITFUNDAMENTALS



SET ACHIEVABLE GOALS

- Keep the player's development in mind in all levels
- Make sessions challenging
- Ensure skill development is progressive

#NETFITFUNDAMENTALS



VARY YOUR SESSIONS

- Change format and activities when engaging players
- Ensure equal opportunity for all players
- Avoid elimination games where players sit out
- Create incentive based drills
- Include 'game sense' activities and allow players to 'play the game' while learning the skill
- Use different coaching methods
- Playing music can be a great way to mix it up

#NETFITFUNDAMENTALS



TEACH SKILLS

- Plan to have a learning outcome for your session based around skill development
- Regularly revise skills from previous weeks
- Look ahead to next game and analyse what coaching instructions are required

DEMONSTRATE

- Be organised, arrive earlier than players and set up
- Coach players with visual and auditory needs
- Use the players to demonstrate correct skill execution where possible
- Make sure all players can see the demonstration
- Make sure you have everyone's attention before you commence

#NETFITFUNDAMENTALS





INVOLVE ALL PLAYERS

- Understand what motivates your players and plan accordingly
- Use several small groups rather than one large one. Avoid players sitting out
- Make sure every player knows their role
- Prepare substitute players as well as your starting players

#NETFITFUNDAMENTALS



BE A GREAT COMMUNICATOR

- Try not to have too many instructions.
- Try to have as much one-to-one coaching as possible - Leave every player knowing their strength and what they need to work on
- Offer opportunities for 2 way communication, always include your players and ask questions

PROVIDE INSTANT FEEDBACK

- Use lots of purposeful praise. Example "that was well done because you....."
- Ask players if they understand instructions. Example: "Do you understand what I meant by that"
- Ask questions to make players aware of areas to improve

#NETFITFUNDAMENTALS



PARENTS EXPECTATIONS

- To keep their child safe
- To be kept informed regularly= a team effort

#NETFITFUNDAMENTALS



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PRESEASON

COACH GUIDE

FOR COACHES PLANING NEXT SEASON

TIP 01

YOUR AGE GROUP

UNDERSTANDING THE AGE GROUP YOU TAKE ON TO COACH THAT YEAR

Using the preseason period before you meet the team and parents can be just as important that the actual coaching period.

You do not have to spend hours upon hours researching, however considering and exploring some bigger topics may be an advantage to you.

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01

TOPICS TO EXPLORE

- The skills your age is suppose to know at that age and what their development skills are for that season.
- How to teach certain skills you are unfamiliar with
- What type of coaching is required to achieve results with the group. For example - Q&A style, command style, explore style ect
- Communication styles that work best with this age group
- How the players like to learn in this age group

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01

TOPICS TO EXPLORE

- What does this age group love to do in a training session
- What is the best way to get this groups attention
- What if the group or a player is disruptive - how do you manage this for this age group?
- Is this a competitive age or a social age group and are there any ways to best manage this group with those parameters
- No matter the age, you should spend time understanding how to best get along with your parent group.

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TIP 02

SKILL RESEARCH IDEAS

- Warm up structures
- Game play structures
- Have an awareness around the 4 pillars of creating space
- Learn how to teach the shooting technique
- Identify what fault correction is
- Explore what the game looks like for your age - what would a typical match display - ie 7/8 footwork issues, bunching ect.
- Put some thought into what your end of session 'game/activity' can look like

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GAME DAY PREPARATION

ACTIONABLE STEPS TO USE FOR GAME DAY

01

WHATS IMPORTANT

Understanding what makes 'game day' successful will be determined by what factors are important to you outside of the score line.

As a coach, you can spend a lot of time constructing a session plan and there may be times that not as much preparation goes into to game day structure and in hindsight, game day planning can be more or of the same value as mapping out a training session.

Below are ideas you may want to include in your game day structure.

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02

THE WARMUP

- What does your warmup structure look like?
- Do you have the same warmup each week? (recommended)
- Is your warm up ball activity engaging and getting the players in the right head space for the game?
- Are the players getting a lot of ball touches before the game?
- Avoid
- The coach passing to a long line of players
- Players talking during warmup

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03

GOAL SETTING

As the coach, you should have goals based on the development and growth you want to see on game day.

These goals may be derived from:

- Previous training ie if you had been working on ball pressure you set a goal to see the opposition with ball pressure each pass.
- Setting game goals you want to see your team achieve ie rebounds, score off your centre pass or coming forward for the ball
- Individual game goals, set up goals for each player to work towards in the game.

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TIP 04

PRE GAME CHAT

- What you say before a game matters.
- Make notes of the topics you want to discuss before the game so you stay on track. How long you keep the players attention will be determined on their age and how engaging you are.
- Top tips for a successful pre game chat;
- Keep the chat short but POWERFUL.
- Give the team your direction / goals for the game

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TIP 04

PRE GAME CHAT CONT..

- Remind the playing group of any recent skills you have been learning and where they can use them on court.
- Talk about team positivity and how we CHEER everyone on, no matter what is happening
- LASTLY – talk about having fun!
- If you have individual goals you are setting, talk to this players on their own and away from the playing group.

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	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
MOVEMENT SKILLS	NET (5-6 Years) • Balance • Jump/leap/hop and landing (1 foot / 2 feet) • Pivot – outside turn • Sprint • Side step • Take off and sprint SET (7-8 Years) • Sprint, decelerate and stop • Jump off right and left foot and both feet simultaneously • Land and balance on right or left foot and both feet	• Working a number of combinations (directional footwork) • Sprint and change direction • Change of pace	• Pivot – inside turn • Application of footwork related to specific skill – Speed of footwork – Recovery footwork	• Shuffle / slip step • Turn in the air	• Turning from a sprint movement • Deceleration and safe landing after sprint • Application of all movement skills in court setting
BALL SKILLS	NET (5-6 Years) • Catch • Chest pass • Shoulder pass SET (7-8 Years) • Bounce Pass • Lob	• Application of Lob • Overhead pass	• Introduce one hand control • Fake pass	• Introduce use of ball on either side of body • Timing on release of pass • Variety of options under pressure • Step around pass • Hook ball into catch	• Catch high and low balls one handed • Release from any point of catch • Advanced use of ball on either side of body
ATTACKING SKILLS	NET (5-6 Years) • Straight lead • Single dodge • Change of direction SET (7-8 Years) • Lead, pivot & pass GO (9-10 Years) Two leads	• Double Dodge • Split/Re-offer • Combine into simple movements on court • Lead and drop • Clear and drive • Introduce Hold • Double Play – give and go	• Half roll, full roll • Front cut • Lunge to catch • Application of the Hold • Spatial Awareness • Creating space – Recognising space – Moving into space – Repositioning ◦ in a crowded situation ◦ after delivery • Reading the Play • Vision • Body cues • Timing of leads • Attacking against 1 on 1 or double defence • Using triangles/swing	• Drive, stop and lunge back • Feeders hitting the circle edge • Basic Screens	• Position & Feeding • Feeding shooters in the circle • On and off the circle • Relationships within Attack unit • Read game to apply screens • Resetting • Outlet pass strategy • From Stoppages • From Turnovers • Attack against area defence strategy and off-line

Netball Skills Development Framework: Updated Sept 2018

NOTE: Players enter the sport at different stages of development hence the suggested skills for each level/age group area guide for coaches to ensure sequential skill progression.

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	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
DEFENDING SKILLS & STRATEGIES	NET (5-6 Years) • Shadow movement • Shadow defence SET (7-8 Years) • Hands over the ball GO (9-10 Years) • Recovery to 0.9 metre (three feet) • Defence of shot (lean)	• Defensive footwork • One on one - defending from the front to dictate • One on one - defending from the side • Repositioning – front and side 3 Phases of Defence 1. First ball pressure to a contest 2. Application of interception 3. Hands over ball (recovery to dictate pass type or direction) • Dictating or denying the space • Defence of the shot (two hands, jump) and deny space to contest a rebound	• One on one – defending from behind • Extend 3 phases of defence with focus on dictating or denying the space • Double defence • Defence of the shot – inside hang, double jump by one defender • Strategies for rebounding	• Extend one on one defence of the player to explore: – Positioning – Reading the play – Timing – Interception/transition – Switching – Sagging • Two on one • Back and up using 2-foot take-off to intercept • Split circle • Work together – in/out of circle • Positional choice for defence of shot	• Defence on and off the circle (WD/C) • Relationship of defensive unit - relevant roles • Area Defence – including box, diamond and triangle • Off-line (off the line of the ball) • Defence of the shot: – against the shuffle shot
SHOOTING SKILLS & STRATEGIES	NET (5-6 Years) • Basic shooting action GO (9-10 Years) • Rebounding	• Basic shooting action Increasing distance from post • Rebounding • Introduce working together in and out of circle • Shooter rotation	• Shooting Technique – correct and accurate • Step forward/back/side • Shooter hold • Shooter rotation extension • Shooter to shooter passes – from the shooting position – from the feeding position – from a holding and moving shooting circle including with a tall shooter	• Shooting Technique -variation on timing and release • Shooter to shooter passes – Application of working together – Splitting the circle – Closed circle • Basic screens including toe to toe e.g. 'Ridgy Didge'	• Types of movement to shot – jump, shuffle, fake, falling out of court and layup shot • Circle entry and exit • Shooters working together (space awareness, vision and balance in the circle) • Awareness of space between WA and C • Understanding of attack unit • Set ups for stoppages in and out of circle • Inside and outside links between GS, GA
STRATEGIES	SET (7-8 Years) • Basic centre pass attack options • WA/GA sides & swap • Basic centre pass defence options • GD/WD inside of GA/WD • Defending C with hands over	• Centre pass attack options: – Narrow (one behind other) – Wide – Back e.g. GD, WD • Centre pass defence options: – 1 on 1 • Throw in options: – Narrow – Wide – Back (except goal line)	• Centre pass attack options: – 1 off the line – 2 off the line • Centre pass defence options: – 2 on 1 • Through/long court transition	• Centre pass attack options: – Screens – overload • Centre pass defence options: – wall – forcing attack wide • Shooter throw-ins – attack and defence strategies • Outlet pass from intercept or rebound	• Reading play to apply appropriate strategies – Penalty pass/shot and free pass ◦ pass options ◦ defence strategies

Netball Skills Development Framework: Updated Sept 2018

NOTE: Players enter the sport at different stages of development hence the suggested skills for each level/age group area guide for coaches to ensure sequential skill progression.

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5/7^{yo} SKILLS CHECKLIST FOR EVERY COACH

#NETFITFUNDAMENTALS



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RECOMMENDATION OF 'WHAT' TO
COACH AT THIS PARTICULAR AGE.**

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TO COACH THESE SKILLS? HEAD TO
THE NETFIT NETBALL APP.**

Throughout this post we reference the research of:
Netball Australia: (The Netball Skills Development Framework)
World Netball: (Technical Development Manual)
ACHPER Victoria: (F-10 Fundamental Movement Skills)
Emerging Minds: (DR SARA MCLEAN, AUSTRALIA, AUGUST 2020)

#NETFITFUNDAMENTALS



FOOTWORK

- Balance = Movements where the body remains in place, but moves around its horizontal and vertical axes
- Standing on one foot for 10 seconds (5yo)
- Jump, leap, hop and landing (1 foot / 2 feet)
- Jumping forwards 10 times without falling
- Pivot – outside turn
- Sprint
- Walking backwards heel-toe (5yo)
- Run through an obstacle course, ladders, cones avoiding objects
- Side step
- Maintain balance on a moveable platform

#NETFITFUNDAMENTALS



BALL SKILLS

- Throw a ball with direction and force
- Stepping forward with leg on opposite side as throwing arm when throwing a ball.
 - Two handed chest pass. W shape hands to catch
 - Shoulder pass
 - Bounce pass
- Catch while stepping onto the ball.
- Under arm roll
- Tapping ball with direction

Size 4 Netballs are used by younger players 10 and under.
Size 5 Netballs are the official netball size and used by ages over 10.

#NETFITFUNDAMENTALS



ATTACKING

- Straight lead
- Single dodge
- Skip forward & catch
- Change of direction
- Clear and drive
- Can understand where positions are allowed to run on court

#NETFITFUNDAMENTALS



DEFENDING

- Shadow movement
- Shadow defence
- Can get their three- feet distance and put their hands up to defend

#NETFITFUNDAMENTALS



GOALING

- Basic shooting action with a two hand shot.
- Look at goal, pivot, pass and reset

Children aged 5-9 should use an 8ft (2.44m) netball post.

#NETFITFUNDAMENTALS



COGNITIVE

- Encourage physical activity: play different sports and do recreational activities together. These teach social skills like taking turns cooperating, negotiating playing fairly and being a good sport.
- Your child can play with others to achieve a common goal. They are ready to play a modified full game of netball.
- At this age children talk a lot, sometimes even when nobody is around.
- Starting to understand the importance of rules, and the simple reasons behind rules.
- A 5/7 year olds attention span to maintain focus at one time is 12-18 minutes. Add frequent breaks.

#NETFITFUNDAMENTALS



8/9^{Yo} SKILLS CHECKLIST FOR EVERY COACH



#NETFITFUNDAMENTALS

PLEASE NOTE, THESE ARE JUST A
RECOMMENDATION OF 'WHAT' TO
COACH AT THIS PARTICULAR AGE.

IF YOU ARE LOOKING FOR 'HOW'
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#NETFITFUNDAMENTALS



FOOTWORK

- Running becomes faster, smaller, and more fluid
- Balance on one foot when passing a ball
- Standing on one foot for 30 seconds
- Jump, leap, hop and landing (1 foot / 2 feet)
- Double jump for distance with balance
- Pivot – outside turn
- Side step with pace
- Sprint, decelerate and stop
- Introduce simple cone drills

#NETFITFUNDAMENTALS



BALL SKILLS

- Catching
- Chest pass
- Shoulder pass
- Bounce Pass
- One hand high release lob
- Two hand overhead pass
- Bounce Pass
- Lob

Size 4 Netballs are used by younger players 10 and under.
Size 5 Netballs are the official netball size and used by ages over 10.

#NETFITFUNDAMENTALS



ATTACKING

- Straight lead
- Single dodge
- Skip forward & catch
- Change of direction
- Clear and drive
- Lead, pivot & pass

#NETFITFUNDAMENTALS



DEFENDING

- Shadow movement
- Shadow defence
- 3 feet hands up- accurate distance.
- Hands over the ball
- Dodging to lose players and driving backwards on angles.

#NETFITFUNDAMENTALS



GOALING

- Basic shooting action with a two hand shot.
- Look at goal, pivot, pass and reset
- Rebounding
- Receiving a pass, pivoting, steadying feet.
- Shooting

Children aged 5-9 should use an 8ft (2.44m) netball post.

#NETFITFUNDAMENTALS



SET PLAYS

Centre pass attack options:

- WA/GA sides & swap

Centre pass defence options:

- GD/WD inside of GA/WD
- Defending C with hands over

#NETFITFUNDAMENTALS



COGNITIVE

- Nine-year-olds begin to understand the concept of space in a more abstract way. They will be able to understand where positions start, where they can run and the concept of clearing space.
- Your 9-year-old will start to engaged in long, detailed conversations about games and training.
- At this age, children gain the ability to verbalise feelings and emotions clearly to others.
- A 9-year-old will start to pursue their interests with diligence and focus. This is where you see them really FALL IN LOVE with netball.
- An 8/9 year olds attention span to maintain focus at one time is 25 minutes. Add frequent breaks throughout your 1 hour training.

#NETFITFUNDAMENTALS





U11 SKILLS CHECKLIST FOR EVERY COACH



#NETFITFUNDAMENTALS

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#NETFITFUNDAMENTALS



FOOTWORK

- Changing direction in a number of combinations such as a bow tie agility footwork drill
- Correct backwards running motion
- Sprint and change direction
- Change of pace
- Balance 1 & 2 feet landing

#NETFITFUNDAMENTALS



BALL SKILLS

- Catching
- Chest pass
- Shoulder pass
- Bounce Pass
- One hand high release lob
- Two hand overhead pass
- Correct technique & execution
- Make sure your netballers have size 4 balls

Size 4 Netballs are used by younger players 10 and under.
Size 5 Netballs are the official netball size and used by ages over 10.

#NETFITFUNDAMENTALS



ATTACKING

- Two leads- dodge (ditch your player)
- Split and re-offer
- Combine into simple movements on court
- Lead and drop
- Clear and drive
- Introduce a hold
- Double Play – give and go

#NETFITFUNDAMENTALS



DEFENDING

- Hand up 3 feet defence over the pass
- Recovery back to three feet and hands up
- Leaning defence over the shot
- Defensive footwork – backwards running & shuffle
- One on one – defending from the front to dictate
- One on one – defending from the side
- Repositioning – front and side to dictate space advancing into the 3 phases of defence

#NETFITFUNDAMENTALS



GOALING

- Basic shooting action
- Increasing distance from post
- Rebounding and following your shot
- Introduce working together in and out of circle
- Shooter rotation
- Able to receive the ball, then turn and look at the ring

#NETFITFUNDAMENTALS



SET PLAYS

Centre pass attack options (at least 2):

- The Split – one behind other
- Wide – back outlet e.g. GD, WD

Centre pass defence options:

- 1 on 1
- Centre drop back

Throw in options:

- Line (front/back space)

#NETFITFUNDAMENTALS



COGNITIVE

- Children can become focused on their own areas of interest and preferred positions. We still encourage them to try all positions in Under 11s.
- Their individual strengths and "work ons" become more obvious to them.
- They can become more interested in learning about the game and how to work as a team.
- They love to demonstrate their knowledge. Some children may be ready to lead parts of the warm-up or create a drill.
- The expectation is that a child will be able to maintain attention 3 to 5 minutes per each year of their life. A 10-year-old attention span to maintain focus in at one time is 20-30mins.

#NETFITFUNDAMENTALS



U13 SKILLS CHECKLIST FOR EVERY COACH



#NETFITFUNDAMENTALS

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#NETFITFUNDAMENTALS



FOOTWORK

- Pivot – inside turn & outside turn
- Speed of footwork: How fast you take off for your first 3 steps.
- Speed when changing of direction
- Recovery footwork where players decelerate, safety reducing their speed.

#NETFITFUNDAMENTALS



BALL SKILLS

- Introduce one hand control
- Fake pass "balk pass"
- "Tricks". The look away pass and two ball juggle

#NETFITFUNDAMENTALS



ATTACKING

- Front cut
- Half roll, full roll to "ditch your player"
- Application of the hold on circle edge.
- Recognising space
- Creating space for yourself and teammates
- Repositioning/clearing- in a crowded situation
- Reading the play
- Timing of leads
- Full court vision – turning hips and shoulders
- Body cues – eye contact
- Using triangles/swing

#NETFITFUNDAMENTALS



DEFENDING

- One on one – defending from behind
- Extend 3 phases of defence with focus on dictating or denying the space
- Double defence when working with teammate
- Defence of the shot – inside hang, double jump by one defender
- Strategies for rebounding
- Introduction to 'zone defence'
 - Full court
 - Off a throw in
 - Off a centre pass

#NETFITFUNDAMENTALS



GOALING

- Shooting Technique – correct and accurate
- Step forward/back/side on the shot
- Shooter hold
- Shooter rotation extension
- Shooter to shooter passes – from the shooting position
- Shooter lead out of the ring to create space for incoming shotter
- Shooter holding for the moving shooter

#NETFITFUNDAMENTALS



SET PLAYS

Centre pass attack options:

- 1 off the line
- 2 off the line

Centre pass defence options:

- 2 on 1
- Zone defence. Example 'The Wall'

Long court transition

#NETFITFUNDAMENTALS



COGNITIVE

- Thirteen-year-olds are developing the ability to think abstractly so it's important to explain why we do each drill at training.
- When giving feedback, they can be more sensitive, and self-conscious so let's remember to deliver instructions with a positive spin.
- Remember our young teens are on the road to becoming an independent person who wants to make their own decisions about what sport they play so we have to continue to challenge them and provide them opportunities within our sport.
- Keep a huge focus on friendships.
- A Thirteen-year-olds attention span to maintain focus in at one time is 25-45mins.

#NETFITFUNDAMENTALS



U15 SKILLS CHECKLIST FOR EVERY COACH



#NETFITFUNDAMENTALS

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#NETFITFUNDAMENTALS



FOOTWORK

- Pivot – inside turn & outside
- Backward running/sprinting motion
- Turn fast and fully in the air with a balanced landing.
- Change of pace. Turning from a sprint
- Deceleration and safe landing after sprint
- Application of all movement skills in court setting

#NETFITFUNDAMENTALS



BALL SKILLS

- Strong passes from either side of the body
- Timing on release of pass
- Decision making under pressure
- Step around hands over and pass
- Hook in a high ball & release
- Catch high and low balls one handed
- Advanced use of ball on either side of body

#NETFITFUNDAMENTALS



ATTACKING

- Feeders hitting the circle edge
- Basic Screens
- Position & Feeding
- Feeding shooters in the circle edge
- On and off the circle
- Builds relationships within attack unit
- Read game to apply screens
- Resetting when timing is out
- Outlet pass strategy – From throw in – From Turnovers
- Attack against area defence strategy and off-line
- How to work through a zone defence

#NETFITFUNDAMENTALS



DEFENDING

- Extend one on one defence of the player to explore:
 - Positioning
 - Reading the play
 - Timing
 - Interception/transition
 - Switching
 - Sagging
- Two on one
- Back and up using 2-foot take off to intercept
- Split circle
- Work together – in/out of circle
- Positional choice for defence of shot
- Defence on and off the circle (WD/C)
- Relationship of defensive unit – relevant roles
- Area defence – including box, diamond and triangle
- Off-line defence
- Defence of the shot –against the shuffle shot
- Application Zone Defence (full court, five point, six point)

#NETFITFUNDAMENTALS



GOALING

- Shooting Technique – variation on timing and release
- Shooter to shooter passes
- Application of working together
- Splitting the circle
- Closed circle set play
- Basic screens including toe to toe e.g. 'in & out quick pass'
- Types of movement to shot – jump, shuffle, fake, falling out of court and layup shot
- Circle entry and exit
- Shooters working together (space awareness, vision and balance in the circle)
- Awareness of space between WA and C
- Understanding of attack unit
- Set ups for stoppages in and out of circle
- Inside and outside links between GS, GA

#NETFITFUNDAMENTALS



SET PLAYS

Centre pass attack options: x 6 creative plays +

Shooter throw-ins

- Attack and defence strategies
- Outlet pass from intercept or rebound
- Reading play to apply appropriate strategies – Penalty pass/shot and free pass, pass options defence strategies

Full court Throw ins:

- Down the line
- Mid court switch
- Zone defence

#NETFITFUNDAMENTALS



COGNITIVE

- By the time your child reaches 14, they are likely thinking more deeply, choosing their extra curricular activities and making their preferences known.
- Most 14-year-olds also find justice and equality to be important issues and many are actively volunteering or showing an interest in advocacy. A great time to introduce coaching.
- They are ready for long-term experiences and their interests are becoming more focused.
- They may prefer to text their parents/coaches rather than talk with them directly.
- A 14/15 year olds attention span to maintain focus at one time is 32 to 48 minutes.

#NETFITFUNDAMENTALS





U17+ SKILLS CHECKLIST FOR EVERY COACH



#NETFITFUNDAMENTALS

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#NETFITFUNDAMENTALS



FOOTWORK

- Backward running motion
- Turn in the air when receiving pass and release
- Turning from a sprint movement (change of pace)
- Deceleration and safe landing after sprint
- Application of all movement skills in court setting

#NETFITFUNDAMENTALS



BALL SKILLS

- Use of ball on either side of body
- Timing on release of pass
- Decision making under pressure
- Step around pass
- Hook ball & release
- Catch high and low balls one handed
- Release from any point of catch
- Advanced use of ball on either side of body

#NETFITFUNDAMENTALS



ATTACKING

- Feeders hitting the circle edge
- Front cut, double play and link
- Use screens all over the court
- Position & feeding
- Variety of feeds to the shooters in the circle
- On and off the circle edge
- Relationships within attack unit
- Resetting
- Mid court switch
- Outlet pass strategy - From Stoppages & Turnovers
- Attack against area defence strategy and off-line
- How to work through a Zone Defence
 - Five point
 - Six point
 - Full court

#NETFITFUNDAMENTALS



DEFENDING

- Extend one-on-one defence of the player to explore:
 - Positioning
 - Reading the play
 - Timing
 - Interception/transition
 - Switching
 - Sagging
- Two-on-one
- Back & up using 2-foot take off to intercept
- Split circle
- Work together - in/out of circle
- Positional choice for defence of shot
- Defence on and off the circle (WD/C)
- Relationship of defensive unit - relevant roles
- Area Defence - including box, diamond and triangle
- Off-line (off the line of the ball)
- Defence of the shot:
 - Against the shuffle shot
- Application of Zone

#NETFITFUNDAMENTALS



GOALING

- Shooting Technique - variation on timing & release
- Shooter to shooter passes
 - Use of the goal post with other shooter clearing
 - Splitting the circle
 - Closed circle
- Complexed screens & set plays
- Types of movement to shot
 - Jump, shuffle, fake, falling out of court and layup shot
- Circle entry and exit
- Shooters timed movement together (space awareness, vision and balance in the circle)
- Awareness of space between WA and C
- Understanding of attack unit
- Set ups for stoppages in and out of circle
- Inside and outside links between GS, GA & Mid-courts

#NETFITFUNDAMENTALS



SET PLAYS

Centre pass attack options: x 10 creative plays +

Shooter throw-ins

- Attack and defence strategies
- Outlet pass from intercept or rebound
- Reading play to apply appropriate strategies - Penalty pass/shot and free pass, pass options defence strategies

Full court throw ins:

- Down the line
- Mid court switch
- Zone defence

#NETFITFUNDAMENTALS



COGNITIVE

- Your child is now in late adolescence. They use complex thinking to focus on less self-centred concepts and personal decision-making. They start to think more empathically and collectively.
- When it comes to communicating, for the most part, 16-year-olds are able to communicate like adults.
- One challenge many teenagers at this age face is being over-scheduled, which is not necessarily good for their development. They need free time to pursue interests as well as time to rest and relax without expectations.
- A 16/17 year olds attention span to maintain focus at one time is 32-50+ minutes.

#NETFITFUNDAMENTALS





Appendix 7: Coaching points

Footwork 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">• 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	<ul style="list-style-type: none">• Base of support too narrow• Shoulders forward and leaning inwards• Knees straight• Knees not over toes• Head down• Arms tensed and away from body• Centre of gravity high and not over base of support.

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

TAKE-OFF

Stride length should be short on take-off.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Initial step back before driving forward• Same arm and same leg• Arms at side of body not driving or swinging across the body• Stride length too big• Eyes looking down



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
Two Foot Jump <ul style="list-style-type: none"> 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 to extend toward the ball Land on both feet, cushioning landing by bending at knees, hips and ankles 	<ul style="list-style-type: none"> Weight back on heels of feet before take off Extra step not taken so only a one foot take off used Knee straight before take off Arms not used to extend to full height Landing on one foot Timing of jump is incorrect
One Foot Leap – Right/Left Foot <ul style="list-style-type: none"> Bend slightly at the knees, hips and ankle, weight forward over toes Push strongly off take-off foot Drive arms up to extend toward ball Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles 	<ul style="list-style-type: none"> Weight back on heels of feet before take off Knee straight before take off Arms not used to extend to full height Landing on incorrect foot (inside foot) Timing of jump is incorrect

PIVOT

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

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

Ball Skills

CATCH

Encourage players to catch with two hands to increase control.



TEACHING POINTS	COMMON ERRORS
Two Hand Catch <ul style="list-style-type: none"> • Eyes on the ball • Move towards the ball • Extend hands forward with fingers spread and thumbs behind the ball (W formation) • Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs 	<ul style="list-style-type: none"> • Eyes not on ball • Catching with the palms of the hand • Thumbs not behind ball • Arms bent and close to body • Not taking the ball while on the move • Movement away from the ball

SHOULDER PASS

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

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

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

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"> • Step forward and bend/lunge on opposite leg • Push ball forward and downwards • 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 	<ul style="list-style-type: none"> • Step is across body • Pass not directed downwards • Ball released at shoulder height • No weight transfer • Bounce the ball too close to the thrower • Bounce the ball too high



LOB

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

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

BALL PLACEMENT

An important aspect of all passes.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• Place in front of moving player• Receiver to receive at full stretch, in front of defender• Into space created by attacker –hold for a bounce or a lob	<ul style="list-style-type: none">• Pass placed behind or at receiver• Pass to high or low• Receiver moves off too soon – allowing defender to move into the space created

Attacking Skills

TIMING OF LEAD

An important aspect of all attacking moves.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• Reading cues from the thrower• Reading available space	<ul style="list-style-type: none">• Moving too early before thrower is ready to release• Driving into space already taken

STRAIGHT LEAD

Timing is key for successful execution.

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



SINGLE DODGE

Movements should be quick and decisive.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• Eyes on thrower• Body upright, feet shoulder-width apart, slightly bent knees and hips• Move a few steps away from the intended catching position, should be a definite move• 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	<ul style="list-style-type: none">• Feet too far apart• No weight transfer onto outside foot• Push off on the inside foot• Dodge not a definite movement – just a sway• Movement too slow, allowing defender to hold attackers position• Moving head and losing sight of thrower• Eyes and head looking down• Arms beside body and not using to increase power

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">• Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle, shoulders should be 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 to move into a new space• Emphasis again on strong first steps when moving to the new space	<ul style="list-style-type: none">• Leading too soon• Shoulders not turned in direction of lead• Push off on the inside foot• Movement onto second move not definite• Not changing direction into a free space• Arms beside body and not using to increase power• Eyes and head looking down

Defence Skills

ONE ON ONE SHADOWING

Basic defending position.

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



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

RECOVERY TO 0.9M (3 FEET) FOR NETBALL AND 1.2M (4 FEET) FOR NETTA

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

HANDS OVER BALL – NETTA DISTANCE IS 1.2 METRES

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

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none">• Stand 0.9 metres in front of the person throwing (1.2 metres for Netta)• 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	<ul style="list-style-type: none">• Incorrect distance• Hands coming up before correct distance is taken• Feet narrow/legs straight/on toes – lose balance and shorten distance• Bend forward too much at waist• Arms waving and not defending ball



SHOOTING

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

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

GS

[GOAL - SHOOTER]
QUICK FEET, PATIENT, MOST STUDIED PLAYER, GAME READER, GOAL SCORER, CALM UNDER PRESSURE, TAKES CARE OF EVERYONE ON NIGHTS OUT.

#NETFITMASTERCLASS



GS POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.



WHAT YOU NEED TO WORK ON!

- A) Shot Selection - Volume & Accuracy.
- B) Variety of attacking moves.
- C) Understanding the space.

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TIP 1 - TECHNIQUE & ACCURACY



- FEET = Shoulder width apart with weight equally distributed between both feet
- BODY = Square to the post
- BALL = Set high above your head
- ELBOW = Shooting arm should point towards the post
- DOMINANT HAND = Ball should sit on the tips of your fingers
- NON-DOMINANT HAND = Guide only, should help keep the ball stable on your shooting hand.

Then you bend your knees and flick the ball with a slight backspin while focusing on where you want the ball to drop above the ring.

MINDSET is key for an accurate shot!

Here are some ways you can get in the zone - do what works for you!

- Take a deep breath before your shot.
- Count '1 & 2 & shoot'
- Tell yourself 'It's going in'.

#NETFITMASTERCLASS



TIP 2 - REBOUNDING & FOLLOWING YOUR SHOT



CONSIDER THE DEFENCE SET-UP WHEN REBOUNDING.

- As you run towards the post after the shot, position your body on an angle to protect the space away from your defender.
- Don't get too far under the pole, you'll only get the ball if it goes in!

STEP & BLOCK

- When you put up a shot with a defender 3ft hands up in front of you, use quick footwork to follow in your shot whether it goes in or not.
- Aim to block your defender by getting in front of them and claiming the front space.
- Prime positioning within approx. 3ft radius of the goal post, but not under it.

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TIP 3 - TURN & LOOK AT THE POST



TURN FAST AND FULLY

- When you take a pass in the ring, turn fast and fully to the post and put the ball up high like you are taking a shot. This forces the defender to quickly set up their 3ft mark. Then you have the space to give and go.

USE YOUR WINGS TO GAIN DISTANCE TO THE POST

- Even if you know you want to use your wings to reposition, still turn and look to the post to move the defender.
- Try a quick pass and shuffle back with grounded foot to move closer to the post

STEP IN

- Turning quickly to look at the post can give you the space to step in and have an easier shot at goal before the defender has time to put their arms over the ball.

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HOME SHOOTING PROGRAM BY MWAI KUMWENDA



Session: Home Shooting Program You Can Do In Your Own Time:

- 30 x shots from short range
- 30 x shots from mid range
- 30 x shots from long range
- 30 x shots throw up surprisers and shoot
- 30 x shots, 4 through the leg weaves and shoot
- 30 x shots, 4 wraps and shoot
- 30 x shots step to the sides and shoot
- 30 x shots with eyes closed

Check out the full video on the NETFIT app for all of our loyal members. ☐

#NETFITMASTERCLASS



"GS" 15MIN HOME WORKOUT BY RAHNI SAMASON



Warm up with light stretch 5mins
 Session: NETFIT GS Goaling and Footwork

Timing: 20sec workout on 10sec shooting

1. Dodge to High Ball (L&R)
 2. Roll off to Jump (L&R)
 3. Figure 8 (L&R)
 4. Basic Footwork (L&R)
 5. Skater Jumps (L&R)
- Repeat x 3

Check out the full video on the NETFIT app for all of our loyal members. ☐

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VIDEOS FOR MEMBERS. VIA COACH > POSITIONAL MASTERCLASS



- TIP 1 - TECHNIQUE
- TIP 2 - REBOUNDING
- TIP 3 - TURN & LOOK AT THE RING
- STRATEGY 1 - SHOOTER 'T' HOLD
- STRATEGY 2 - SHOOTER TRICK PASS
- STRATEGY 3 - SHOOTER STEP
- DRILL 1 - 5 POINT GOALERS DRILL
- DRILL 2 - SHUTTLE TO SHOOT
- DRILL 3 - GOALER CROSSOVER
- HOME PROGRAMS - 15MIN GOALING FOOTWORK
- HOME PROGRAMS - 15MIN SHOOTING PROGRAM
- HOME PROGRAMS - HOW TO DO A LAY UP
- KIDS 1 - TECHNIQUE
- KIDS 2 - BASIC MOVES & FUN GAME
- KIDS 3 - CIRCLE ENTRY



GA

[GOAL - ATTACK]

FAST, CONFIDENT, COMPOSED, RARELY RATTLED, LOOKS HARMLESS BUT HAS STRONG DETERMINATION AND POINTY ELBOWS. A GA LOVES AN ACTION SHOT AND TO FEATURE IN THE LOCAL PAPER.

#NETFITMASTERCLASS



GA POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.

WHAT YOU NEED TO WORK ON!

- A) Shot Selection.
 - The volume of goals they shoot
 - Their accuracy
- B) They can show a variety of attacking moves.
- C) They understand space.

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TIP 1 - CIRCLE ENTRY

The first set up for a GA to think about is your role on a centre pass. Always make eye contact with your WA and get clarity who is getting first ball and phase 2 after the first pass has been given.

The GS has priority on the first move within the circle and the GA needs to read off their movement. The GA should analyse their circle entry and have a strong space awareness.

Check out the full video on the NETFIT app for all of our loyal members. []

#NETFITMASTERCLASS



TIP 2 - RING ROTATIONS

As a GA or GS, it's important to continue to create a balanced movement to receive a ball for the opportunity to shoot. The player in front moves to allow space for the one behind. Use quick footwork to make leads. Keep vision of the ball and team mates at all times.

GA needs to work on their movement by learning, holding your timing, dodging and feeding, while having the pressure of one on one defence.

Check out the full video on the NETFIT app for all of our loyal members. []

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TIP 3- WORK CLOSER TO GOAL POST

GA can use a split landing to get closer to the post. You can also work a shuffle back move with mid-court before a defender has set up a tight defence on the body. When implementing this skill, it's important to be aware of your body angle and your distance to the post.

Check out the full video on the NETFIT app for all of our loyal members. []

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"GA" 15MIN HOME WORKOUT BY RAHNI SAMASON

Warm up with light stretch 5mins Session: Timing: 40sec workout on 20sec shooting

1. Bowtie footwork + right hand flicks
 2. Roll offs + left hand flicks
 3. Lunge split
 4. High knees along base then drive forward + figure 8
 5. L drives
- Repeat x 3

Check out the full video on the NETFIT app for all of our loyal members. []

#NETFITMASTERCLASS



VIDEOS FOR MEMBERS.

VIA COACH > POSITIONAL MASTERCLASS

- TIP 1 CIRCLE ENTRY
- TIP 2 RING ROTATIONS
- TIP 3 WORKING CLOSER TO THE RING
- STRATEGY 1 - GA/GS WORKING TOGETHER
- STRATEGY 2 - ROTATIONS
- STRATEGY 3- SCREENS
- DRILL 1 - GOALER 4 CORNERS
- DRILL 2 - BLOCK & SWEEP
- DRILL 3 - PRESSURE GAME
- HOME PROGRAMS - RAHNI 15MIN HIIT
- HOME PROGRAMS - SOLO SHOOTING PROGRAM
- HOME PROGRAMS - HOW TO PRACTICE A LAY UP
- KIDS 1 - SHOOTING TECHNIQUE
- KIDS 2 - GA LEADS & FUN GAME
- KIDS 3 - SPACE AND CIRCLE ENTRY



WA

[WING - ATTACK]

FLASHY, SPEEDY, ALWAYS THERE IF YOU NEED, MASTER MIND OF THE ATTACK END, OFTEN THE SMALLEST PLAYER BUT THINKS THEY ARE THE TALLEST, LIVES FOR TEAM SOCIALISING.

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WA POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.

WHAT YOU NEED TO WORK ON!

- A) Clear and decisive pass selection.
- B) Range of attacking moves.
- C) Awareness of space and team mates.

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TIP 1 - GETTING OUT FOR THE CENTRE PASS

KEY FOCUSES

- Work on making decisions quickly with confidence.
- Always make eye contact with your GA to get an understanding of what play you are making on each centre pass. Practice these at training.
- WA is in charge of the centre pass and needs to call what set play the team is running.
- Prepare in your mind how you will lose your defender each centre pass - how you can use your body to protect space you want to drive into. Work on your preliminary movements and strong drives over the line or you can prepare for the GA to receive the centre pass and you get depth for the second phase play.
 - Remember sharp angles all over the court.
 - Use quick footwork, change of direction and pace to get the WD's head turning.

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TIP 2 - SECOND PHASE DEPTH AND HITTING THE CIRCLE EDGE

KEY FOCUS: Always look into the circle once you receive the ball. You don't have to give it, but you should open up your vision. Take the ball and turn your shoulder and hips around fast and fully.

HOW TO CREATE SECOND PHASES DEPTH

- On the centre pass, get the GA to take the first pass.
- WA prepares the space and diverts their defender in the other direction so they can pop back, drive deep (on an angle) into the goal third to hit the circle edge.
- Another way to create the space for second phase depth is to simply use a hold on your defender and drop into the space. Timing is everything.
- Receive a pass as close to the circle edge as possible for optimum feeding position, making sure there is no room for the defender in front of you.

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TIP 3 - BALL PLACEMENT/FEEDS

KEY FOCUS: Use your peripheral vision, (You need to be able to see multiple leads) make sure you are balanced and upright to feed. Try a baulk to loose defender and keep switching up how you are holding the ball to feed. Don't become predictable.

GOALER ON A FRONT HOLD

- Goaler holds front space or drives to the ball = flat direct pass to the chest/ belly/ hands.

GOALER ON A SIDE HOLD

- Pop the ball to the side of the goaler for them to step into while also adding a slight lift that protects the ball from the defender coming around the side. Or step wide, get low and deliver a bounce pass into the space.

GOALER ON A BACK HOLD

- Lift pass significantly, to go over the defender and goaler into the space behind - a high release from the shoulder with a slight backspin can also help the ball drop into the space. I call it a 'pop pass'.

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"WA" 15MIN NETFIT SPEED SESH

Warm up with light stretch 5mins
Session: NETFIT WA Footwork and Speed

5 Cone Agility. 1min on each station.

- 1 Cone = Jump Squats
- 2 Cones = 10m Stride & Walk Back
- 3 Cones = Triangle (2m apart)
- 4 Cones = Fan (2m apart)
- 5 Cones = Dodge & Stride
- x 3 = 15min (1 quarter of netball)

Extra session = Top Ups!
Acceleration 100% (sprint)
Effort 120m on 45sec timer
Rest for 15 sec
10min running session - Very Tough!!!!

#NETFITMASTERCLASS

ALL OUR "WA" CENTRE PASS SET PLAYS ON THE NETFIT APP.

- CENTRE PASS - SPLIT
- CENTRE PASS - W
- CENTRE PASS - OVERLOAD
- CENTRE PASS - DEEP CROSS
- CENTRE PASS - TANGLE



WA VIDEOS FOR MEMBERS. VIA COACH > POSITIONAL MASTERCLASS

- TIP 1 - LOSING YOUR DEFENDER
- TIP 2 - SECOND PHASE DEPTH
- TIP 3 - BALL PLACEMENT
- STRATEGY 1 - GIVE & GO
- STRATEGY 2 - SWING SWING
- STRATEGY 3 - DEPTH ON SECOND PHASE
- SET PLAY 1 - SIDELINE THROW-IN
- SET PLAY 2 - CENTRE PASS - OVERLOAD
- SET PLAY 3 - CENTRE PASS - 'W STANCE'
- HOME PROGRAMS - LADDER WORKOUT
- HOME PROGRAMS - WA SPEED
- HOME PROGRAMS - NETFIT SPEED
- KIDS 1 - DRIVING
- KIDS 2 - CHANGE OF DIRECTION
- KIDS 3 - NETSKIP

C



[CENTRE]

FOCUSED, LOYAL, RUNS FOR FUN, TEAM MOTIVATOR, SMASHES THE HALF TIME LOLLIES, ENERGY LIFTER, HIGH FIVING IN THE LAST QUARTER, EXCITED BY THE BEEP TEST, TALKS WHEN RUNNING, HIDDEN FIERY SIDE, BINDS THE TEAM TOGETHER.



#NETFITMASTERCLASS

C POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.



WHAT YOU NEED TO WORK ON!

- A) Strong attacking drives with a range of attacking moves, including change of pace, change of line.
- B) Strong defensive skills
- C) Ability to work in partnership and link both ends of the court



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TIP 1 - C OFF A CENTRE PASS & SPACIAL AWARENESS



Being aware of the other players on the court is important to keep the ball flowing and prevent space from being clogged up. Practise balancing the court following a centre pass.

SPLIT

- WA and GA both drive wide, C then looks up to see the space opening and takes the middle channel
- IF THE GA TAKES THE SECOND PHASE FROM WA
- The C needs to identify the space is filled and take a few side steps to work out where space to drive is. The C can balance the goal third by taking the outside channel

Check out the full video on the NETFIT app for all of our loyal members.

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TIP 2 - CHANGE OF PACE



A change in pace on a lead, can be an effective way of losing your player and finding space. It is important to master your prelim movement, however if you feel yourself on a long lead, this move is for you.

Imagine you are running down the sideline of the centre third moving into the goal third...

And you change your angle to take a drive through the middle - you change gear, increase your speed or pull up for a few quick steps and accelerate again. BOOM, you have created doubt in your defenders mind and broken free. Also consider your hip and shoulder movement when changing gear, shifting your direction can also fool the tagging defender, getting them to turn their shoulders.



Check out the full video on the NETFIT app for all of our loyal members.

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TIP 3 - CHASING DOWN THE ONE PERCENT



This is my BEST tip for anyone going to selections. For all positions really. Coaches are looking for players to play for their team. What you may lack in skill, you can make up for in effort.

That is why it is so important for a C to be watching to pick up the crumbs. Players who do this well, usually have put in the fitness work, because they have the extra energy to take those last few steps.

When you see a loose ball, take your feet to the ball and get low to pick it up. Focus on using your body to guard the ball when you pick it up to protect the space and take it cleanly.



Check out the full video on the NETFIT app for all of our loyal members.

#NETFITMASTERCLASS



TIP 4 - DEFENCE 1 - ON - 1



A C main role in defence should be to deny their attacking player access to the circle edge and slow up their drive into the goal circle.

When a C is playing one on one defence they need to disrupt and delay their drive and feed into the goal circle.

This can be done by angling your body to dictate the attackers drive, early preparation of body positioning, quick footwork to make sure you are one step ahead and keeping your eyes up to watch the play to see if there is an opportunity to pick up an intercept.

When the ball is in the hands of your attacker, make sure you have purposeful strong hands over the ball to put doubt in your oppositions mind.



Full video will be under "WD" on the NETFIT app for all of our loyal members.

#NETFITMASTERCLASS



"C" 15MIN HOME RUN SESH WITH SARAH WALL



Warm up with light stretch 5mins

Session: 60m Fly & Change of Direction

1. Flying 60m Sprint 30m up and back (full length of the netball court) x 10 (On 20sec timer for A/REP) (On 25sec or 30sec for development)

2. Shuttles 100% effort 5m-10m-15m-20m-5m-10m-15m-20m Rest 2mins between each set. x 6

3. Agility Bow Tie = 2m cone Sprint with quick footwork for 1min. Rest 1min between each set. x 6

Check out the full video on the NETFIT app for all of our loyal members.

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VIDEOS FOR MEMBERS. VIA COACH > POSITIONAL MASTERCLASS



TIP 1 - SPACE AWARENESS

TIP 2 - CHANGE OF PACE

TIP 3 - DEFENCE CRUMBS

STRATEGY 1 - GIVE & GO

STRATEGY 2 - IDENTIFYING SPACE

STRATEGY 3 - CENTRE PASS 'W'

DRILL 1 - HARD YAKKA

DRILL 2 - CIRCLE EDGE DRILL

DRILL 3 - MID COURT TRIANGLES

HOME PROGRAMS - 15MIN WOD CHALLENGE

HOME PROGRAMS - SOLO BALL WORKOUT

HOME PROGRAMS - FLYING 60S

KIDS 1 - CENTRE PASSES

KIDS 2 - DRIVING

KIDS 3 - RUNNING BACKWARDS





WD

[WING - DEFENCE]

UNASSUMING, SELFLESS, HUSTLER,
SCRAPPY, TENACIOUS,
SOMETIMES SITS UNDER THE
RADAR BUT MASSIVELY LOVED &
RESPECTED BY TEAM MATES.

#NETFITMASTERCLASS

WD POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.



WHAT YOU NEED TO WORK ON!

- A) Must limit opponent's influence in the game.
- B) Strong attacking movement and ball delivery.
- C) Strong defensive skills

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TIP 1 - SLOWING DOWN THE WA



DICTATING THE SPACE OF WHERE YOU WANT TO POSITION YOUR ATTACKER.

- Quick recovery feet to set up 3ft with hands over the WA
- As soon as the ball is released, step in towards the WA, position your body facing them to cut off their drive And at the same time you have to be quick on your feet to stay 1/2 steps in front of your player so they don't zip past you with a front cut.
- Try and force them to run the sideline channel into the pocket by being one step ahead with your eyes up.

INTERCEPT

- Dictating the WA into the pocket, but this time go for the intercept as the pass goes to the WA.
- At the last minute, open up your angles to face the ball and go up for the intercept.

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TIP 2 - DEFENDING ON THE CIRCLE EDGE



DEFENDING ON THE CIRCLE EDGE CAN BE TRICKY. Increase your chances of a tip or intercept by practising this:

- Set up on the ball side of your partner on the circle edge to promote the diagonal pass.
- Using little feet, get ready to change sides when the ball is released and tip it with your outside arm (the one furthest from your attacker's body) to avoid contact.
- Quick feet to get around the body (lunging=contact)
- Timing is everything! If you move too soon, the goaler won't give the pass but if you move too late and you won't be able to get there in time

Check out the full video on the NETFIT app for all of our loyal members.

#NETFITMASTERCLASS



TIP 3 - THROW IN SET UPS



There are many ways your team can set up for a GK throw in. The WD plays an important role in making these set plays successful by the way they use the goal ring.

HOLDING SPACE WITH ONE DEFENDER

- Set up ball-side, facing the pocket.
- Hold your space until the ball has been released (leaving too soon will bring your defender with you.
- Make sure you turn fully and look down the court once you have caught the ball.

HOLDING SPACE WITH 2 DEFENDERS

- Set up ball-side, facing the pocket
- With two defenders, the space is no longer on the ring, but in the shaded area for a lifted pass, the WD can create the depth to drive into

#NETFITMASTERCLASS

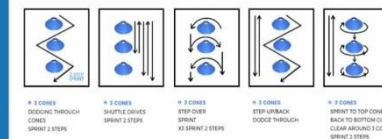


"WD" 15MIN FOOTWORK SESH WITH SARAH WALL



Warm up with light stretch 5mins
Session: Footwork and agility in a small space.
Working on footwork for dictating and delaying your WA

40 ON / 20 OFF



REPEAT ALL
= 10MINS

www.netfitnetball.com

VIDEOS FOR MEMBERS.



VIA COACH > POSITIONAL MASTERCLASS

- TIP 1 - DICTATE & DELAY
- TIP 2 - CIRCLE EDGE DEFENCE
- TIP 3 - DEFENCE THROW INS
- STRATEGY 1 - DICTATE & DENY
- STRATEGY 2 - FIRST BALL INTERCEPT
- STRATEGY 3 - THROW INS DEFENCE BACK LINE
- DRILL 1 - DOWN THE LINE
- DRILL 2 - CENTRE THIRD BOX DEFENCE
- DRILL 3 - DOUBLE PRESSURE
- HOME PROGRAMS - 15MIN PLYO HIIT
- HOME PROGRAMS - WD SPEED
- HOME PROGRAMS - 4 CONE CHALLENGE
- KIDS 1 - SHADOW DEFENCE
- KIDS 2 - DEFENCE FOOTWORK
- KIDS 3 - DEFENCE TAG





GD

[GOAL - DEFENCE]

RELENTLESS, WOULDN'T WANT TO MESS WITH, RELIABLE, SMILEY, UNASSUMING, PUT THEIR BODY ON THE LINE, SOMETIMES HOT-HEADED, WOULD DO ANYTHING FOR THEIR TEAM MATES.

#NETFITMASTERCLASS



GD POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.



WHAT YOU NEED TO WORK ON!

- A) Strong one on one defence with the ability to defend multiple movements.
- B) Variety of defence on the shot. Intensity and impact.
- C) Strong delivery into attack.

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TIP 1 - ONE ON ONE DEFENCE



In one on one defence, the aim is for the GD to dictate the GA's movement and forcing the attacker to a position where it is easy to turn over the ball.

- Defender to keep eyes up – vision on the ball and opponent.
- Defender to have short sharp footwork to keep up with attacker and their change of direction.
- Arms by side and not holding or across opponent

For the GD to take an intercept, they need to think about attacking the ball during an attempt to intercept. Players should attempt to defend every pass and when an intercept comes go for it with two hands.

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TIP 2 - HANDS OVER THE SHOT & REBOUNDING



Master the art of a strong defensive lean over the shot.

STANDARD

- One hand
- Two hands
- Left then right
- Right then left
- Both hands over & jump

EXTENSION - SURPRISE STEP

- Extension to left then right
- Start with one hand over the ball
- Step across and switch hands

BOX OUT

- Hands over the shot
- As its released, step forward
- Box out (use your body as a screen to protect the space in front of you)
- Jump for the rebound!

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TIP 3 - DEFENSIVE POSITIONING



DELAYING GA'S DRIVE INTO THE CIRCLE & DICTATING THE SPACE THE GA CAN POSITION THEMSELVES.

It is important you practise your defence, dictating and delaying the goaler both outside and inside the circle to restrict the attackers movements and force them into an uncomfortable space. Try and force them to run the sideline channel into the pocket by being one step ahead with your eyes up.

Aim = restrict and offset timing.

- Angle your body slightly (rather than being flat to the GA) so you can dictate their run.
- Eyes up to have vision on the ball at all times.
- Stay on the balls of your feet and take little steps.
- Keep close to the GA's body.

#NETFITMASTERCLASS



"GD" 15MIN HOME WORKOUT BY JACQUI NEWTON



Warm up with light stretch 5mins
Session:

Timing: 45sec workout on 15sec rest

1. Body positioning in defence with a Bow Tie
 2. Intercept & recover with V Runs
 3. Quick footwork & 3ft Hands
 4. Step back & jump
 5. Fan footwork to chase loose ball
- Repeat x 3

Check out the full video on the NETFIT app for all of our loyal members.

#NETFITMASTERCLASS



VIDEOS FOR MEMBERS. VIA COACH > POSITIONAL MASTERCLASS



- TIP 1 - ONE ON ONE DEFENCE
- TIP 2 - HANDS OVER THE SHOT & REBOUNDING
- TIP 3 - DEFENSIVE POSITIONING
- STRATEGY 1 - FIRST BALL CONTEST
- STRATEGY 2 - VARIATION IN ARMS
- STRATEGY 3 -
- DRILL 1 - CENTRE THIRD BOX DEFENCE
- DRILL 2 - DOWN THE LINE
- DRILL 3 - 8 POINT CHALLENGE
- HOME PROGRAMS - JACQUI NEWTON 15MIN HIIT
- HOME PROGRAMS - SHARNI NORDER 15MIN HIIT
- HOME PROGRAMS - 15MIN DEFENCE AGILITY
- KIDS 1 - 3 FEET ARMS UP
- KIDS 2 - DEFENCE & SHADOWING
- KIDS 3 - ATTACK & DEFENCE





GK

[GOAL - KEEPER]

REBOUND BOSS, BACK LINE QUEEN, NOT SCARED TO STAND UP FOR WHAT IS RIGHT, CALM, RESILIENT, ARMS USUALLY IN THE AIR AND NOT SHY OF A FIST PUMP, GETS IN PEOPLES GRILLS, PERFECTED THE EYE-ROLL, MASTER OF PATIENCE.

#NETFITMASTERCLASS



GK POSITION SPECIFIC CONSIDERATIONS FROM A STATE SELECTOR.

WHAT YOU NEED TO WORK ON!

- A) Strong one on one defence with the ability to defend multiple movements.
- B) Variety of defence on the shot. Intensity and impact.
- C) Strong delivery into attack

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TIP 1 - BODY POSITIONING AND SETTING UP ON A GOALER

Keep focused on staying ball side of your opposition - making sure you dictate the space for your opponent to be forced away from the ball. Keep on your toes. I know it's tiring but you will be able to react quicker move around the body and have more opportunities to intercept. Make sure you are watching the movement down the court - keep repositioning your body (on your toes/quick feet) as the ball moves towards the goal third.

Check out the full video on the NETFIT app for all of our loyal members.

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TIP 2 - HOW TO KEEP THE GS HIGH

Why you want to keep the GS high is to keep them away from the goal post, stopping them scoring quickly, or forcing them to take a long shot.

In this video we talk about the defensive position to stand, and use your body to hold the GS, without drawing a contact.

As you keep the goaler high, it's important that you confuse the space for the feeder pass.

Check out the full video on the NETFIT app for all of our loyal members.

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TIP 3- DEFENDING A HOLDING GOALER

It is important you keep off the body of your opponent - working on your quick feet, ready to get around your player

Make sure you confuse the space of your attacker by keep moving around to throw off your player. Keep your eyes up at all times. It helps to count 1-2-up, which will help you use the correct timing to get the intercept

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"GK" 15MIN HOME WORKOUT BY SHARNI NORDER (LAYTON)

Warm up with light stretch 5mins Session:

Timing: 40sec workout on 20sec rest

1. Movement around GS to delay Mid court feed into ring
 2. V Runs for intercept
 3. Deny drive get back for lob
 4. Defence of shot & hedging
 5. Quick feet movements to condition defence speed in ring
 6. Correct jump technique
- Repeat x 3

Check out the full video on the NETFIT app for all of our loyal members.

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VIDEOS FOR MEMBERS.

VIA COACH > POSITIONAL MASTERCLASS

TIP 1 - DEFENCE SET UP

TIP 2 - KEEPING GOALER HIGH

TIP 3 - DEFENDING TALL GOALER

STRATEGY 1 - REBOUNDING

STRATEGY 2- VARIATION IN ARMS

STRATEGY 3- BANANA SPLIT

DRILL 1 - PEPPER POT TRANSITION

DRILL 2 - CONTINUOUS INTERCEPT

DRILL 3- INTENSE 1 ON 1

HOME PROGRAMS - SHARNI 15MIN HIIT

HOME PROGRAMS - DEFENCE SECRETS

HOME PROGRAMS - 15MIN FOOTWORK HIIT

KIDS 1 - 3 FEET ARMS UP

KIDS 2 - DEFENCE & SHADOWING

KIDS 3 - ATTACK DEFENCE





SUB

[BENCH - POSITION]

PATIENT BUT READY, BIG PICTURE THINKER, CHEERLEADER, DISCIPLINED, CONSISTENT, IMPACT PLAYER, STAYS PRESENT, CONTROLS WHAT THEY CAN CONTROL, ANALYSER.

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While I was on the bench, always eager and prepared, ready to go, I took my time to work out why players were starting ahead of me. What did the coaches want to see in my game? I needed to develop my game, but at the same time manage my energy as an onlooker from the sideline.

I adopted these five tips to help me change my mindset, prepare my body and better myself to support the team on and off the court. Because as a SUB, you still have a pivotal role to play in the team and energy to manage, even when you're not playing. Love @netfitsarah

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TIP 1 - WIN THE WARM UP.

When I knew I wasn't starting, I would make it my goal to win the warm up! Was I focused? Was I sharp? Did the opposition watching think I was starting? My sister would always have a joke with me and say, "you won it again today babe" in tricky times it is always good to have a laugh.

It's only a small thing, but I truly believe it helped me then, and helps me now with acceptance of when things don't go your way. All you can do is the best with what hand you have been dealt.

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TIP 2 - WATCH YOUR TEAM MATE AND YOUR OPPONENT.

Have your eyes glued to the game! I would read the energy, analyse the movement and watch where the game was being won.

This made sure my energy and mindset was up to speed if I got thrown on mid quarter or pulled on during intense patches and also allowed me to provide information to my team mates about their opponents at breaks.

I loved finding opportunities for our team in a contest and used to love watching my eyes help the team and to expose a weakness in the opposition.

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TIP 3 - STAY ALERT, STAY PREPARED.

I always warmed up 4 minutes before the end of the quarter. I managed my own watch, never waiting for the coach to remind me to warm up, because as much as we sometimes think we are the most important people in the world, they have their eyes on the game.

I know what got me warm: 3 step run-ons, fast footwork and someone throwing the ball as hard as they possibly could right at me - I felt this helped prepare me for the game's intensity.

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TIP 4 - YOUR TRAINING IS YOUR GAME DAY.

While out of the starting 7, I would prepare for midweek training like game day. It was my chance to prove to my coaches that I was up for the chance. I saw training as my opportunity to get the attention of my teammates and coaches with how much I wanted to play.

1%ers at training add up. Trust me! Building resilience will stick with you in years to come when you look back and realise how your positive mindset created your future, and the 1%ers are a huge part of this development. They show a willingness to commit. To do the little, tough, annoying things that show your team mates how invested you are in the team's success. 1%ers are gold - I suggest pick one a month and make it your focus to be 100% at 1% for that month. It will grow your game as well as your self respect.

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TIP 5- REMIND YOURSELF OF THE DECISION YOU MADE AT THE START OF THE YEAR.

At times when I lost hope, I thought back to my purpose and how much the situation I was in was still helping me. Playing netball, training with your team... it's just like a gym membership! You're working out, getting fit, laughing with friends and already planning your end of season trips! I would always involve myself in the social committee of a team because I was a big believer in the social side of the game. These were decisions that I made at the start of the year, "have fun, enjoy the team and all that goes with it, on and off the court."

When I sometimes lost sight of my "why" for the game, I lost my "game" completely. Be sure to bring yourself back to earth. Look around the amazing group of girls that you're with and think of the benefits inside and out that team sport, and netball brings to your life.

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"YOU WILL GET YOUR CHANCE IF YOU KEEP YOUR LITTLE INNER BELIEF BURNING BRIGHT AND KEEP WORKING HARD. ALWAYS REMEMBER THAT NO-ONE CAN TAKE AWAY YOUR SPARK, JUST BE SURE IT'S READY TO FLAME WHEN YOU GET YOUR OPPORTUNITY".

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Appendix 9: Sample Best and Fairest voting template.

Possums U11A Best & Fairest Votes - Scorer	
3 Votes	
2 Votes	
1 Vote	

Possums U11B Best & Fairest Votes - Scorer	
3 Votes	
2 Votes	
1 Vote	

Possums U13A Best & Fairest Votes - Scorer	
3 Votes	
2 Votes	
1 Vote	

Possums U13B Best & Fairest Votes - Scorer	
3 Votes	
2 Votes	
1 Vote	

Possums U16A Best & Fairest Votes - Scorer	
3 Votes	
2 Votes	
1 Vote	



Appendix 10: Fixture/Roster Template

MRNA FIXTURE 2025

Round	Date	2024		Duty Club
	29 th March	Grading Round Robin.	No Under 9 Games	Macedon
	5 th April	Grading Round Robin	No Under 9 Games	Macedon
	12 th April	School Holidays		
	19 th April	School Holidays(Easter)		
	26 th April	Anzac Weekend		
1	3 rd May			Rebels
2	10 th May			Rebels
3	17 th May			Kyneton
4	24 th May	PINK SPORTS DAY		
5	31 st May			Kyneton
	7 th June	KINGS BIRTHDAY	NO GAMES	
6	14 TH June			Falcons
7	21 st June			Falcons
8	28 th June			Saints
9	5 th July	SCHOOL HOLIDAYS	GAMES	Saints
	12 th July	SCHOOL HOLIDAYS	NO GAMES	
	19 th July	SCHOOL HOLIDAYS	NO GAMES	
10	26 th July			Possums
11	2 nd August			Possums
12	9 th August			Riddells Creek
13	16 th August			United
14	23 rd August		Last Game for Under 9 teams	Woodend
	26 th August	Annual General Meeting		
SF	30 th August	SEMI FINALS		
PF	6 th Sep	PRELIMINARY FINALS		
GF	13 th Sep	GRAND FINALS		

Scoring jobs include:

- Team manager/scorer to collect U9's net and attach to the post ready for the game.
- Writing the players and positions on the scoring sheet.



- Standing with the scorer from the opposition to score the game.
- Putting away nets at the conclusion of the game.

Captains are responsible for:

- Tossing the coin at the start of the game.
- Bringing fruit for half time.
- Being generally awesome!!!!

Go Possums!! 😊

Appendix 11: Weekly rotations template

7 player rotation

Round:

Player	1	2	3	4
	GA	GA	GK	GK
	GS	GS	C	C
	WA	WA	GD	GD
	C	C	GS	GS
	WD	WD	GA	GA
	GD	GD	WA	WA
	GK	GK	WD	WD

Weekly rotations 7 players

Round:

Player	1	2	3	4
	GA	GA	GK	GK
	GS	GS	C	C
	WA	WA	GD	GD
	C	C	GS	GS
	WD	WD	GA	GA
	GD	GD	WA	WA
	GK	GK	WD	WD



Weekly rotations 8 players

Round:

Player	1	2	3	4
	OFF	C	GA	GA
	C	OFF	GS	GS
	WA	WA	OFF	C
	WD	WD	C	OFF
	GD	GD	WA	WA
	GK	GK	WD	WD
	GA	GA	GK	GK
	GS	GS	GD	GD

Weekly rotations 8 players

Round:

Player	1	2	3	4
	OFF	C	GA	GA
	C	OFF	GS	GS
	WA	WA	OFF	C
	WD	WD	C	OFF
	GD	GD	WA	WA
	GK	GK	WD	WD
	GA	GA	GK	GK
	GS	GS	GD	GD



Weekly rotations 9 players

Round:

Player	1	2	3	4
	OFF	GS	WA	WA
	OFF	GA	C	C
	GS	OFF	WD	WD
	GA	OFF	GD	GD
	WA	WA	OFF	GK
	C	C	OFF	GS
	WD	WD	GK	OFF
	GD	GD	GS	OFF
	GK	GK	GA	GA

Weekly rotations 9 players

Round:

Player	1	2	3	4
	OFF	GS	WA	WA
	OFF	GA	C	C
	GS	OFF	WD	WD
	GA	OFF	GD	GD
	WA	WA	OFF	GK
	C	C	OFF	GS
	WD	WD	GK	OFF
	GD	GD	GS	OFF
	GK	GK	GA	GA