



Through Court Linkage with Simple Interchange



AIMS & OBJECTIVES:

- Through court linkage with simple interchange.
- To encourage mental toughness and keep this running through all tasks. Can players stay focused and positive?

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PREPARATION

WHAT TO COACH

Mental toughness – Can you make them pull together and be positive by being a common enemy? The comments may sound a little harsh but the session is about self-motivation rather than feedback from the coach all the time.

Coach comments “This is really simple”, “Just catch, pass and move”, “There are no defenders”, “You will need to work harder”, “Would you like us to make it easier?” They may have a slump and then someone does something positive, which lifts the rest of the group.

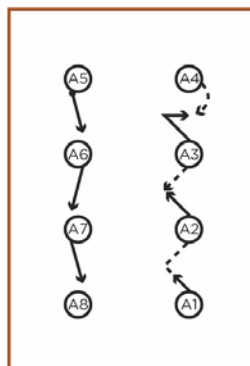
Team talks are crucial from the coach to help them realise what is going on. There is no point in thinking about emotional control without the players being tired (working at a high rate) as this does not mimic match play.

PRACTICE AND PROGRESSION

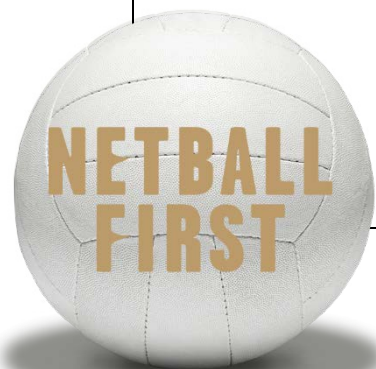
TASK 1

2 balls start on opposite sides of a third with A1 and A5.

The ball needs to travel twice round the third with players offering and re-offering (timing/space). Netball rules apply and if there are three or more infringements/errors they must start again.



- Strong drive onto the ball
- Angled drives onto the ball – no flat runs
- Turn in the air/turn on the ground
- Timing their run
- Clearing space
- How would you set up at a centre pass in a game?



PROGRESSION 1

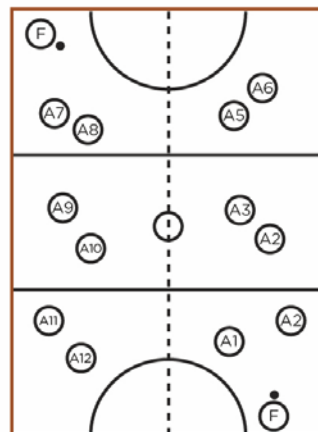
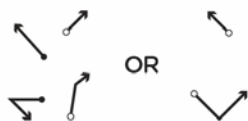
Whole group activity using the whole court

All players are paired up and set around the court, do not need to be side by side of each other.

Ball moves down court from feeders:

A1/A2 – A3/A4 – A5/A6 – F.

Repeat on other side of the court.



- Head up so can see the ball
- Balance the court
- Read off the player in front
- Timing of movement
- Re offer see other players
- Definite movement
- Variety of movement
- Let the group “Team Talk” so they can work out ways to achieve success. Keep thinking!

DEMAND QUALITY MOVES, QUALITY BALL SKILLS.

PROGRESSION 2

Every player to touch the ball

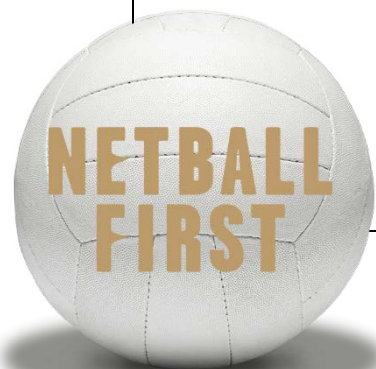
Players can switch partners if they end up in a suitable position

Use two ahead (forward & diagonal) and one lateral (behind)

Players can switch partners sideways as well as front and back

Add a defender with each pairing

WHEN A GAME GETS TOUGH IT DOES NOT GET EASIER.



CONDITIONED GAME

THROUGH COURT LINKAGE

Backlines only – no centre passes.

Each team has 7 on court – other players to spot when opportunities occur for positional switches/ interchange

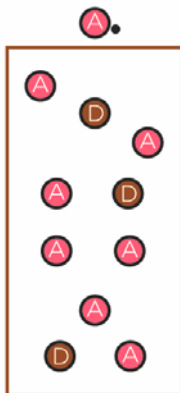
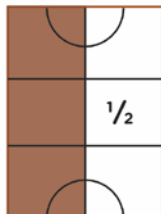
Each team must:

- Bring the ball down the court in positional order
- Include at least 2 positional switches
- Move to full match play so they can apply what has been worked on more spontaneously

COMPETITION

Each team has to bring the ball through the court (half court lengthways) without it being intercepted.

- 3 defenders placed randomly (limit to 1/3 if necessary)
- Run the moves as if on full width court
- Ball is played to shooters who get 1 shot at goal only
- Each team has 10 goes at bringing the ball through from the back line.
- Focus on opportunities for switches/ interchanges with team mates.



- Can a certain pass aid linkage i.e pass into the back space?
- Clearing – the next player coming through and then out into open space down the court
- Communicate to set up a screen

- Ball swings laterally and new player gets forward space to the ball
- Pass ball away from defender
- Head up so you can see the ball
- Awareness of other players
- Court balance
- Definite moves
- If you do not get the ball reoffer

