



Passing Around a 3ft Mark



AIMS & OBJECTIVES:

Passing around a 3ft mark to a moving player using a shoulder pass from both sides of the body.

ACTIVITY CONTENT (Including Progression)**COACHING POINTS****PREPARATION AND WARM-UP****INTRODUCTION:**

Most players are unaware of what they do with the ball when they catch. A lot will turn their core off and take the ball to their waist or knees. The ball needs to be at chest height or kept in the catch position ready for release (a catch release). Often, players will also swing the ball across to their dominant hand. Time to move the ball is time for the defender to get in position and also delays the speed of the release preventing the ball being passed when the attack are free and in good positions.

PRACTICE AND PROGRESSION**BALL PROGRAMME**

Athletes to complete their ball programme. Coaches to view and help with technique and intensity. Focus on shoulder passing and step release passes.

PROGRESSIONS

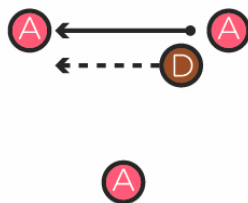
- Timed
- Hit a target
- Longer distances
- Longer work periods & shorter rest periods
- Competition with another player

- Work at speed and with intensity



PASSING AROUND A DEFENDER

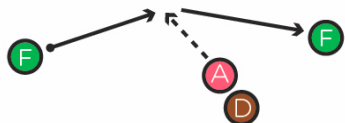
Three attackers positioned in a small triangle. One defender in the middle moves quickly to the receiver to provide a strong 3ft mark. The attacker can choose which of the two posts to pass to. Repeat 15 times before swapping the defender. Attack should work through different ways of getting around the defender, using a step and fake, passing off one hand.



- Wide step to get around defender
- Keep landing foot grounded so the step can be repositioned

TURNING WHEN RECEIVING THE BALL AND PASSING AROUND A DEFENDER TO A STATIC PLAYER

Two static feeders with an attacker and defender working in between. The attacker to get free using a variety of methods, receive the ball and turn away from defender to pass to the opposite post. Attacker to use an angled run, turn and pass quickly to avoid the 3ft mark. Repeat 8 times then swap with feeders.

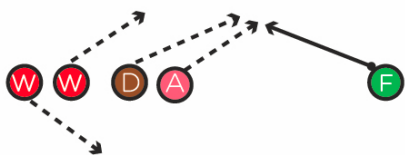


- Turn quickly
- Hold ball in catch position and avoid taking to waist.



PASSING AROUND A DEFENDER TO A MOVING PLAYER

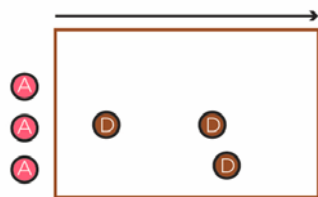
The attacker at the front of the line runs out on an angle to receive the ball. The second in the line runs out as a shadow defender. The defender then provides a strong 2nd stage defence. The attacker steps/fakes to pass around the defender. The next two in the line split to provide two options. The attacker must deliver the ball accurately into space to one of them. The other attacker re-offers to receive the ball. The first attacker and defender then join the back of the line.



- Strong angle
- Turn away from defender
- Catch and hold the ball wide for early release or to fake and deliver off other side of body
- Pass ahead of moving player

3V3 (5 MINUTES)

Three attackers work across a third and score a goal when they cross the line at the opposite end. Put the ball down and defend the other team. If the ball is tipped or intercepted a point is deducted.



- Penetrate space
- Provide long and short leads and balance space
- Pass accurately into space ahead of the offer



CONDITIONED GAME

MATCH PLAY – BACK LINE AND SIDE LINE THROW-INS TO GOAL

Points can be awarded for:

- Goals
- Successful and accurate passes from non-dominant hand
- Avoiding the 3ft mark by using a catch release on 1st second

- As above

QUESTIONS/NOTES

Compare scores and effectiveness across different conditions in the match play.

QUESTIONS

- What are your individual strengths and areas for future development?
- When were you less effective or consistent?

Thoughts on Leadership:

The best way to lead is by example. Leaders are happy to be in charge, Sense when to step forward and offer direction. They like & enjoy influencing others and situations and understand that sometimes it is important to follow.

As coaches this is what we want and need to foster:

- Fitness integration into netball environment:
- Include work to rest ratios that are linked to the fitness programme.
- Time work and rest periods and match to positions on court.
- Work them in 15 minute blocks.

