



# Physical Education Studies

Support materials for practical examinations

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## Netball



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2009/8136v6

## **Introduction**

The purpose of these materials is to support teachers and candidates in preparation for the Physical Education Studies practical examination.

## **Skills set for netball**

These materials outline the examinable skills set for netball. Five (5) of the skills, selected by the examination panel, will be examined and these will be communicated to the candidates at the commencement of the examination.

## **Observation points**

Observation points are provided for each skill in the skills set. They are provided for the purpose of teaching and coaching and are designed to assist examination candidates in their personal skill development.

## **Examination drills**

The examination will contain a number of drills through which the selected skills will be assessed. These materials outline a number of drills indicative of the types of drills in which the candidates will participate during the examination and may form part of a teaching program.

## **Tactical framework**

In the game performance section of the examination, candidates will participate in a modified competitive situation, which will be based on some of the tactical problems in netball. The tactical problems for the examination are outlined in the tactical framework and will be selected by the examination panel. The skills that provide the basis for the solutions to these tactical problems are also included in the framework.

In the game performance section of the netball examination, students will be assessed on the execution of skills, use of space, positioning and decision making that effectively solve the tactical problems presented by the modified competitive situation.

## **Specialist skills**

Contained within this document are a number of skills that have been identified as having a degree of specialisation. They are skills that some students may choose to focus on. These skills are included within this document as they may form part of a teaching program; however, they will **not** be included in the Physical Education Studies practical examination.

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<b>1. SHOULDER PASS</b>		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is balanced with a stable trunk</li> <li>• Opposite foot to throwing arm is forward</li> <li>• Feet are shoulder-width apart</li> <li>• Ball is held in two hands with fingers spread wide behind the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Arms lead trunk in rotation towards the throwing side</li> <li>• Ball is transferred to one hand with arm back behind the shoulder</li> <li>• Elbow is away from the hip</li> <li>• Weight is transferred forward as throwing arm moves through</li> <li>• Hips and shoulders rotate towards the target</li> <li>• Lead foot steps forward towards the target</li> </ul>	<ul style="list-style-type: none"> <li>• Optimal angle of release with appropriate force transferred to ball</li> <li>• Arm follows through; wrists and fingers extend in direction of the target</li> <li>• Ball flight has a flat trajectory</li> </ul>

<b>2. CHEST PASS</b>		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is balanced upright with a stable trunk</li> <li>• Front-on to the target</li> <li>• Ball is held with two hands at chest height</li> <li>• Fingers are spread around the ball, thumbs behind with elbows in</li> </ul>	<ul style="list-style-type: none"> <li>• Flexion of elbows to draw the ball towards the chest</li> <li>• Force is transferred by stepping toward the target transferring weight to front foot</li> <li>• Simultaneously pushing the ball with wrists and fingers</li> <li>• Ball is released evenly from both hands</li> </ul>	<ul style="list-style-type: none"> <li>• Optimal angle of release with force transferred to the ball with full arm extension and wrist flick</li> <li>• Arms follow through; wrists and fingers extend in direction of the target</li> <li>• Ball flight has flat trajectory</li> </ul>

<b>3. BOUNCE PASS</b>		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is balanced with stable trunk</li> <li>• Feet are shoulder-width apart</li> <li>• Ball is held in both hands with fingers spread wide on the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Flexion of elbows to draw ball towards the chest</li> <li>• Weight is transferred forward onto opposite foot</li> <li>• Low body position is maintained throughout the action</li> <li>• Front foot leads towards the target</li> <li>• Ball is transferred to one hand</li> <li>• Arm is extended so the ball is placed into the space 2/3 of the way to target</li> </ul>	<ul style="list-style-type: none"> <li>• Optimal angle of release with force transferred to the ball</li> <li>• Arm follows through; wrists and fingers extend in direction of the target</li> <li>• End height of the ball after bounce equal to knee height of the receiver</li> </ul>

4. LOB PASS		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is balanced with a stable trunk</li> <li>• Opposite foot to throwing arm is forward</li> <li>• Feet are shoulder-width apart</li> <li>• Ball is held in two hands with fingers spread wide behind ball</li> </ul>	<ul style="list-style-type: none"> <li>• Ball is transferred to one hand with arm back behind the shoulder</li> <li>• Weight is transferred forward as throwing arm moves through</li> <li>• Hips, shoulders and leading foot rotate towards the target</li> <li>• Optimal angle of release to achieve accurate delivery of the pass Ball is released at its highest point</li> </ul>	<ul style="list-style-type: none"> <li>• Ball flight has parabolic trajectory</li> <li>• Arm follows through; wrists and fingers extend in direction of the target</li> </ul>

5. TWO-FOOT LAND		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Strong lead to the ball</li> <li>• Body is balanced upright with a stable trunk</li> <li>• Shoulders are square and chin is up</li> <li>• Arms are extended towards the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Impact on landing is even between both feet</li> <li>• Hips, knees and ankles are flexed</li> <li>• Land with a wide stance</li> <li>• Body weight is transferred over both feet with shoulders even</li> <li>• Ball is received in front of the body so player runs onto the ball</li> <li>• Fingers are spread with thumbs behind the ball, forming a 'W' with index fingers</li> <li>• Ball is brought into the body to absorb impact</li> </ul>	<ul style="list-style-type: none"> <li>• Balance is maintained to prevent illegal movements</li> <li>• Target for next pass is anticipated</li> </ul>



6. SPLIT AND RE-OFFER		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is upright and trunk is stable</li> <li>• Knees and hips are slightly flexed</li> <li>• Shoulders are square and chin is up</li> <li>• Eyes are on the thrower</li> </ul>	<ul style="list-style-type: none"> <li>• Outside foot is placed strongly on the ground with adequate transfer of force in the opposite direction</li> <li>• Change of direction is appropriately timed</li> <li>• Hips turn inside towards the ball</li> <li>• Force is transferred sequentially through legs, trunk and arms throughout motion</li> <li>• Strong drives on both leads</li> <li>• Run on to catch in front</li> <li>• Fingers are spread with thumbs behind ball, forming a 'W' with the index fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Strong sharp take of the ball in preparation for next pass</li> </ul>

7. FRONT CUT		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is upright and trunk is stable</li> <li>• Knees and hips are slightly flexed</li> <li>• Shoulders are square and chin is up</li> <li>• Sprinting action is fast and efficient</li> <li>• Ball side drive</li> </ul>	<ul style="list-style-type: none"> <li>• Two to three fast accelerated steps taken away from the intended catching direction</li> <li>• Outside foot is placed strongly on the ground in preparation for push off</li> <li>• Adequate transfer of force in the opposite direction</li> <li>• Fast, sharp acceleration after change of direction towards receipt of the ball</li> <li>• Pass is released as attacker runs past defender's shoulder</li> <li>• Ball is passed in front of attacker to run onto</li> <li>• Fingers are spread with thumbs behind ball, forming a 'W' with index fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Strong sharp take of the ball in preparation for next pass</li> </ul>

8. DODGE		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is upright and trunk is stable</li> <li>• Knees are slightly flexed</li> <li>• Eyes are on the thrower</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic lateral move, pushing off outside foot Outside foot is planted to transfer force in the opposite direction</li> <li>• When cutting off defender, angle towards the ball</li> <li>• Accelerate onto the catch</li> <li>• Pass is released as attacker runs past defender's shoulder</li> <li>• Ball is passed in front of attacker to run onto</li> <li>• Fingers are spread with thumbs behind ball, forming a 'W' with index fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Sharp movement</li> <li>• Strong take of the ball in preparation for next pass</li> </ul>

9. SHADOWING		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is balanced with feet shoulder-width apart</li> <li>• Knees are flexed</li> <li>• Weight is slightly forward over the toes</li> <li>• Back is upright</li> </ul>	<ul style="list-style-type: none"> <li>• Back is to attacker with use of peripheral vision to track opponent</li> <li>• Positioned to cover half of opponent's body</li> <li>• Arms are close to the body</li> <li>• Trunk twists slightly as shoulders open to play</li> <li>• Chin and eyes are up Head is positioned to see both ball and opponent (45° )</li> </ul>	<ul style="list-style-type: none"> <li>• Small steps with fast feet to shadow player</li> <li>• Uses slide step to maintain balance</li> <li>• Receipt of pass and/or movement of opponent is prevented</li> </ul>

<b>10. FIRST BALL – DEFENCE INTERCEPT</b>		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is upright and trunk is stable</li> <li>• Knees and hips are slightly flexed</li> <li>• Shoulders are square and chin is up</li> <li>• Sprinting action is fast and efficient</li> </ul>	<ul style="list-style-type: none"> <li>• Back is to attacker for starting position; covering half of the opponent's body, forcing them away from the ball</li> <li>• Strong upright body position is maintained throughout the shadow phase</li> <li>• On release of the ball, run through to intercept the ball</li> <li>• Eyes focus on the ball</li> <li>• Arms extend to meet the ball</li> <li>• Fingers are spread with thumbs behind ball, forming a 'W' with index fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Land and balance to outlet pass</li> </ul>

<b>11. 3 FEET (0.9M) RECOVERY</b>		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Adequate transfer of force in the opposite direction</li> <li>• Strong stride/jump back</li> <li>• Weight is balanced over two feet</li> <li>• Hips, knees and ankles are slightly flexed</li> </ul>	<ul style="list-style-type: none"> <li>• Arms are up and in a position appropriate to dictate desired direction of pass</li> <li>• Weight is balanced on the balls of the feet</li> <li>• Body leans forward from the hips</li> <li>• Eyes are up, tracking the ball and play</li> </ul>	<ul style="list-style-type: none"> <li>• Repositions quickly to defend attacker's moves</li> </ul>

<b>12. DICTATING</b>		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is balanced with feet shoulder-width apart</li> <li>• Knees are flexed</li> <li>• Weight is slightly forward over the toes</li> <li>• Back is upright</li> </ul>	<ul style="list-style-type: none"> <li>• Arms are close to the body</li> <li>• Standing front-on to the attacker</li> <li>• Head is up</li> <li>• Head is positioned to see the opponent and ball</li> <li>• Solid base of support</li> <li>• Angle body to force opponent away from the ball</li> <li>• Footwork is fast and effective</li> </ul>	<ul style="list-style-type: none"> <li>• Opponent prevented from receiving the ball</li> </ul>

13. OUTSIDE-FOOT LAND AND PIVOT		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is upright and trunk is stable</li> <li>• Knees are slightly flexed</li> <li>• Lead on 45° angle</li> <li>• Leading leg and arms extend towards the ball</li> <li>• Eyes focus on the thrower</li> </ul>	<ul style="list-style-type: none"> <li>• Land on ball of foot of outside leg Impact is taken through outside foot</li> <li>• Flexion through the knee, hip and ankle</li> <li>• Follow with landing of second foot quickly to absorb remainder of forces of landing</li> <li>• The attacker is to drive onto the ball which is thrown/placed into space</li> <li>• Fingers are spread with thumbs behind ball, forming a 'W' with index fingers</li> <li>• Allow force in the ball to assist in taking body around in turn</li> <li>• Pivot on ball of the outside foot</li> <li>• Strong through the trunk</li> </ul>	<ul style="list-style-type: none"> <li>• Balance is maintained to prevent illegal movements</li> <li>• Target for next pass is anticipated</li> </ul>

14. SPECIALIST SKILL: GOAL SHOOTING (not examined externally)		
Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Ball is held in one hand with fingers spread Ball sits on middle of fingers (<b>not</b> on the palm)</li> <li>• Other hand supports on the side of the ball</li> <li>• Arm is high</li> <li>• Feet are shoulder-width apart</li> <li>• Feet, hips and shoulders are square to post</li> <li>• Aim at the goal</li> </ul>	<ul style="list-style-type: none"> <li>• Knees are evenly flexed</li> <li>• Elbow is slightly flexed</li> <li>• Push up with the legs strongly to toes</li> <li>• Elbow towards the post</li> <li>• Arm extends and follow through is with wrist and fingers on release of the ball</li> <li>• Ball is released high</li> </ul>	<ul style="list-style-type: none"> <li>• Stable base is maintained</li> <li>• Arm is fully extended above the head on follow through</li> </ul>

**15. SPECIALIST SKILL: DEFENCE OF SHOT AT GOAL (not examined externally)**

Preparation	Execution	Completion
<ul style="list-style-type: none"> <li>• Body is square to opponent</li> <li>• Knees are flexed</li> <li>• Back is straight</li> <li>• Body is balanced</li> </ul>	<p>Single-arm defence of shot</p> <ul style="list-style-type: none"> <li>• Arm fully extends to highest point up and forward over the ball</li> <li>• Balance on front foot and extend onto toes</li> <li>• Extend through the trunk</li> <li>• Spread fingers</li> </ul> <p>Inside hang</p> <ul style="list-style-type: none"> <li>• Arm fully extends to highest point up and forward over the ball</li> <li>• Balance is on one leg and other knee is lifted towards the torso</li> </ul> <p>Jump on shot</p> <ul style="list-style-type: none"> <li>• Ready position (arm extended, knees flexed) is timed to coincide with shooter bending the elbows in preparation for the shot</li> <li>• Jump is forward and up as shooter releases the shot</li> </ul>	<ul style="list-style-type: none"> <li>• Balance is maintained to prevent illegal movements</li> <li>• Optimal angle of extension on arm to prevent accurate shot at goal</li> </ul>

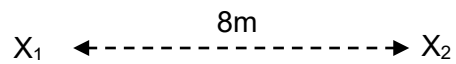
**16. SPECIALIST SKILL: CENTRE COURT DRIVING ONTO GOAL CIRCLE AND LANDING (not examined externally)**

Preparation	Execution	Completion
<ul style="list-style-type: none"><li>• Body is upright and trunk is stable</li><li>• Knees and hips are slightly flexed</li><li>• Sprinting action is fast and efficient</li><li>• Drive at an angle to receive the pass</li></ul>	<ul style="list-style-type: none"><li>• Strong sprinting steps at an angle towards goal circle</li><li>• Accelerate on catch</li><li>• Inside foot lands on extension close to circle edge</li><li>• Other foot follows through quickly on landing</li><li>• Ball to be passed in front of player to drive onto</li><li>• Drive onto ball and receive in front of body</li><li>• Fingers are spread with thumbs behind ball, forming a 'W' with index fingers</li></ul>	<ul style="list-style-type: none"><li>• Movement and catch are strong</li><li>• Knees and hips flex on landing and balance square to goal circle</li><li>• Balance is maintained on landing</li><li>• Target for next pass is anticipated</li></ul>

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12	Front-cut	26
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14	Shoulder pass, dodge, outside-foot land and pivot, 3 feet (0.9m) recovery	28
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18	Two-foot land, chest pass, shoulder pass	32

These drills are indicative of the types of drills in which the candidates will participate during the examination and may form part of a teaching program.

**Drill 1: Shoulder pass**



**Key**

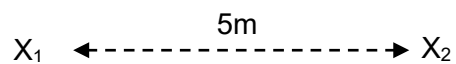
X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

**Drill description**

1. X<sub>1</sub> and X<sub>2</sub> face each other, 8m apart.
2. X<sub>1</sub> to use preferred hand shoulder pass to opposite player's preferred throwing shoulder.
3. X<sub>2</sub> receives ball and uses preferred hand shoulder pass to opposite player's preferred side shoulder.
4. Players should also work non-preferred side.



## Drill 2: Chest pass



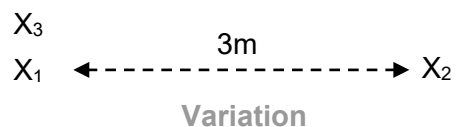
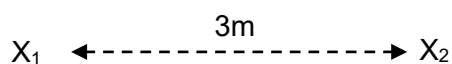
### Key

X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

### Drill description

1. X<sub>1</sub> and X<sub>2</sub> face each other 5m apart.
2. X<sub>1</sub> starts with ball and chest passes to X<sub>2</sub>. Step onto either left or right foot.
3. X<sub>2</sub> receives pass and returns ball via a chest pass.

### Drill 3: Bounce pass



#### Key

X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

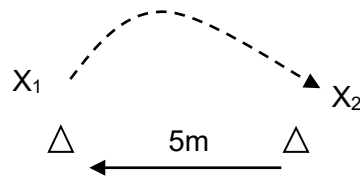
#### Drill description

1. X<sub>1</sub> and X<sub>2</sub> face each other 3m apart.
2. X<sub>1</sub> starts with ball and bounce passes to X<sub>2</sub>.  
X<sub>2</sub> to stand holding a space for ball to be passed to.
3. X<sub>2</sub> receives pass and returns ball via a bounce pass.

#### Variation

1. Add a defender (X<sub>3</sub>) on X<sub>1</sub>.  
X<sub>1</sub> to hold position.  
X<sub>2</sub> to place ball away from the defender.

**Drill 4: Lob pass**



**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

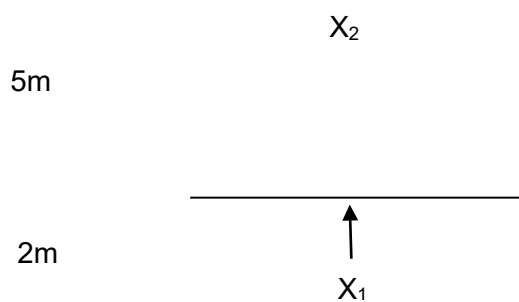
**Drill description**

1. X<sub>1</sub> and X<sub>2</sub> face each other 5m apart.
2. X<sub>1</sub> starts with the ball and releases a lob pass to X<sub>2</sub>. The trajectory of the ball should come down on the head of X<sub>2</sub>.
3. X<sub>2</sub> then passes a lob pass to X<sub>1</sub>.

**Variation**

1. Add a defender to stand in front of X<sub>2</sub>. X<sub>1</sub> is to pass a lob pass to X<sub>2</sub> that the stationary defender cannot reach.

**Drill 5:** Two foot land



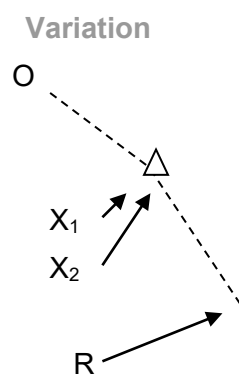
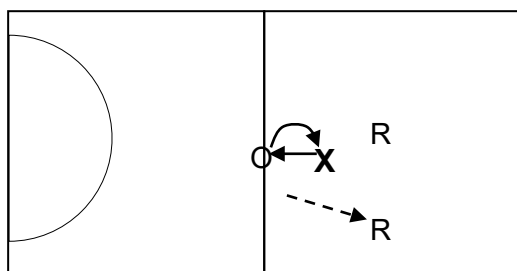
**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

**Drill description**

1. X<sub>1</sub> stands 2m behind transverse line.
2. X<sub>2</sub> stands 5m in front of transverse line.
3. X<sub>1</sub> drives towards transverse line.
4. X<sub>2</sub> releases pass to X<sub>1</sub> that allows her/him to take ball in the air.
5. X<sub>1</sub> takes pass, lands on two feet. Player then steps onto one foot to pass back to X<sub>2</sub>.

**Drill 6:** 3 feet (0.9m) recovery



**Key**

- X = player
- O = feeder
- R = receiver
- △ = marker
- = ball movement
- = player movement

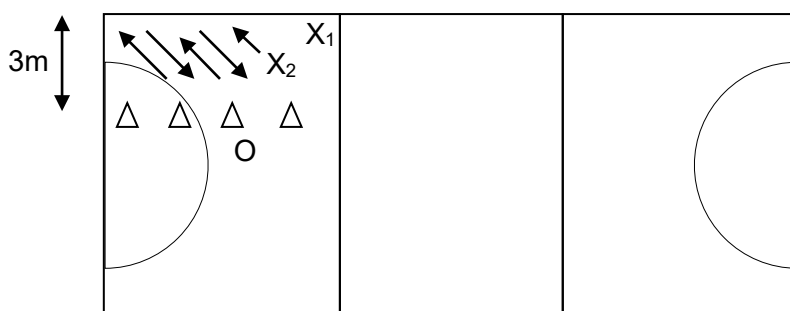
**Drill description**

1. Feeder stands on the transverse line with their back to X whilst holding the ball.
2. Feeder plays ball to self, X to use outside arm pretending to deflect the ball.
3. X then recovers to 3ft, using outside leg to power movement back to 3 feet in front of the feeder.
4. Feeder can pass or fake and release the ball to either receiver.
5. X to use a variety of hands as appropriate to delay or deny pass.

**Variation**

1. X<sub>1</sub> defends X<sub>2</sub> on lead to ball  
X<sub>1</sub> to recover to 3 feet if X<sub>2</sub> receives ball  
X<sub>1</sub> to defend pass from X<sub>2</sub> to R  
R to lead for pass from X<sub>2</sub>

## Drill 7: Dictating



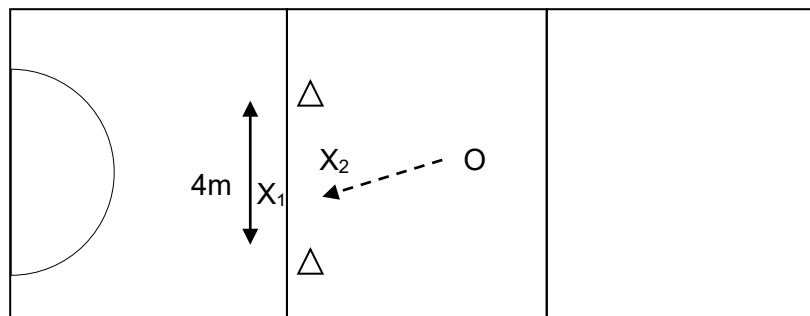
### Key

X	= player
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→	= player movement

### Drill description

1. Place markers about halfway into the third, making a channel about 3m wide from transverse line to goal line.
2. Attacker X<sub>1</sub> starts in at top of the channel about halfway across transverse.
3. Attacker objective is to reach the goal line.
4. Defender X<sub>2</sub> is to force the attacker to the sideline and keep them out in front of them.
5. X<sub>1</sub> starts with the ball and passes to feeder.
6. X<sub>2</sub> to position between the feeder and X<sub>1</sub> and force X<sub>1</sub> to stay up court. If X<sub>1</sub> cannot get drive down court they re-offer to try and receive ball from feeder. X<sub>2</sub> to deny pass. Work until X<sub>1</sub> receives the ball deep down court. Feeder can move down the line to receive and pass to X<sub>1</sub>.
7. Work both left and right sides of the court.

## Drill 8: Shadowing



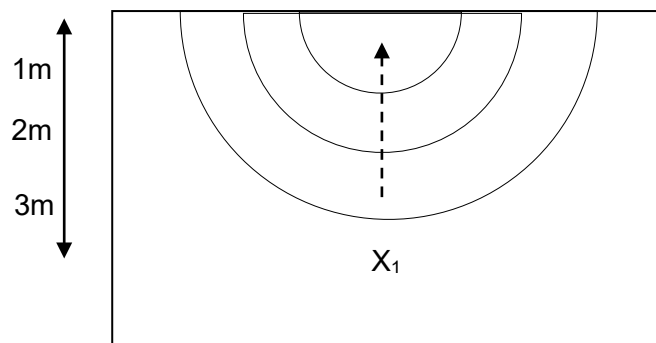
### Key

X	= player
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→	= player movement

### Drill description

1. Feeder has ball and faces away from the two players.
2. Attacker  $X_1$  starts behind the transverse line, defender  $X_2$  in starting defensive stance, back to attacker, in front of line. First time head positioned to left.
3. Feeder throws ball in air, takes ball and pivots to face players.
4. This is cue for attacker and defender to begin.
5. Attacker is to use lateral moves to evade defence and receive a pass.
6.  $X_2$  to keep head position, cover  $X_1$ 's movements and deny pass.

**Drill 9:** Specialist skill: Goal shooting (**not** examined externally)



**Key**

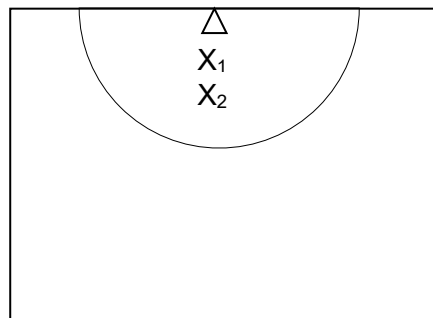
- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

**Drill description**

1. X<sub>1</sub> shoots from 1m radius from post.
2. X<sub>1</sub> shoots from 2m radius from post.
3. X<sub>1</sub> shoots from 3m radius (just inside the goal circle) from post.



**Drill 10:** Specialist skill: Defence of shot at goal (**not** examined externally)



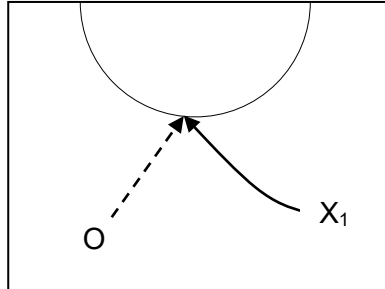
**Key**

X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

**Drill description**

1. X<sub>1</sub> is the defending player, X<sub>2</sub> is the shooting player:
  - a) X<sub>1</sub> defends shot at goal using a straight lean
  - b) X<sub>1</sub> defends shot at goal using an inside hang
  - c) X<sub>1</sub> defends shot at goal using a jump-on-shot

**Drill 11:** Specialist skill: Centre court driving onto goal circle and landing (**not** examined externally)



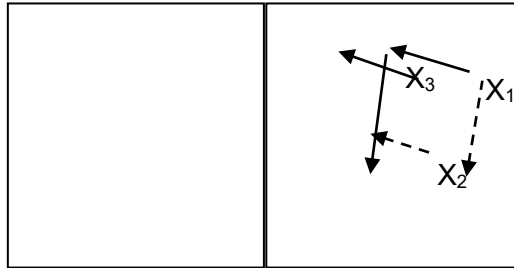
**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

**Drill description**

1. Feeder throws the ball to self.
2. X<sub>1</sub> to drive hard to the goal circle.
3. Feeder passes ball in front of X<sub>1</sub> who will catch the ball and land on the circle edge and balance, facing towards goal post.

## Drill 12: Front cut



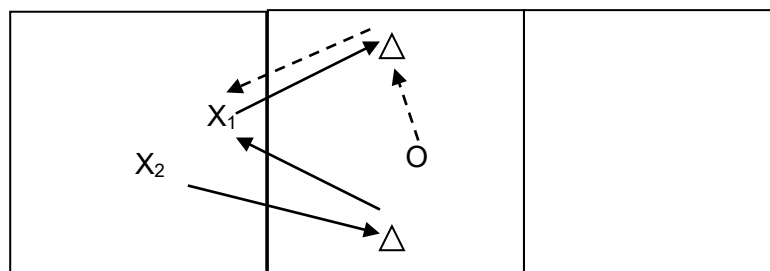
### Key

X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

### Drill description

1. Set drill up in one third of the court.
2. X<sub>1</sub> starts with the ball and defender (X<sub>3</sub>) on 3ft from X<sub>1</sub>. X<sub>2</sub> stands to the side, halfway in the third.
3. X<sub>1</sub> passes ball to X<sub>2</sub>, then leads defender away from the ball before changing direction to drive on the inside of the defender.
4. X<sub>1</sub> front cuts defender and drives into space between X<sub>2</sub> and defender.
5. X<sub>2</sub> releases pass to X<sub>1</sub> as the attacker executes the front cut.

**Drill 13:** Split and re-offer, first ball-defence intercept



**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

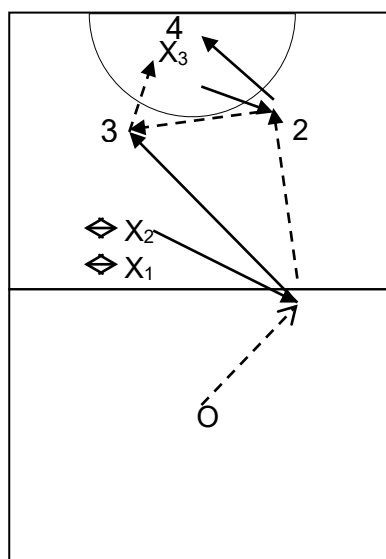
**Drill description**

1. Set up in centre third of the court, players behind transverse line and feeder at centre circle.
2. Feeder throws ball to self for timing.
3. On the catch by the feeder both players offer a lead for the ball. Feeder to pass to X<sub>1</sub>, X<sub>2</sub> re-offers on an angle, towards the ball down court.
4. Work both sides of the body.

**Variations**

1. Add one defender (X<sub>3</sub>) to player X<sub>1</sub>.
2. Add two defenders, one for X<sub>1</sub> and one for X<sub>2</sub>.

**Drill 14:** Shoulder pass, dodge, outside-foot land and pivot, 3 feet (0.9m) recovery



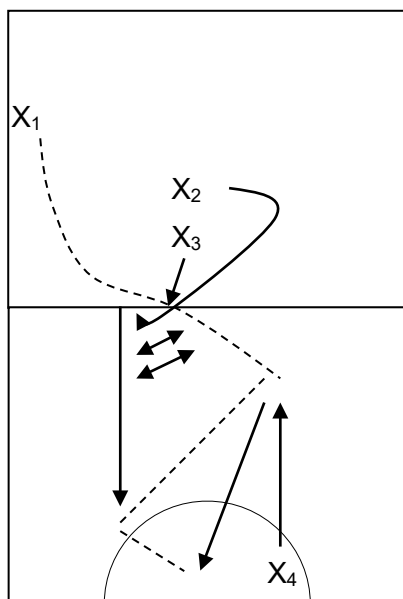
**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

**Drill description**

1. Set up in one third, with single file line behind the transverse line, feeder in centre circle.
2. X<sub>2</sub> dodges and drives out to receive shoulder pass from the feeder.
3. X<sub>1</sub> shadow defends X<sub>2</sub> and recovers to 3ft once X<sub>2</sub> receives the ball and puts hands over the pass.
4. X<sub>2</sub> lands on outside foot, pivots outside and shoulder passes to receiver (X<sub>3</sub>).
5. X<sub>3</sub> leads for the pass from X<sub>2</sub> (to the same side of the court as X<sub>2</sub>). X<sub>3</sub> shoulder passes to X<sub>2</sub> on drive down court.
6. X<sub>3</sub> re-offers into goal circle if shooter or onto circle if centre court and recovers pass from X<sub>2</sub>.

**Drill 15:** Shadowing, 3 feet (0.9m) recovery, lob pass, first ball-defence intercept, dictating



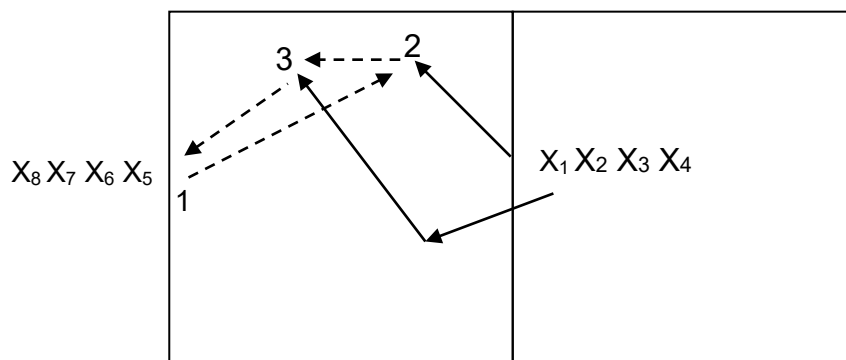
### Key

X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

### Drill description

1. X<sub>1</sub> starts with the ball and attacker X<sub>3</sub> holds position then calls for a lob pass from X<sub>1</sub>.
2. X<sub>1</sub> throws a lob pass to X<sub>3</sub> who moves to catch.
3. Defender (X<sub>2</sub>) attempts to intercept lob pass.
4. If X<sub>3</sub> is successful, defender gets into 3 feet (0.9m) recovery with hands over the pass.
5. X<sub>3</sub> passes off to X<sub>4</sub>, who leads from the goal circle up the middle of the court.
6. Defender works block footwork to force X<sub>3</sub> to receive high ball from X<sub>4</sub> in the pocket.
7. X<sub>4</sub> passes ball to X<sub>3</sub>, defender to try and intercept.
8. If X<sub>3</sub> receives ball, X<sub>4</sub> re-drives into circle to receive chest pass from X<sub>3</sub>.

**Drill 16:** Shoulder pass, split and re-offer, shadowing



**Key**

- X = player
- O = feeder
- Δ = marker
- = ball movement
- = player movement

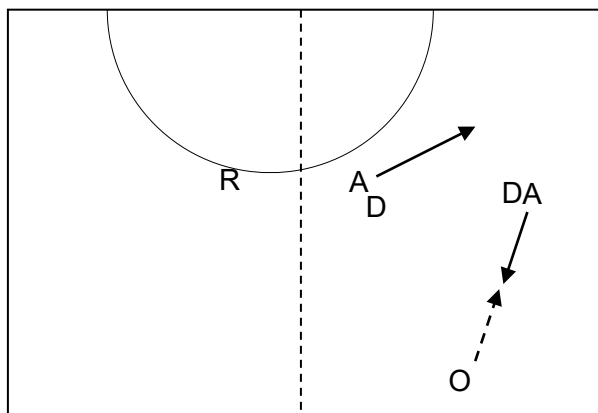
**Drill description**

1. Work over 10m–14m distance.
2. X<sub>1</sub> X<sub>2</sub> X<sub>3</sub> & X<sub>4</sub> set up one behind the other, behind one transverse line. Another line of four set up at the other transverse line (X<sub>5</sub>, X<sub>6</sub>, X<sub>7</sub>, X<sub>8</sub>).
3. X<sub>5</sub> starts with the ball.
4. X<sub>1</sub> and X<sub>2</sub> split and lead out.
5. X<sub>5</sub> chooses either player to pass to.
6. Non-receiver to re-offer down court and receive pass from partner.
7. X<sub>5</sub> and X<sub>6</sub> now repeat movement of X<sub>1</sub> & X<sub>2</sub>.
8. X<sub>1</sub> and X<sub>2</sub> go to end of opposite line, repeat.

**Variation**

1. Add a defender at each end who shadows one attacker and make it difficult to re-offer.

**Drill 17:** Shadowing, first ball-defence intercept, re-offer, dictating



**Key**

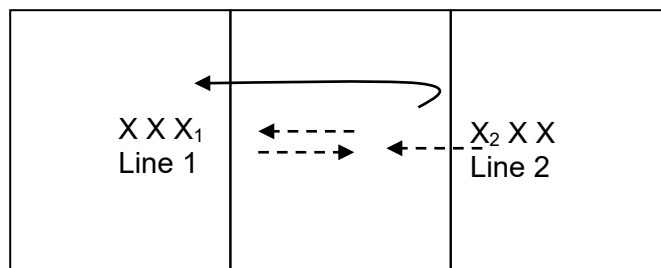
- A = attacking player
- D = defending player
- R = receiver
- O = feeder
- △ = marker
- > = ball movement
- = player movement

**Drill description**

1. Limit area to work in to half of one third of the court.
2. Two attackers on two defenders. Aim is to work the ball down court to a shot. The ball can be passed to R if needed.
3. Defenders to deny attackers movement down court.



**Drill 18:** Two foot land, chest pass, shoulder pass



**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

**Drill description**

1. Two lines facing each other.
2. Player X<sub>1</sub> leads forward from Line 1 and receives a shoulder pass from Line 2.
3. X<sub>1</sub> lands on two feet, steps onto one foot and passes to X<sub>2</sub> leading from other line.
4. Sequence continues with alternate leads from Line 1 then Line 2.
5. X<sub>1</sub> moves to end of opposite line.

## Netball tactical framework

Tactical problems	Off-the-ball skills	On-the-ball skills
<b>OFFENCE</b>		
Maintaining possession	<ul style="list-style-type: none"> <li>• Strong leads</li> <li>• Reading off front person</li> <li>• Vision of options</li> </ul>	<ul style="list-style-type: none"> <li>• Passing – chest, shoulder, bounce, overhead,</li> <li>• Catching – 2 hands, ball in space,</li> <li>• Pivot, land &amp; turn outside foot, ball fake</li> </ul>
Attacking the Goal Circle  Shooting	<ul style="list-style-type: none"> <li>• Circle rotations</li> <li>• Angled drives, short &amp; sharp drives</li> <li>• Space awareness</li> <li>• Ability to create space</li> </ul>	<ul style="list-style-type: none"> <li>• Quick ball movement</li> <li>• Strong hands</li> <li>• Run on to the catch</li> <li>• Turn quickly &amp; look down court first</li> </ul>
Creating space	<ul style="list-style-type: none"> <li>• Clearing lead</li> <li>• Dodge</li> <li>• Drive &amp; re-offer</li> <li>• Front-cut, back-cut</li> </ul>	<ul style="list-style-type: none"> <li>• Fake on pass</li> <li>• Choice of pass / execution</li> </ul>
Using space	<ul style="list-style-type: none"> <li>• Set a screen</li> <li>• 2 leads – split &amp; re-offer</li> <li>• Give-and-go</li> <li>• Quick, strong drives</li> <li>• Timing</li> </ul>	<ul style="list-style-type: none"> <li>• Give-and-go</li> <li>• Fake</li> <li>• Choice of pass / execution</li> </ul>
<b>DEFENCE</b>		
Defending the opponent	<ul style="list-style-type: none"> <li>• Ball side defence,</li> <li>• Shadow</li> <li>• 1-on-1</li> <li>• First ball defence</li> </ul>	<ul style="list-style-type: none"> <li>• Intercept the ball</li> <li>• Outlet pass on transition</li> </ul>
Defending the Goal Third	<ul style="list-style-type: none"> <li>• 1-on-1</li> <li>• Double defence</li> <li>• Set ups on C-pass</li> <li>• Block out</li> <li>• Off line</li> <li>• Zone defence</li> <li>• Offline defence</li> </ul>	<ul style="list-style-type: none"> <li>• Hands over pressure</li> <li>• Quick footwork – cut off step</li> <li>• Rebound, outlet pass</li> </ul>
Winning possession	<ul style="list-style-type: none"> <li>• Defence off the ball</li> <li>• Running through on intercept</li> <li>• Footwork</li> <li>• Body management</li> </ul>	<ul style="list-style-type: none"> <li>• Defence on the ball</li> <li>• 2 hands on intercept</li> <li>• Balance</li> </ul>
<b>RESTARTING PLAY</b>		
<ul style="list-style-type: none"> <li>• Centre pass following a score</li> <li>• Sideline throw-in – attack and defence</li> <li>• End line throw-in – attack and defence</li> <li>• Penalty Pass / Infringement</li> </ul>	<ul style="list-style-type: none"> <li>• Starting positions</li> <li>• Starting positions</li> <li>• Starting positions</li> <li>• Quick transition into position</li> </ul>	<ul style="list-style-type: none"> <li>• Decisive ,quick movements</li> <li>• Choice of pass</li> <li>• Placement of pass</li> <li>• Strong hands on catch</li> </ul>