

# Excel Delivery for County Academy Coaches

practices...movement skills...ball skills...attack...defence...shooting...sports science



England  
netball

## Introduction

Welcome to the Excel Delivery for Coaches resource. This document has been produced in conjunction with the Netball Excel Framework. Where the Netball Excel Framework details the focus areas for Satellite and County Academies, the Excel Delivery for Coaches resource provides suggested programmes and individual practices at each level to correspond with these focus areas.

The focus areas covered in this resource are:

- Movement Skills
- Ball Skills: Catching and Passing
- Attack
- Defence
- Shooting

The manual has been designed as a tool to guide coaches with their planning and delivery at Satellite and County Academy sessions. Practices are referenced in the Satellite and County Academy Programme section. This section details how and when the practices can be used in sessions. It is by no means a prescriptive document. Coaches are actively encouraged to use their own practices in addition to adapting and progressing the practices provided here. Both the Excel Framework and the Excel Delivery for Coaches place great emphasis on the application of skills to the game. The practices in this resource detail where they relate to the game and how they can be progressed to replicate real game situations. Satellite and County Academy coaches have a responsibility to ensure that what they deliver has purpose and is applicable to the game. Again, coaches are encouraged to be creative and use their own practices and ideas to ensure this.

The Excel Delivery for Coaches resource will be regularly reviewed and updated to ensure that Satellite and County coaches are receiving the latest ideas and practices.

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# County Academy

## PRINCIPLES OF ACADEMIES

- Consolidate work completed in Satellite Academy.
- Each session is to build on the previous one.
- Recap/consolidate previous work in every session.
- Each session should have a game related focus. Examples have been given but this is not a comprehensive list.
- Emphasis is now to be placed on linking with another player.
- Passing and catching with movement should focus heavily in every session.
- Movement skills are not always to be practised in isolation, include use of ball.
- If you feel your players are not ready for the new skill to be introduced, leave until later week and consolidate previous learning.
- Every session should include a modified/competitive game scenario.
- Each session should include a dynamic warm up and a cool down.
- Sports science is educational and ongoing. Reviews should take place in subsequent sessions. Athletes are expected to do fitness work at home.



## HOW TO USE THE 'EXCEL DELIVERY FOR COACHES' RESOURCE

- Select practices from the list, or use your own, to deliver the skills focus.
- You may combine work on 2 of the foci at the same time.
- The same practise may be used to deliver a number of different foci.

## COACHING PRINCIPLES

- Adapt practices to suit the needs of your athlete
  - change distance and space
  - vary time conditions
  - overload by adding additional defenders or attackers.
- Make area larger to help attackers, make area smaller to help defenders.
- Ensure decision making and perceptual skills developed throughout.
- In all activities emphasise that 'feeders' are key to its success and that they are still practising skills.



## Week One

## Suggested practices

<b>Game focus</b>	<ul style="list-style-type: none"> <li>3v3 in a third of court.</li> <li>10 consecutive passes for a goal.</li> <li>Defenders get a point if ball touched on second stage defence</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Running/sprinting in                             <ul style="list-style-type: none"> <li>- Straight line</li> <li>- Multi-directional</li> </ul> </li> <li>to include starting and stopping</li> </ul>	<b>M 1, 4, 6, 13, A1, 2, 12</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>Consolidate passing skills to stationary or moving player (use both sides of body)                             <ul style="list-style-type: none"> <li>• shoulder</li> <li>• chest</li> <li>• bounce</li> </ul> </li> <li>Pass                             <ul style="list-style-type: none"> <li>- into space</li> <li>- over hands (3' mark)</li> </ul> </li> <li>Catching a ball                             <ul style="list-style-type: none"> <li>- at different heights</li> <li>- in the air</li> <li>- low ball</li> </ul> </li> <li>When catching, attack the path of the ball at an angle</li> </ul>	<p><b>B 1, 2, 3, 7, 11, 12, 13, 14, 15, 16, 18, 19</b></p> <p><b>A12, 13, 14, 15</b></p> <p><b>B 5, 6, 7, 8, 10, 11, 12, 13, A 31, D19</b></p> <p><b>B 9</b></p> <p><b>B 10</b></p> <p><b>A1, 12, 13, 15</b></p>
<b>Application</b>		
<b>Sports Science</b>		
<b>Education</b>	<ul style="list-style-type: none"> <li>Parents workshop</li> <li>Intro to Academy</li> <li>Log book with player profile</li> <li>Code of Conduct</li> </ul>	Refer to 'Excel Delivery for Athletes (Satellite)' resource

## Week Two

## Suggested practices

<b>Game focus</b>	<ul style="list-style-type: none"> <li>½ court from centre pass</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Jump – land ½ or 2 footed, turn (on ground and in air)</li> </ul>	<b>M 5, 11, 12</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>Pass                             <ul style="list-style-type: none"> <li>- overhead</li> <li>- lob.</li> <li>• using both sides of the body</li> </ul> </li> <li>Consolidate receipt of ball                             <ul style="list-style-type: none"> <li>- land 1-2 or 2 footed</li> <li>- pivot to left and right</li> <li>- turn with ball</li> </ul> </li> <li>On receipt can                             <ul style="list-style-type: none"> <li>- turn in the air to left and right</li> <li>- pass and drive to appropriate space</li> <li>- pass and receive ball back having gained ground (1,2)</li> </ul> </li> <li>Have 2 options to receive pass                             <ul style="list-style-type: none"> <li>- Re-offer when do not receive ball</li> </ul> </li> <li>Can deliver centre pass to appropriate option</li> </ul>	<p><b>B 1, 2, 3, 5, 6, 7, 11, 12, 13, 14, 15, 18, 7, 8</b></p> <p><b>B 3, A25, 26, 27 M12</b></p> <p><b>A 22, 23, 24, 28, 29 31</b></p> <p><b>A 22, 23, 24</b></p> <p><b>A15, 16, 17</b></p> <p><b>A13, 14, 15, 16, 17</b></p>
<b>Application</b>	<ul style="list-style-type: none"> <li>Centre pass delivery</li> <li>Can read off each other at centre pass</li> </ul>	<b>A1, 12, 13, 15</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>Core</li> <li>Proprioception</li> </ul>	Refer to: <ul style="list-style-type: none"> <li>- 'Excel Delivery for Athletes (Satellite)' resource</li> <li>- 'Excel Framework' resource</li> <li>- 'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>Kit bag</li> <li>Footwear</li> </ul>	Refer to 'Excel Delivery for Athletes (County)' resource

<b>Week Three</b>		
<b>Suggested practices</b>		
<b>Game focus</b>	<ul style="list-style-type: none"> <li>• ½ court with back lines</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>• Agility</li> </ul>	<b>M15 D17</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>• Continues to build shooting techniques and introduces                             <ul style="list-style-type: none"> <li>- step ins</li> <li>- step backs</li> <li>- step to side</li> <li>- taking a bounce</li> </ul> </li> <li>• Can shoot soundly from 2/3rd distance</li> <li>• Consolidate interception skills from satellite academy</li> <li>• Consolidate 3 foot mark and develop to include overload to dictate pass of ball</li> </ul>	<b>S8</b>  <b>D 2, 8, 9, 12, 18, 20, 21, B16, 17, 19, 20 A31</b>  <b>D 14, 15</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>• 3 foot marker to create interception opportunities for others</li> </ul>	<b>D15</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>• Speed</li> <li>• Agility</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>- 'Excel Delivery for Athletes (Satellite)' resource</li> <li>- 'Excel Framework' resource</li> <li>- 'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>• Review log book</li> <li>• Balanced lifestyle</li> <li>• Time management</li> </ul>	<i>References to be provided</i>

<b>Week Four</b>		
<b>Suggested practices</b>		
<b>Game focus</b>	<ul style="list-style-type: none"> <li>• Through court, drip feed defenders</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>• Change of pace</li> </ul>	<b>M1, 2</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>• Emphasis on forward movement to receive the ball, can                             <ul style="list-style-type: none"> <li>- hold and lunge</li> <li>- front cut</li> <li>- back cut</li> </ul> </li> <li>• Can interchange between positions through                             <ul style="list-style-type: none"> <li>- use of variety of passes</li> <li>- use of space</li> <li>- communication (verbal or non-verbal)</li> <li>- clearing</li> </ul> </li> </ul>	<b>A1</b>  <b>A 3, 4, 5, 6, 7, 31</b>  <b>A 6, 7, 26, 27, 28</b>  <b>A12, 13, 14 A25, 26, 27, 28, 29</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>• Through court</li> <li>• link with simple interchange e.g. GK – WD – GD –WA – C – GS – GA (ensure defended)</li> </ul>	<b>A 26, 27</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>• Weights (body weight)</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>- 'Excel Delivery for Athletes (Satellite)' resource</li> <li>- 'Excel Framework' resource</li> <li>- 'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>• Review log book</li> <li>• Weekly planner</li> <li>• Training diary</li> </ul>	<i>References to be provided</i>

## Week Five

## Suggested practices

<b>Game focus</b>	<ul style="list-style-type: none"> <li>Half court with centre pass and back lines</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Running backwards – and jumps</li> </ul>	<b>M13</b> <b>D17</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>Restrictive marking - force wide</li> <li>Consolidate 3 foot mark</li> <li>Consolidate passing skills with 3 foot mark in position</li> <li>Practice gaining possession using backward interception</li> <li>Work in pairs defensively to set up interceptions going forward or back</li> </ul>	<b>D 3, 4, 5, 6</b> <b>D14</b> <b>B 5, 6, 8</b> <b>D 7</b> <b>B19</b> <b>D15</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>Force wide on centre pass</li> <li>Force wide on through court</li> </ul>	<b>D 5, 6,17</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>Endurance</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>'Excel Delivery for Athletes (Satellite)' resource</li> <li>'Excel Framework' resource</li> <li>'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>Nutrition, hydration and refueling</li> <li>Body image</li> <li>Body hygiene</li> </ul>	<i>References to be provided</i>

## Week Six

## Suggested practices

<b>Game focus</b>	<ul style="list-style-type: none"> <li>Half court with centre pass and back lines</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Turning on ground</li> </ul>	<b>M2, 3</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>With emphasis on forward movement to receive the ball use                             <ul style="list-style-type: none"> <li>reverse pivot</li> <li>roll</li> </ul> </li> <li>Reading defensive cues when getting free</li> <li>Receive centre pass by using                             <ul style="list-style-type: none"> <li>½ roll</li> <li>reverse pivot</li> </ul> </li> </ul>	<b>A 8, 9, 10,11</b> <b>A 14, 15, 23, B19</b> <b>A15</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>Centre pass</li> </ul>	<b>A13, 14, 15, 16, 17</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>Core</li> <li>Proprioception</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>'Excel Delivery for Athletes (Satellite)' resource</li> <li>'Excel Framework' resource</li> <li>'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>Concentration</li> <li>Goal setting</li> </ul>	<i>References to be provided</i>

<b>Week Seven</b>		<b>Suggested practices</b>
<b>Game focus</b>	<ul style="list-style-type: none"> <li>Attacking third work with ball starting in centre third (not centre pass)</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Running / stopping / jumping</li> <li>Hop and hold</li> </ul>	<b>M11</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>Feeding shooter using a variety of feeds</li> <li>1 on 1 in circle with feeders moving onto circle</li> <li>Shooters to turn to ring when high ball comes in</li> <li>movement to circle edge:               <ul style="list-style-type: none"> <li>- receipt of ball in balanced position (satellite) and then move on and off to receive ball</li> <li>- timing in relation to team mate</li> </ul> </li> </ul>	<b>S3, B 1, 2, 3, 5, 6, 7, 8</b>  <b>A18, 19, 20</b> <b>S 3,</b>  <b>S 4</b>  <b>A18, 19, 20, 21, 22, 23, 24</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>Can move on and off the circle edge as necessary</li> </ul>	<b>A18, 19, 20, 21, 22, 23, 24</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>Speed</li> <li>Agility</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>- 'Excel Delivery for Athletes (Satellite)' resource</li> <li>- 'Excel Framework' resource</li> <li>- 'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>Injury and illness</li> </ul>	<i>References to be provided</i>

<b>Week Eight</b>		<b>Suggested practices</b>
<b>Game focus</b>	<ul style="list-style-type: none"> <li>Through court work – defences not man to man but looking for interceptions</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Jumping</li> </ul>	<b>M10</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>3 foot mark with jump.</li> <li>mark the shot with a jump</li> <li>Consolidate other defensive skills – encourage 'hunting' players – going for interceptions</li> </ul>	<b>D 11, 13</b>  <b>D 6, 10</b> <b>B 16, 17, 20,</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>Centre pass, backline, sideline, through court</li> </ul>	<b>A 15, 16, 17, 30</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>Endurance</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>- 'Excel Delivery for Athletes (Satellite)' resource</li> <li>- 'Excel Framework' resource</li> <li>- 'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>Relaxation</li> </ul>	<i>References to be provided</i>

## Week Nine

## Suggested practices

<b>Game focus</b>	<ul style="list-style-type: none"> <li>Attacking third work with ball starting in centre third (not centre pass)</li> </ul>	
<b>Movement focus</b>	<ul style="list-style-type: none"> <li>Agility – change of direction</li> </ul>	<b>M13</b>
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>Feed                             <ul style="list-style-type: none"> <li>to moving shooters</li> <li>to back space of shooters</li> </ul> </li> <li>Shooters to use sharp moves out and back to post</li> <li>Balance circle with other shooter – move in relation to each other</li> <li>Develop to include entrance into circle                             <ul style="list-style-type: none"> <li>Shooters to practice</li> <li>vision (ensure circle balanced)</li> <li>using different entry points</li> </ul> </li> </ul>	<b>A20, 23</b> <b>B 1, 2, 3, 5, 6, 7, 8</b>  <b>S6</b>  <b>S5</b>  <b>S 7</b>
<b>Application</b>	<ul style="list-style-type: none"> <li>Circle edge play                             <ul style="list-style-type: none"> <li>work in relation to shooter and other centre court</li> </ul> </li> <li>Working 2 shooters in the circle, both move and keep space between them</li> <li>Linking with centre court</li> <li>Sidelines/ backlines</li> </ul>	<b>A18, 19, 20, 23, 24</b>  <b>S 5</b>  <b>A 23, 24, 30</b> <b>A33</b>
<b>Sports Science</b>	<ul style="list-style-type: none"> <li>Question and Answer session</li> </ul>	<i>Refer to:</i> <ul style="list-style-type: none"> <li>'Excel Delivery for Athletes (Satellite)' resource</li> <li>'Excel Framework' resource</li> <li>'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>Match report</li> </ul>	<i>Refer to 'Excel Delivery for Athletes (County)' resource</i>

## Week Ten

## Suggested practices

<b>Game focus</b>	<ul style="list-style-type: none"> <li>Full game – conditioned by different skills foci</li> </ul>	
<b>Movement focus</b>		
<b>Skills focus</b>	<ul style="list-style-type: none"> <li>Consolidation of skills appropriate to needs of group</li> </ul>	
<b>Application</b>	<ul style="list-style-type: none"> <li>Game play</li> </ul>	
<b>Sports Science</b>		<i>Refer to:</i> <ul style="list-style-type: none"> <li>'Excel Delivery for Athletes (Satellite)' resource</li> <li>'Excel Framework' resource</li> <li>'Excel Framework' DVD</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>Review log book</li> <li>What next</li> <li>Questions</li> </ul>	<i>Refer to 'Excel Delivery for Athletes (County)' resource</i>