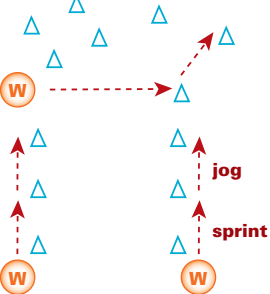
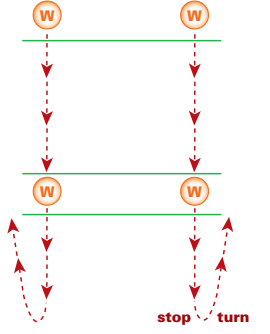
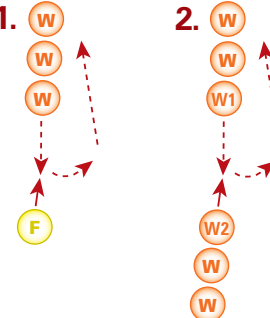
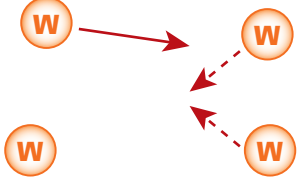
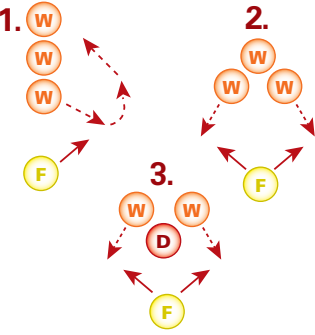
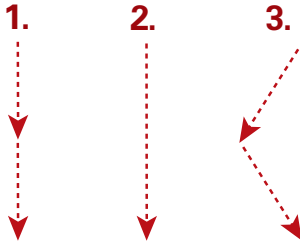

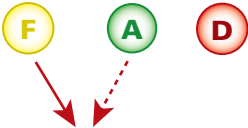
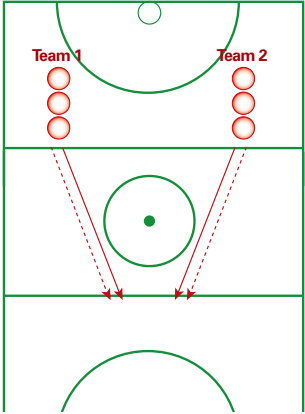
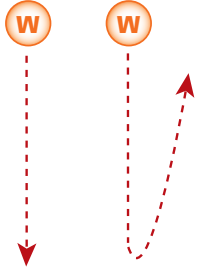
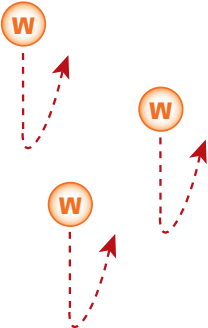
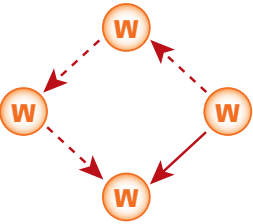
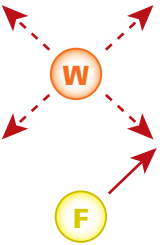
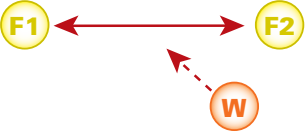


Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
M1	<p>Walk / run / sprint</p> 	<ul style="list-style-type: none"> - Using 1/3 court - players walk/jog/sprint between spots/cones etc - on whistle - randomly x 20 secs <p><i>TIP: Ensure players keep heads up and eyes forward.</i></p>	1	Spots, cones, lines.	<ul style="list-style-type: none"> • Player to keep head up. • Maintain good posture. • Should be an obvious difference between walking, jogging and sprinting. • When sprinting use arms. 	<ul style="list-style-type: none"> • Back pedal. • Running backwards. • Sidestep. 	Getting free from a defender.
M2	<p>Sprint / stop / turn on ground</p> 	<p>Using lines on the netball court as a guide, complete the following movement patterns:</p> <ul style="list-style-type: none"> Jog - accelerate - sprint Falling start - sprint Fast feet - sprint Leading R/L foot - sprint Facing away - turn - sprint Sitting/lying - sprint Sprint - stop - sprint Sprint - stop - turn on ground - sprint <p><i>TIP: Encourage players to flex leading foot and bend knees to absorb speed on stop.</i></p>	2	Lines	<ul style="list-style-type: none"> • Player to keep head up. • Maintain good posture. • Obvious change of pace. • When sprinting ensure players don't step or lean back. Player's first step should be forward with body weight forward. 	<ul style="list-style-type: none"> • In 2's shadowing, without ball. • Add ball at discretion. • Change angle of run. 	<p>Driving to the post to receive a pass.</p> <p>Receiving a ball at the circle edge.</p>
M3	<p>Sprint – turn on ground</p> 	<ol style="list-style-type: none"> 1. Worker runs towards the feeder to receive a pass. The worker turns on the ground and passes back to the line. Worker then joins the back of the line. 2. W1 drives forward to receive the ball from W2. W1 turns on the ground and throws back to own line. W2 repeats. <p><i>TIP: Encourage players to land on right foot when running right and left foot when running left.</i></p>	4	1 ball	<ul style="list-style-type: none"> • Player to get head and hips round quickly when turning on the ground. • Player must be balanced and facing the way they are passing before releasing the ball. 	<ul style="list-style-type: none"> • Turn on outside foot – R/L. • 2 Lines of workers. 	<p>WA turning to look to pass to the circle.</p> <p>GD turning to look at the options down the court.</p>

Skill Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
M4	<p>Sprint – turn on ground</p> 	Workers continuously move in a confined space to receive 10 passes.	4	1 ball	<ul style="list-style-type: none"> • Maintain sprinting pace. Use arms. • Player to get head and hips round quickly when turning on the ground. • Encourage a quick release. • Ball passed ahead of moving player. 	<ul style="list-style-type: none"> • Turning in air. 	<p>WA turning to look to pass to the circle.</p> <p>GD turning to look at the options down the court.</p>
M5	<p>Turning on ground Turning in air</p> 	<ol style="list-style-type: none"> 1. Worker runs at angle to receive pass, land/turn on ground/turn in air and pass back to line. Worker rejoins back of the line. 2. Two workers offer, feeder selects one to pass to. 3. Defender selects one worker to run with, feeder selects unmarked option to pass to. 	4-6	1 ball	<ul style="list-style-type: none"> • Ball to be sent ahead of the moving player. • Player to elevate onto the ball, turning head and hips round quickly to sight the next pass. • Player to land with feet facing the direction of the next pass. Body should not be twisted. • Must be balanced and in control before passing. 	<ul style="list-style-type: none"> • Change angle of run – 45°. • 2 players offering. • Add defender(s). • Turn inwards and outwards. 	<p>Centre pass ¼ court – change sides, ½ court to goal.</p>
M6	<p>Take off</p> 	Players on line practice a falling start, use left and right feet.	1		<ul style="list-style-type: none"> • Body weight forward to aid forward momentum of player. • Avoid rocking back onto back foot before driving forward. 	<ul style="list-style-type: none"> • Increase pace. • Add change of pace. • Add change of direction. • 4 two footed jumps and accelerate. • Add feeder and ball. • Use sidestep jump and take off turn 180° and drive. 	WA/GA coming out to receive a centre pass.

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
M7	<p>Take off</p> 	<p>Feeder passes into the space of the worker to accelerate onto.</p> <p><i>TIP: Encourage strong forward drive.</i></p>	2	1 ball	<ul style="list-style-type: none"> • Player must explode onto the ball, using arms to drive at speed. • First step must be forward. Player must avoid rocking backwards before driving forward. • Keep head up with eyes on the ball. 	<ul style="list-style-type: none"> • Increase pace. • Add change of pace. • Add change of direction. • 4 two footed jumps and accelerate. • Add feeder and ball. • Use sidestep jump and take off turn 180° and drive. 	WA/GA coming out to receive a centre pass.
M8	<p>Take off</p> 	<p>Both attacker and defender take off on the first bounce of the ball that is passed into space. Move feeder to other side and change the side of the defender in relation to attacker.</p>	3	1 ball	<ul style="list-style-type: none"> • Both players should be on their toes, with body weight forward ready to sprint as soon as the ball is released. • Player should aim to gain control of the ball as soon as possible by scooping it into their body. 	<ul style="list-style-type: none"> • Vary start positions e.g. feeder in middle. 	Chasing a loose ball on court. Intercepting ball from opponent.
M9	<p>Take off</p> 	<p>Divide group into two teams and place on 2nd transverse line. Front player in each line rolls ball towards the goal and takes off after the ball once it has crossed the 1st transverse line. Once front person is in possession of ball rest of team take off down to goal third and pass 4 times before ball roller shoots for goal. Restart by returning to line where 2nd player rolls.</p>	6-10	2 balls	<ul style="list-style-type: none"> • Player to sprint after the loose ball, gaining possession as quickly as possible. • Aware of where other team mates are ready to pass ball quickly. 	More advanced players work on attack and defence in goal third. Front player of both teams roll ball, once crossed line front person retrieves ball and rest of team take off passing 4 passes before a shot can be taken. While passing or waiting to receive, players try to intercept other teams ball. If this ball is intercepted then pass both balls for 4 passes then shoot. If both shots from the ball roller are successful the team scores 2 points.	

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M10	<p>Jumping</p> 	<p>Run across court, jump up and land on either foot.</p> <p>Repeat but specify left or right.</p> <p>Add turn off left and right and return to starting point.</p> <p><i>TIP: Encourage upward drive.</i></p>	1	1 ball	<ul style="list-style-type: none"> • Drive at speed. • Take off from both feet. • Use arms to elevate upwards. • Land with soft knees to cushion landing. 	<ul style="list-style-type: none"> • Increase pace. • Add feeder and ball. 	Jumping to receive ball.
M11	<p>Turning in the air</p> 	<p>Players stand on right foot, jump up and turn to face other way landing on left foot.</p> <p>Repeat standing on left foot Turn both ways.</p> <p><i>TIP: Encourage players to get head, shoulders and hips round to facilitate turn.</i></p>	1/2	1 ball	<ul style="list-style-type: none"> • Before taking off ensure player is balanced. • Use arms to elevate upwards. • Turn hips and head round as soon as taken off to face the other way before landing. • Land with soft knees to cushion landing and to aid balance. 	<ul style="list-style-type: none"> • Add forward run. • Add angled run. • Add feeder and ball. • Two footed. 	WA/GA coming out to receive centre pass and turn to look down court to circle.
M12	<p>Time moves</p> 	<p>W's move to empty point of diamond.</p> <p>Land feet pointing way running.</p> <p>Pivot to pass to next worker.</p>	3	1 ball	<ul style="list-style-type: none"> • Drive at speed onto the ball. • Ball should be passed into the space of the moving player. • Player should land and pivot using a small base (feet shoulder width apart). 	<ul style="list-style-type: none"> • Turn on ground. • Turn in air. 	

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
M13	<p>Time movement for intercept</p> 	<p>Worker starts in the centre of diamond. On call from the feeder worker moves to back, front, right or left of the diamond. Ball is sent as worker arrives at instructed place.</p> <p><i>TIP: Encourage quick take-off and acceleration.</i></p>	2	1 ball	<ul style="list-style-type: none"> • When moving use small fast steps or 'quick feet' at all times. • Upon receiving the ball the player's feet should be under her body so that she is standing upright, and not reaching in a lunge position for the ball. • Worker to watch the feeder and the ball at all times. 	<ul style="list-style-type: none"> • Add ball at feeder's discretion. • Add attacker. 	To develop judgement for right time to take off for an intercept.
M14	<p>Time movement for intercept</p> 	<p>Worker attempts to intercept ball aiming to attack ball and land closer to F1 than F2.</p>	3	1 ball	<ul style="list-style-type: none"> • Drive at speed using 'quick feet' to explode onto the path. • Worker should not contact the feeders when attempting to intercept the ball. • If unsuccessful at making an interception the worker should recover quickly by regaining balance and control before immediately attempting the next interception. 	<ul style="list-style-type: none"> • Worker attempts to intercept from different angles. • Worker stands behind feeder and steps out to the side (outside leg) and then drives to get the intercept. 	