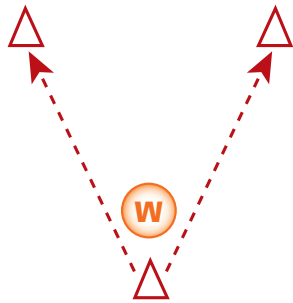
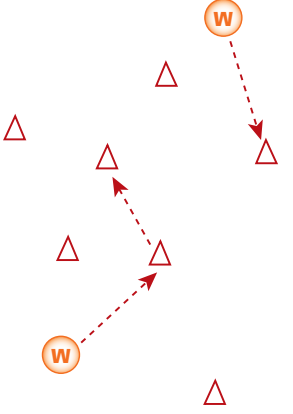
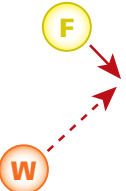
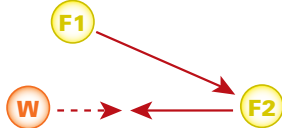
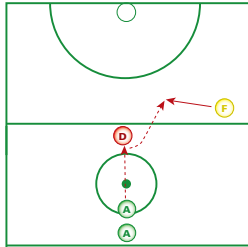
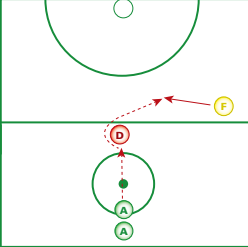
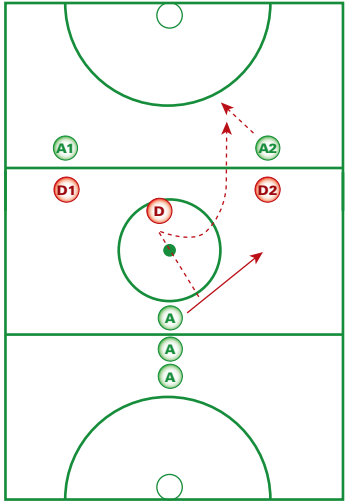
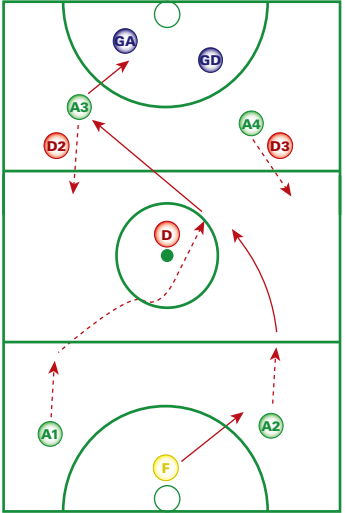
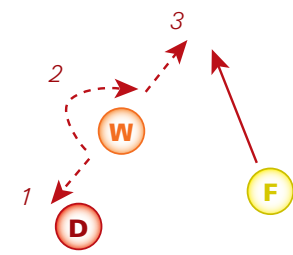
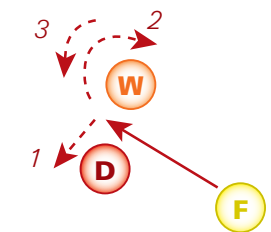
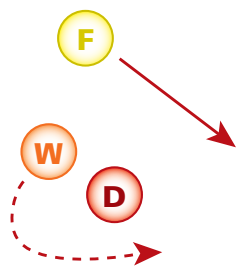
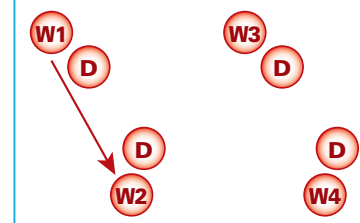
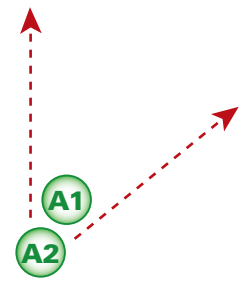
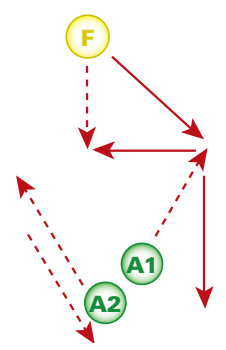


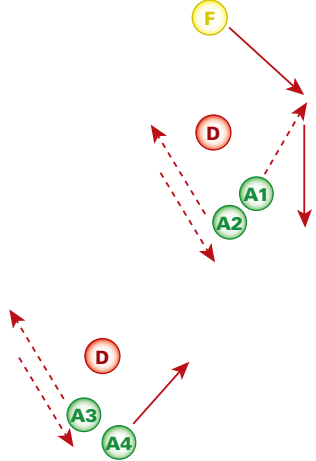
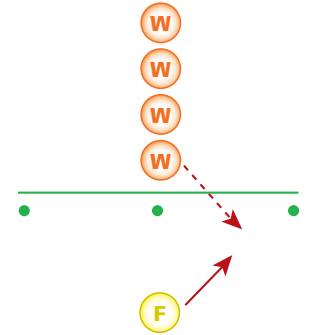
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A1	<p>Get free using:</p> <ul style="list-style-type: none"> - straight sprint - change of pace - change of direction. 	<p>On call get to spot using</p> <ul style="list-style-type: none"> - sprint - change of pace - change of direction <p><i>TIP: Encourage players to maintain body balance.</i></p>	1 - 3	3 spots/cones, 1 ball.	<ul style="list-style-type: none"> • Sprinting: <ul style="list-style-type: none"> - ensure body weight is forward on the first step to avoiding rocking backwards. • Change of pace: <ul style="list-style-type: none"> - player should use small steps or 'quick feet'. - speed up steps but do not alter the stride length too much. Should be a difference between running and sprinting. - Pump arms to aid change of pace. • Change of direction: <ul style="list-style-type: none"> - plant outside foot and drive off in a sharp fast movement. - drop shoulder and use arms to aid direction change. • Should be convincing and commit the defender in one direction. The change of direction should not be curved or slow. 	<ul style="list-style-type: none"> • Add feeder. • Add defender. 	<p>Getting free from a defender e.g. WA at C pass.</p> <p>Supporting attacking play e.g. WD/GD driving into centre third.</p> <p>When first movement has not deceived opponent e.g. shooter driving into circle.</p>
A2	<p>As above plus multi change of direction.</p> 	<p>Get to each spot using a different method of getting free.</p> <p><i>TIP: Turn shoulders in direction of new move.</i></p>	1 - 4	3 spots/cones, 1 ball.	<ul style="list-style-type: none"> • Sprinting: <ul style="list-style-type: none"> - ensure body weight is forward on the first step to avoiding rocking backwards. • Change of pace: <ul style="list-style-type: none"> - player should use small steps or 'quick feet'. - speed up steps but do not alter the stride length too much. Should be a difference between running and sprinting. - Pump arms to aid change of pace. • Change of direction: <ul style="list-style-type: none"> - plant outside foot and drive off in a sharp fast movement. - drop shoulder and use arms to aid direction change. • Should be convincing and commit the defender in one direction. The change of direction should not be curved or slow. • Avoid being predictable. 	<ul style="list-style-type: none"> • Add feeder. • Add defender. 	<p>When marked by a persistent defender one on one e.g. WD receiving a back line pass.</p>

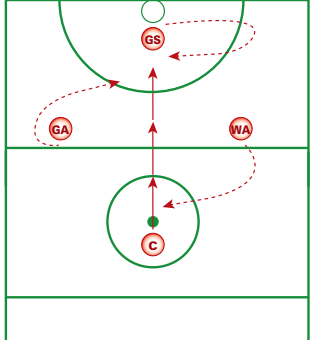
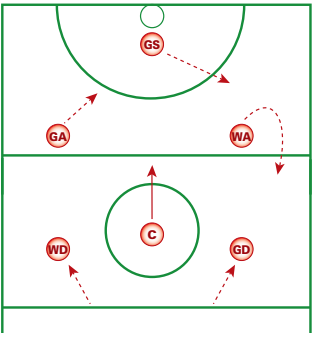
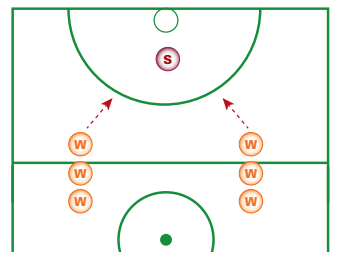
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A3	Hold and lunge 	<p>W lunges toward the feeder to receive the ball.</p> <p><i>TIP: Encourage players to keep head and shoulders up.</i></p>	2 - 3	1 ball	<ul style="list-style-type: none"> Lunge length should be wide enough so that the player can stand up quickly and at ease. If the player struggles to stand up the lunge length is too wide. Encourage the player to experiment with this. Bring ball into the body as player stands up. Ball should be caught with two hands. 	<ul style="list-style-type: none"> Vary pass. Vary leg. Vary start position (facing to and away). Add a defender. 	<p>Player protects space from defender and lunges into that area with one foot to receive the ball.</p> <p>In and around circle area.</p>
A4	Hold and lunge 	<p>F1 pass to F2. W protects space to receive pass from F2.</p> <p>W lunges to receive pass from F2.</p> <p><i>TIP: Ensure player times move correctly.</i></p>	2 - 3	1 ball	<ul style="list-style-type: none"> Ball should be released into the space player is lunging into. Player should lunge as the ball is released. Lunge length should be wide enough so that the player can stand up quickly and at ease. If the player struggles to stand up the lunge length is too wide. Bring ball into the body as player stands up. 	<ul style="list-style-type: none"> Add second receiver and put defender in front. Add F2 change position. Defender change position. F1 can pass to F2 or W. 	<p>Player protects space from defender and lunges into that area with one foot to receive the ball.</p> <p>In and around circle area.</p>
A5	Front cut  Back cut 	<p>Front cut</p> <p>Attacker drives in the direction of the defender (who is initially stationary) and cuts 'in front' i.e. between the feeder and the defender, to receive the ball from the feeder.</p> <p>Back cut</p> <p>Attacker drives in the direction of the defender (who is initially stationary) and cuts 'behind' i.e. at the back of the defender, to receive the ball from the feeder.</p>	4	1 ball	<ul style="list-style-type: none"> Aim to attack on an angle, when receiving the pass after the front cut/ back cut. Improve the ability to get free from the defender by 'faking' a back cut prior to the front cut, or vice versa. This commits the defender to one direction. 	<ul style="list-style-type: none"> Vary type of pass. Defender becomes more active. 	<p>Any attacking situation when attacker is trying to receive a pass.</p>

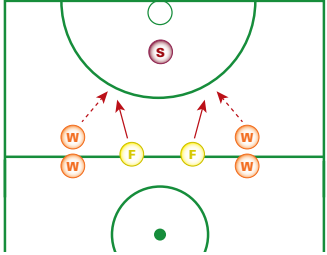
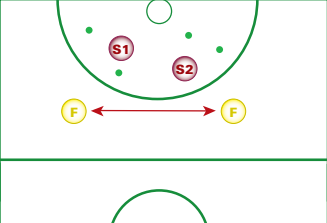
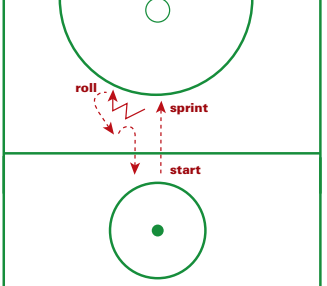
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A6		<p>A passes to either A1 or A2 then drives to front cut around D to play onto goal circle on same side as receiver. The non-receiver then becomes second circle feeder and drives onto the circle defended by D1 or D2.</p>	8 - 10	1 ball	<ul style="list-style-type: none"> Attacking movements should be completed at speed and with conviction. Ball should be sent ahead of the moving player. 		<p>Attacking circle edge.</p> <p>Feeding shooters in the circle.</p>
A7		<p>CONSOLIDATION A1 and A2 make straight leads down court. F throws to one of them, the one who does not receive the pass front cuts around D into the centre of the court for the second pass and are defended by D2 + D3. The player who does not receive the ball front cuts or drives to top of circle. A3 + A4 then feed circle. Change positions regularly.</p>	8 - 10	1 ball	<ul style="list-style-type: none"> Attacking movement must be definite and at speed. Ball sent ahead of moving player. 		<p>Attacking circle edge.</p> <p>Feeding shooters in the circle.</p>

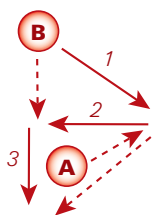
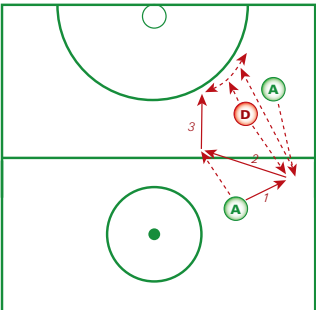
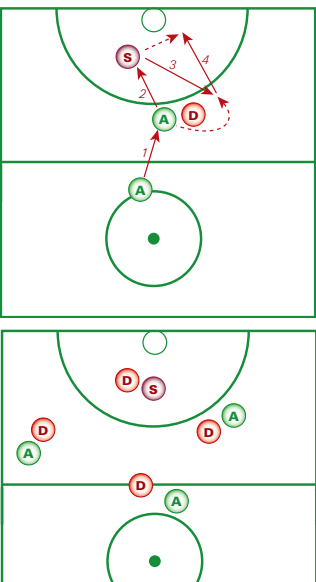
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A8	Reverse pivot - Roll 	Worker stands behind D and rolls/ reverse pivots around the player to take the ball.	3	1 ball	<ul style="list-style-type: none"> Step in one direction to commit defender. Pivot on that foot, making a quick turn with back to defender. Sprint out in the opposite direction. Get head round quickly to sight the feeder. Should be a quick, fluid movement. 	<ul style="list-style-type: none"> Work both sides. Increase speed. Add ball. Worker improves preparation and timing to receive the ball. 	<p>Helps player to deceive defender by faking that they are moving one way to enable them to get free in a confined space. e.g. shooter rolling back towards post to receive ball.</p> <p>WA deceiving WD at a C pass.</p>
A9	½ Roll 	Repeat to the left side. Practice and increase speed.	3	1 ball	<ul style="list-style-type: none"> Step in one direction to commit defender. Pivot on that foot, making a quick turn with back to the defender. D goes with W on this movement forcing W to roll back. W rolls back in direction of first movement and sprints out to receive the pass. Get head round quickly to sight the feeder. Should be a quick, fluid movement. 		
A10	Rolls and ½ rolls 	Practice each roll with a feeder passing ball into space for worker to run out on an angle to receive.	3	1 ball	<ul style="list-style-type: none"> To ensure smooth movement player must keep a small base (shoulder width apart), and use small, quick steps. Player must get head and body round quickly in order to sight the pass and move onto the ball at speed. 	<ul style="list-style-type: none"> Work both sides. Increase speed. Change direction. Take roll to an area of court where it could be used e.g. feeding/ outside the goal circle, throw-ins, centre pass. 4v4 in goal third, points scored for each successful roll. 6 consecutive passes then the ball is given to the opposition to do the same. 	

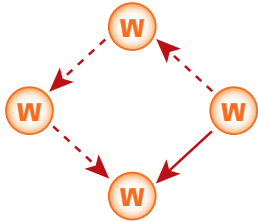
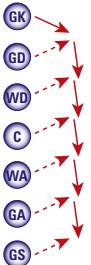

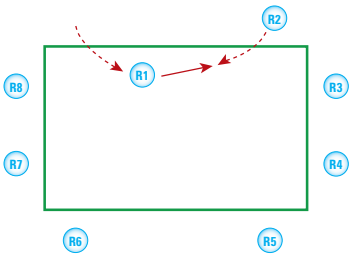
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A11	Rolls and ½ rolls 	<p>W2 completes roll to receive pass from W1. W2 then passes on to W3 who has completed roll etc.</p>	8	1 ball	<ul style="list-style-type: none"> To ensure smooth movement player must keep a small base (shoulder width apart), and use small, quick steps. Player must get head and body round quickly in order to sight the pass and move onto the ball at speed. 	<ul style="list-style-type: none"> Work both sides. Increase speed. Change direction. Take roll to an area of court where it could be used e.g. feeding/outside the goal circle, throw-ins, centre pass. 4v4 in goal third, points scored for each successful roll. 6 consecutive passes then the ball is given to the opposition to do the same. 	<p>Helps player to deceive defender by faking that they are moving one way to enable them to get free in a confined space. e.g. shooter rolling back towards post to receive ball.</p> <p>WA deceiving WD at a C pass.</p>
A12	Re-offering 	<p>A1 and A2 stand one slightly in front of the other. Front player drives to left, right or straight ahead. 2nd player balances by driving to another position.</p> <p><i>TIP: Encourage players to time moves accurately.</i></p>	2 / 3	1 ball	<ul style="list-style-type: none"> A1 needs to make a definite drive so that A2 can react to provide a second option. 	<ul style="list-style-type: none"> Add ball and F selects who to pass to. 	<p>To develop straight line play.</p> <p>Centre pass.</p> <p>Backline pass.</p>
A13		<p>W's use a variety of attacking moves</p> <ul style="list-style-type: none"> - straight lead - double lead - clearing moves <p>Player not receiving pass cuts back to become a straight line option and F drives to become a square pass option. Ball thrown to either, feeder chooses best option. 3rd pass goes to anyone providing it is straight or lateral.</p> <p><i>TIP: Ensure players anticipate where next option should be in relation to defenders.</i></p>	3	1 ball	<ul style="list-style-type: none"> All moves for the ball should be fast and definite. Players must aim to provide balanced options by reading and reacting off each others moves. 	<ul style="list-style-type: none"> Add 2 more players. Add defender. Add 2 defenders. Move ball up and down creating a variety of options. Set up court situations defence marking attackers. Move ball through court selecting best options. 	<p>To develop straight line play and re-offering through the court.</p> <p>Centre pass.</p> <p>Backline pass.</p>

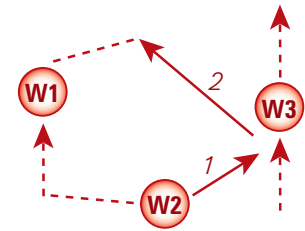
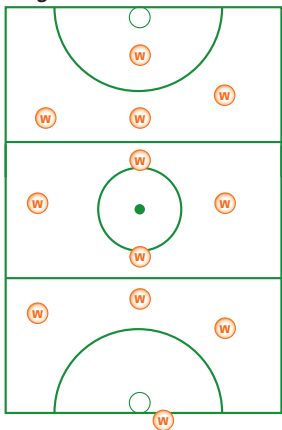
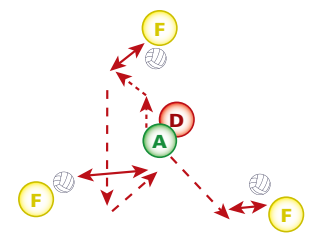
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A14		<p>W's use a variety of attacking moves</p> <ul style="list-style-type: none"> - straight lead - double lead - clearing moves <p>Player not receiving pass cuts back to become a straight line option and F drives to become a square pass option. Ball thrown to either, feeder chooses best option. 3rd pass goes to anyone providing it is straight or lateral.</p> <p><i>TIP: Ensure players anticipate where next option should be in relation to defenders.</i></p>	4 - 8	1 ball	<ul style="list-style-type: none"> • All moves for the ball should be fast and definite. • Players must aim to provide balanced options by reading and reacting off each others moves. 	<ul style="list-style-type: none"> • Add 2 more players. • Add defender. • Add 2 defenders. • Move ball up and down creating a variety of options. • Set up court situations with defence marking attack. • Move ball through court selecting best options. 	<p>To develop straight line play and re-offering through the court.</p> <p>Centre pass.</p> <p>Backline pass.</p>
A15	<p>Driving off the line to right and left</p> 	<p>Players drive over line avoiding markers to receive pass from feeder.</p> <p><i>TIP: Encourage strong and efficient foot-work off transverse line.</i></p>	2 - 6	Markers, 1 ball.	<ul style="list-style-type: none"> • Workers in balanced 'ready position' behind line. • Movement for the ball must be fast and definite. • Use arms to drive. • Head up watching feeder and ball at all times. • Vary type of movement off the line for the ball. 	<ul style="list-style-type: none"> • On line. • Off line. • Straight lead. • Diagonal lead. • Half roll/reverse pivot. • Change of direction before line. • After line. • Add defender. • Progress to half court. • Give and go. • Reading off each other. • Offset F. 	Centre pass.

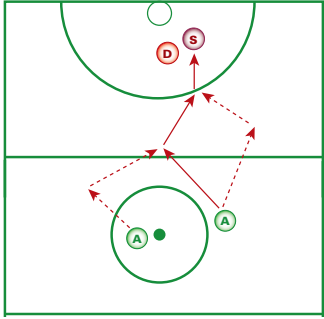
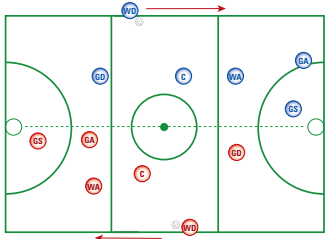
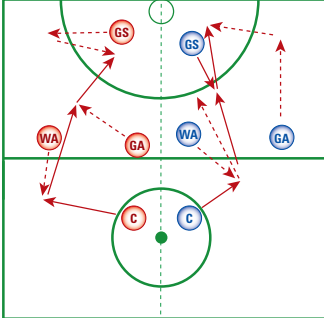
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A16		<p>WA drives out to cut back central to receive a pass from C.</p> <p>GA rolls out to drop towards circle for next pass.</p> <p>GS dodges to play back to post for 3rd pass.</p> <p><i>TIP: Ensure players turn fully to read what options are available.</i></p>	4	1 ball	<ul style="list-style-type: none"> GA reads off WA and GS reads off GS to time movement correctly. All movement must be executed with conviction and speed. Movement must be definite to enable back players to create balanced second options. 	<ul style="list-style-type: none"> The C should work with all four teammates for the centre pass, (GA, WA, GD, WD) to avoid overusing one player while adding variety to attacking plays. WA may use change of pace, change of direction, starting on line, off line, interchanging with GA. Vary start positions. 	Maximise opportunities to score goals from centre pass.
A17		<p>Players must work off the ball to ensure they are an option in the game.</p> <p>They will need to start in a position other than the one they are wanting to receive the ball in, unless they clear space to drive back into.</p> <p><i>TIP: Ensure if player not used they reposition and make themselves available for subsequent passes.</i></p>	6	1 ball	<ul style="list-style-type: none"> Players need to be aware of where the ball and their team mates are at all times. All movement must be executed with conviction and speed. Movement must be definite to enable other players to react and create balanced subsequent options. 		
A18	<p>Feed off both sides of body</p> 	<p>Players run and land at circle edge</p> <ul style="list-style-type: none"> - right left - left right - 2 footed <p>Work both sides.</p>	7	1 ball	<ul style="list-style-type: none"> Players must aim to land on the circle edge. Players must drive at speed, ensuring they are balanced and controlled when landing at the circle edge. W should watch the GS at all times. Avoid looking down at the circle line when landing. A player should know where the line is. This will take some practice. 	<ul style="list-style-type: none"> Fake without ball. Add ball. Add receiver. Add another receiver. Add defender. Fake to marked receiver feed unmarked. Add 2 defenders. Add coming off and driving back on to circle edge. Play from 3rd line. Half court. 	<p>Centre court players attacking the circle.</p> <p>Feeding the ball from circle edge.</p>

Skill/Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A19	Drive to circle edge to receive pass in balanced position 	Players run and land at circle edge - right left - left right - 2 footed Work both sides.	7	2 balls	<ul style="list-style-type: none"> Ball must be sent ahead of worker so they receive the ball landing at the circle edge. W should watch the GS at all times. Avoid looking down at the circle line when landing. A player should know where the line is without looking. This will take some practice. 	<ul style="list-style-type: none"> Fake without ball. Add ball. Add receiver. Add another receiver. Add defender. Fake to marked receiver feed unmarked. Add 2 defenders. Add coming off and driving back on to circle edge. Play from 3rd line. Half court. 	Centre court players attacking the circle. Feeding the ball from circle edge.
A20	Feed to front shooter Feed off both sides of body Feed back space of shooter 	Shooters move around spots. Feeders pass to shooters. Work both sides of body.	4	1 ball, spots.	<ul style="list-style-type: none"> Shooters use 'quick feet' to move round markers. Shooters to look at feeders at all times. Feeders to be aware of shooters' movements at all times. Feeders should be passing using dominant and non-dominant hand. 	<ul style="list-style-type: none"> Front feed. Feed moving shooters. Feed back space. Add defender. Add 2nd defender. Add F drives to circle edge and feeds. F's pass from 3rd line and once at circle edge, feed Add floating defender on F's. Take into half court game situation. 	Movement of shooters in circle.
A21	Attacking the circle edge 	Players work through the circuit.	2 - 6	Spots	<ul style="list-style-type: none"> Definite, sharp movements. Must be completed at speed. 	<ul style="list-style-type: none"> Add ball. Add passive defender. 	To develop the concept of offering and re-offering as a feeder around the circle edge. Centre, sideline and back passes.

Skill / Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A22		A drives out for pass from B. A passes back to B who has moved forward to support the pass. A cuts back for a straight line pass from B.	2	1 ball	<ul style="list-style-type: none"> Fast movement. Ball to be sent ahead of moving player. Move as soon as ball is released. 	<ul style="list-style-type: none"> Work both sides. Increase speed and efficiency of movements. 	<p>To develop the concept of offering and re-offering as a feeder around the circle edge.</p> <p>Centre, sideline and back passes.</p>
A23		Two attackers take ball from centre third to circle edge.	4 - 8	1 ball	<ul style="list-style-type: none"> Fast movement. Ball to be sent ahead of moving player. Move as soon as ball is released. Vary type of attacking move. Player must land on the circle edge. 	<ul style="list-style-type: none"> Add defender near circle edge. Add shooter in goal circle. Add another shooter outside circle with defender. Condition number of passes. Condition space ie. 1/2 full width. Overload defenders. Attackers move on and off circle edge. Develop from sideline. Develop from C pass. Develop from backline. 	
A24							

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
A25	Time moves 	<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 both ways. Turn in air both ways. Add "go" before release, and "yes" before receive. 	Back line pass.
A26		<p>1st player tosses ball to self and turns.</p> <p>Ball passed down line of players (facing same way) and back up opposite side.</p> <p><i>TIP: Encourage players to time moves from cues.</i></p>	4 - 7	4 balls	<ul style="list-style-type: none"> Player drives for the pass as the player in front is about to receive the ball. Player must not wait for player in front to turn ready to pass before making their move. 	<ul style="list-style-type: none"> Straight drive. Add "go" and "yes". Add interchange. Add preliminary move. Vary attacking moves. Vary passes. Vary timing e.g. one set release, two set release. 	
A27	Interchange 	<p>First two W's offer and ball is passed to one of them. The other player doubles back down court to receive the next pass.</p> <p>The next two players lead.</p> <p><i>TIP: Leads should be strong and definite.</i></p>	8	1 ball	<ul style="list-style-type: none"> W who does not receive the ball must quickly re-offer. This movement must be definite and at speed. Ensure two driving W do not move too soon for the ball. All players should attempt to balance the working area by reading off the players in front. 	<ul style="list-style-type: none"> Players start behind each other, front player leads first, back one leads other way. Players start anywhere, still have two players leading and one player doubling back. Players start anywhere, but two players lead for every pass not just every 2nd pass. 	<p>Bringing ball through court.</p> <p>Sideline/backline throw in Centre pass.</p>
A28		<p>Each player runs in to receive pass and move out.</p>	6 - 8	1 ball	<ul style="list-style-type: none"> Definite, fast movement into the working area. Ball to be sent ahead of moving player. Quick release before driving immediately out of the working area. Players outside working area time movement in for the ball. Vary passes. 	<ul style="list-style-type: none"> Widen working area. Number players 1 to 8. All players moving off the ball. Drive for the ball in turn. Add open hand/closed fist. If player runs in with closed fist the next player has to drive in for the ball. Must be 2 offers. Remove numbers. Players must instead read cues off each other. 	

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A29	Clearing 	<p>W2 starts with ball and passes to either W1 or W3 who are running straight.</p> <p>W2 clears behind non-receiving player who drives into the centre channel to receive the second pass.</p> <p><i>TIP: Encourage players to drive strongly to receive ball and clear quickly once they've passed.</i></p>	3	1 ball	<ul style="list-style-type: none"> Definite movement. Avoid getting in the way of each other. Quick release. Move as soon as ball is released. 	<ul style="list-style-type: none"> Reduce space. Vary pass. Vary timing. 	<p>Bringing ball through court.</p> <p>Backline pass.</p> <p>Centre pass.</p>
A30	Through court 	<p>4 players within each third. Players moving around area. Ball starts on backline. Each player receives pass in their third. Last receiver passes it into the next third.</p>	12	1 ball	<ul style="list-style-type: none"> Players constantly moving and re-offering for the ball. Aware of where other players are at all times. Movement to be definite. Vary type of attacking movement. Communicate to each other. Balance working area. 	<ul style="list-style-type: none"> Next ball passed in once first ball at opposite end. Vary type of pass. Vary attacking moves. Vary number of times players receive pass. Condition how and when ball moves on. Drip feed defenders. 	<p>Bringing ball through court.</p>
A31	Getting Free 	<p>Attacker moves to receive a pass from each feeder in turn.</p> <p>Feeder pass ball into space.</p> <p>Defender attempts to intercept.</p> <p><i>TIP: Encourage quick changes of direction and a variety of ways of getting free.</i></p>	5	3 balls	<ul style="list-style-type: none"> Attacker to make definite movements. Aim to outwit defender. Attacker must avoid repositioning behind defender. Remember this is a continuous practice. Vary attacking movement i.e. roll off, sprint, change of direction etc. 	<ul style="list-style-type: none"> Take specified number of passes in a random order. Add a second defender. Only 2 players to have a ball – attacker receives from feeder and gives back to a feeder without ball. Only 1 player with a ball, attacker to receive pass from one feeder and give back a different feeder. 	<p>Change direction using sharp angles.</p> <p>Attacker to keep moving.</p> <p>Catch/release the ball quickly.</p> <p>Feeder to pass ball in space away from the defender (can 'lead' attacker into space).</p>

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A32		<p>2 attackers pass ball to each other, working towards circle edge. At circle edge pass to the shooter, who moves to get free for the pass.</p> <p>Attackers to reposition round circle edge to create options for S to pass out.</p>	8+	1 ball	<ul style="list-style-type: none"> Ball sent ahead of moving player. Shooter must read movement of attackers to time her move correctly. Attackers must land on circle edge. Attackers aware of each other, shooter and defender at all times to ensure they are in the optimum position to feed. 	<ul style="list-style-type: none"> Add defender(s). Specify number of passes on circle edge before shooter can receive the ball. Ensure that centre court players move on and off of the circle edge and balance the court appropriately. Ball to be fed into shooter and then passed out of circle and back before a shot can be attempted. Specify a set number of times for this to happen. 	Movement of players in attacking third.
A33		<p>Split netball court in half, with one team working in each half as shown.</p> <p>WD to take sideline throw in. Ball worked to circle and a shot is attempted. Not all players need to receive pass.</p> <p>Move into space in relation to team mates and position of ball.</p> <p>Re-enforce attacking skills.</p>	12+	2 balls	<ul style="list-style-type: none"> Vary attacking movement. Players read off each other to move and re-offer for the ball, and clear the space. Look to optimise and create space by balancing working area. 	<ul style="list-style-type: none"> Add defender(s). Use whole width of court. Vary position of throw in. Specify number of consecutive goals to be scored. 	Sideline throw in.
A34		<p>Split netball court in half, with one team working in each half as shown.</p> <p>Centre to take centre pass. WA to receive first pass</p> <p>Work ball towards circle for one of shooters to take a shot.</p> <p>Attackers to use straight sprint or change of direction.</p> <p>Time moves so that receive ball at full pace.</p> <p>Work 4 groups on one court – restrict to half width of court.</p>	16+	1 ball per group	<ul style="list-style-type: none"> Vary attacking movement. Players read off each other to move and re-offer for the ball, and clear the space. Look to optimise and create space by balancing working area. 	<ul style="list-style-type: none"> GA to receive first pass. Use different methods to get free. Add defender(s). Use full width of court. 	Centre pass.