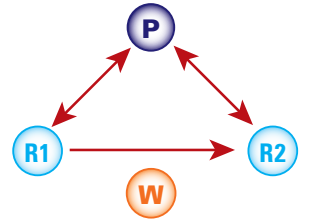

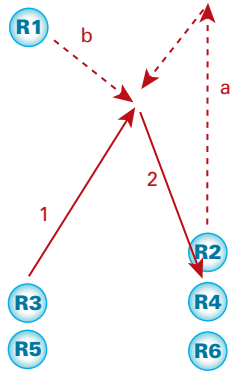
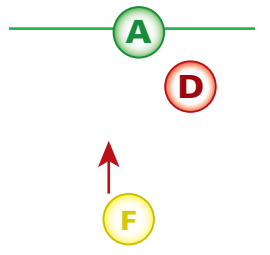
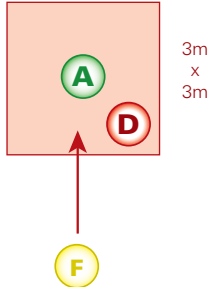
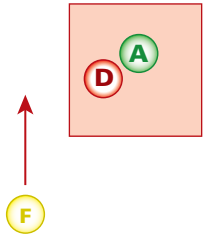
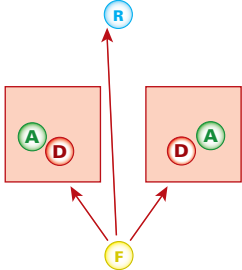
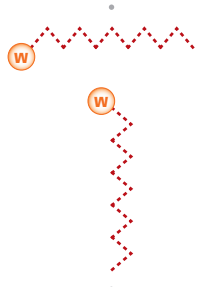


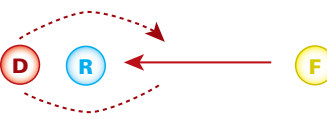
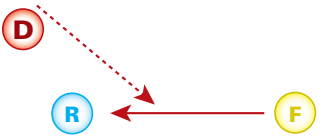
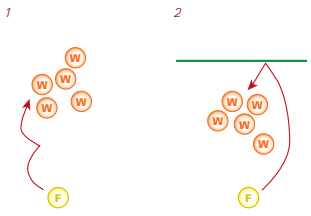
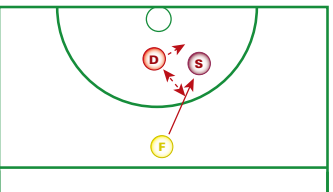
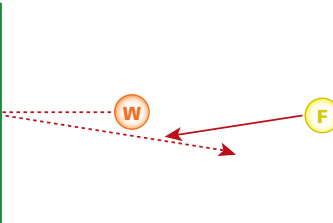

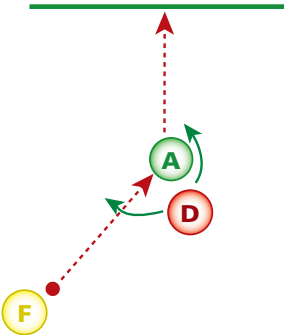
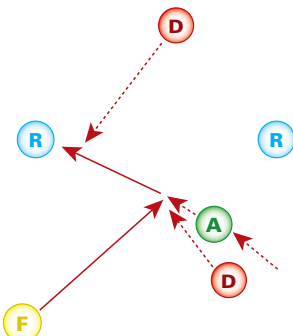


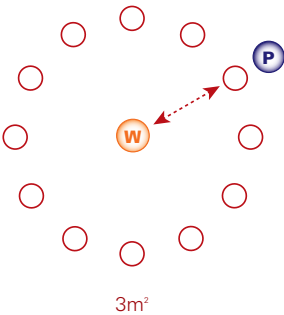
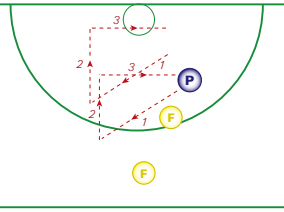
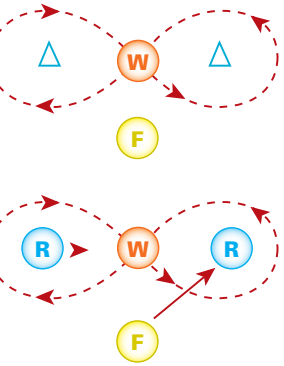
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>D1</p>	<p>Always watch your Hypnotist!</p> 	<p>The ball is passed between R1 and R2. P has to watch R2's eyes constantly whilst occasionally receiving a pass from R1 or R2.</p> <p>W looks into the eyes of the P opposite as well as watching the ball and the receivers either side.</p>	4	1 ball	<ul style="list-style-type: none"> Stand in a netball ready position with weight on the balls of the feet and shoulders back so you maintain a balanced position. Eyes look forwards but vision sees the ball out of the sides of the head. Place your hands ahead/ behind the ball to catch and release back accurately. 	<ul style="list-style-type: none"> If the task is too hard then reduce the angle of vision.  <ul style="list-style-type: none"> Throw the ball at different speeds and different heights. Soft passes means that the ball drops and is harder to catch. The pass should go past the worker at approximately chest height until they get used to using their peripheral vision. 	Peripheral vision. Watching the player and the ball. Useful skill in attack and defence. Watch everything!
<p>D2</p>	<p>Attacking the pathway of the ball</p> 	<p>Set up 2 lines of players as shown. R1 starts in the practice area anticipating the first pass to sprint on to. R3 starts with the ball, R2 makes a straight drive for the ball (a). The ball is sent to that player (1) as R1 drives onto the path of the ball and intercepts it (b). R1 then passes it to R4 (2). R3 then drives out to receive a pass while R2 drives to make an interception and passes to R5. Continuous practice. Players to join the back of the opposite line they started in.</p>	Up to 6 players per group.	1 ball (4 cones can be useful to make a rectangle).	<ul style="list-style-type: none"> Interception: Face the direction of run. Run onto the path of the ball. Catch with two hands. [Common mistake is to go with one hand and leap, so ending up moving sideways] Land clear of the intended catcher and in a balanced throwing position. 	<ul style="list-style-type: none"> This is a defending activity and so it is important that the defender has a chance to get the ball. Make sure all passes are flat chest passes to start with. The pass must be ahead of the attacker or it is very difficult to intercept. Use a variety of passes as the defender has to react, e.g. chest, bounce and lob. Use chest passes unless the defender moves too early, then use a different pass. 	Intercepting & catching.
<p>D3</p>		<p>Attacker can go left or right along the line laterally. The defender has to watch the player and the ball. Defender has to try to keep the attacker on the same side of her. Attacker tries to get the defender to turn their head or take their eye off the ball or the player.</p>		1 ball, lines.	<ul style="list-style-type: none"> Angled body position – able to step beyond the player to keep them one side or run out on an angle to intercept. Keep the attacker on one side, move your feet and keep your base narrow (feet under shoulders). Use peripheral vision. 	<ul style="list-style-type: none"> Add passes into the defender. Slowly at first and then faster. Speed of attacker can adapt to make the task easier or harder. If they are really struggling then start with walking. 	1 to 1 marking and creating interceptions.

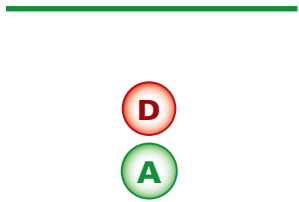
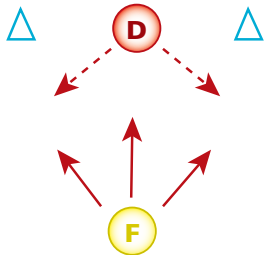
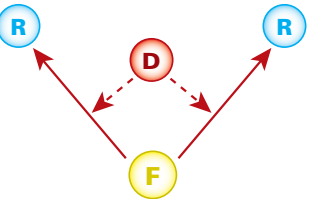
Skill/Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
D4	 <p>3m x 3m</p>	<p>Defender watches the player and the ball. Aim to keep the attacker one side by moving feet and body (keep feet under hips). Attacker tries to get the defender to turn their head or take their eye off the ball or the player.</p>	3	1 ball	<ul style="list-style-type: none"> Angled body position – able to step beyond the player to keep them one side or run out on an angle to intercept. Keep the attacker on one side, move your feet and keep your base narrow (feet under shoulders). Use peripheral vision. 	<ul style="list-style-type: none"> Just moving and watching. Walking. Feeding the ball to the attacker. Can start with slower feeds (loopy passes) and then get faster. 	1 to 1 marking and creating interceptions.
D5	 <p>3m²</p>	<p>F throws ball to herself and turns to give 3 seconds reference. D tries to keep A to one side and stop the straight line ball by angling her body to watch A and the ball. By angling her body the defender is forcing the diagonal ball, restricting the attacker's space and restricting the attacker to one side. The defender should attempt to intercept the pass between F and A.</p>	3	1 ball	<ul style="list-style-type: none"> Angled body position – able to step beyond the player to keep them one side or run out on an angle to intercept. Force the diagonal pass by being ball side. Keep the attacker on one side, move your feet and keep your base narrow (feet under shoulders). Use peripheral vision. 	<ul style="list-style-type: none"> Vary the start position, tight on, one step off and as far off as the defender can be whilst still keeping the player to one side and watching both the player and the ball. 	1 to 1 marking, off marking and creating interceptions.
D6	 <p>3m²</p>	<p>F throws the ball to herself and turns to give 3 seconds reference. F aims to give the ball to either A. If neither A is free F throws long ball to A. This long ball gives the defenders time to run and intercept. If an attacker receives the ball in the box they attempt a pass to R. The other defender can attempt to intercept this pass. Defenders are allowed to 'pounce' out of the box to intercept at any time but attackers must receive the ball in the box.</p>	6	1 ball, 8 – 10 cones.	<ul style="list-style-type: none"> Using peripheral vision, defenders have to watch their player and the ball as well as the other attacker and defender. When the ball is released, cut onto the path of the ball. 	<ul style="list-style-type: none"> Let the attackers roam out of their boxes but still have to receive within box. 	Trying to force a diagonal pass so defenders can get an interception.

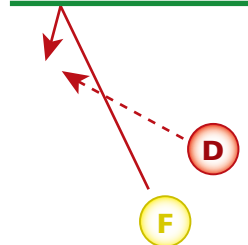
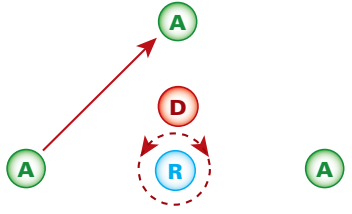
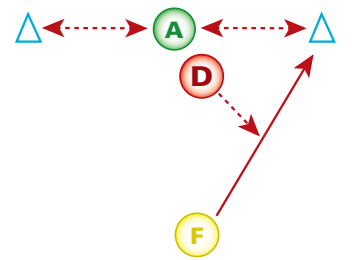
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
D7	<p>Front and back zig zag</p>  <p>Side to side zig zag</p> 	<p>Running step along the zig zag and either go back along the line or sprint back to the start. Grey dot is the direction of vision. If there is not ball then look at net of post to keep vision and posture upright.</p>	1	8+ cones	<ul style="list-style-type: none"> • Body faces the way that the players is running (toes and hips facing the direction of the run with arms pumping – a running step, not cross over or side steps) but the head and eyes should always sight the ball. Quick change of direction through feet under hips upright body position. 	<ul style="list-style-type: none"> • Add jumps at back corners, touch floor at front ones. • Have balls being fed in or agility balls being caught as anywhere, reacting to the situation. • Adapt distances between the zigs and zags so that it becomes an irregular pattern to avoid players running 3 steps & 3 steps etc  <p>Players use peripheral vision rather than looking directly at the ball.</p>	Movement when getting free and defending.
D8	<p>Drive onto ball, figure of 8</p> 	<p>D hovers behind R ready to move round R onto the path of the ball. D must avoid contact. D goes in with two hands to catch the ball. D must run onto the ball and not leap.</p>	3	1 ball	<ul style="list-style-type: none"> • Run as long as possible before pouncing onto the catch. 	<ul style="list-style-type: none"> • Front run round. • Reverse turn round. • Vary angle of entry to intercept, if they do not go for every pass then they can set up and run in at appropriate time. • Feeders vary the speed and timing of the passes. 	Intercepting and catching.
D9		<p>D sets up in a side position next to feeder (makes angle easier to achieve). F and R pass the ball between each other. D times movement to intercept pass, landing controlled before returning the pass (not tossing it) to F or R ready to go for the next interception. This should be a 'back and up' movement to intercept a high lofted ball.</p>	3	1 ball	<ul style="list-style-type: none"> • Run onto the path of the ball at an angle. • Go with two hands (to avoid contact and take the ball as far away from intended receiver as possible). • Land in a throwing stance. • Use peripheral vision to watch other players and the ball. • Run as long as possible before catching with two hands. • Catch the ball and take it as far away from other players as possible. 	<ul style="list-style-type: none"> • How far can the player be before they can no longer intercept? • Can they wait until the ball is in the air before they move? • Feeders start to fake the pass when the defender moves too soon or change the pass to overhead if they move too early. • Straight reactions and reactions off the wall. 	Intercepting.

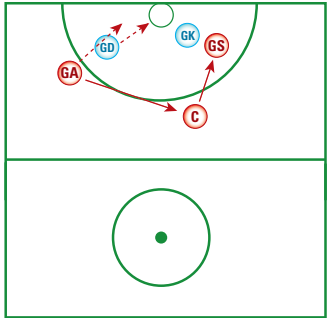
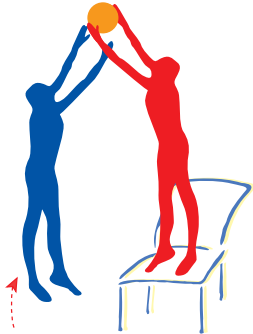
Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
D10	<p>Get the ball!</p> 	<p>1. One feeder faces a group of workers ('rabble feel'). F puts the ball up in air (can hit the floor like a bounce pass). Workers have to try to beat each other to get the ball and take it cleanly.</p> <p>2. As above but F throws ball against a wall. Workers attempt to gain the rebound.</p>	4 - 8	1 ball	<ul style="list-style-type: none"> Use peripheral vision to watch other players and the ball. Run onto the path of the ball. Run as long as possible before catching with two hands. Catch the ball and take it as far away from other players as possible. 	<ul style="list-style-type: none"> Straight reactions and reactions off the wall. 	Hungry for the ball in every situation.
D11	<p>Mark the shot and rebound</p> 	<p>F passes to S. D attempts to intercept. If D does not make an interception they must recover quickly and mark the shot. Both S and D go for the rebound. Ball is passed out to F to repeat practice.</p> <p><i>TIP: Encourage D to box out shooter when attempting to rebound the shot.</i></p>		1 ball	<ul style="list-style-type: none"> Weight on the balls of the feet and body in a ready position. Arms extended. 		Marking an attacker and marking the shot.
D12	<p>Pouncing</p> 	<p>The worker runs back to a line, watching the ball all of the time (running step), and then accelerates towards the feeder. F sends the ball. W has to catch the ball and carry it as far as they can towards F.</p> <p><i>TIP: This may look like a late take off but it should not be. W takes an extra step before catching the ball then carries the ball into the new space before landing.</i></p> <p><i>When developing this skill it might be that the player makes a few mistakes.</i></p>	2	1 ball	<ul style="list-style-type: none"> Running step, watch the ball but toes, and body face the direction of the run. Run as long as possible before catching with two hands. Catch the ball and take it as far as possible in the air before landing in a balanced position. 		Catching in attacking and defensive situations.

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>D13</p>	<p>On your knees</p> 	<p>A shooter is on their knees performing the normal shooting action and the defender sets up in a ready position and then pounces to tip/intercept the ball after it has left the shooter's hands, knocking it over their head to be retrieved.</p>	<p>2</p>	<p>1 ball, a post.</p>	<ul style="list-style-type: none"> Stand in a ready position with arms up. Jump and hit the ball when it has left the shooter's hand. Strike the ball and knock it over the shooter's head. Land in a balanced position away from the shooter and then run to collect the ball. 	<ul style="list-style-type: none"> Then the same activity from your feet. 	<p>Marking the shot.</p>
<p>D14</p>		<p>F throws to A who gets free as D tries to intercept. If D is unsuccessful they then recover into a three foot mark position. A then throws to wall.</p>	<p>2 & wall or 3</p>	<p>1 ball</p>	<ul style="list-style-type: none"> Hips back first then hands. Stand in a ready position. Arms extended to overload the side of the attacker with the ball. 	<ul style="list-style-type: none"> When completing the 3 foot mark, the defender overloads the dominant hand. 	<p>1 to 1 defending and assisting interceptions through 3 foot mark.</p>
<p>D15</p>		<p>F throws to moving A. D who is marking A, goes for interception. If unsuccessful retreats back into a 3 foot mark position. A then passes to one R. D should be dictating where the pass goes by their body position on their 3 foot mark. The other D attempts to make an interception.</p>	<p>6+</p>	<p>1 ball</p>	<ul style="list-style-type: none"> Defender when retreating: Keep body in an upright body position. Get in 3ft mark quickly through hips go back then hands up to 3ft mark. The first defender has to read off of the position of the 3 foot defender to see where the pass is most likely to go. 	<ul style="list-style-type: none"> Let the receivers walk or move. If the attacker is marked send a long ball over to the receivers. 	<p>1 to 1 defending and assisting interceptions through 3 foot mark.</p>

Skill/Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
D16	 <p>3m^r</p>	<p>Imagine clock face on floor. Worker starts in centre. Partner calls out number. Worker sprints to point & returns to centre.</p>	2's	1 ball, spots (to mark clock face).	<ul style="list-style-type: none"> • Ensure worker turns feet, hips and shoulders towards the direction that they are moving. • Sight ball at all times, encourage peripheral vision • Quick change of direction • Drive towards the ball and take with 2 hands. 	<ul style="list-style-type: none"> • Call two numbers – worker moves to both points before returning to centre. • As above – worker must move via centre point before moving to second point. • Introduce ball – random placement or at a set point. 	To encourage quick recovery after an attempt at interception.
D17	<p>Intercept and 'box out'</p> 	<p>Feeder holds out ball to be sighted at all times. Practise foot patterns. 1) Drive out at speed to intercept. 2) Turn hips to box out player to side line. 3) Turn and commit for interception.</p>	2/3's	1 ball, spots to mark angles of movement (optional).	<ul style="list-style-type: none"> • Ensure worker turns feet, hips and shoulders towards the direction that they are moving. • Sight ball at all times, encourage peripheral vision • Drive towards the ball and take with 2 hands. 	<ul style="list-style-type: none"> • Introduce ball and deliver at any point. • Work both sides. • Introduce attacking player. 	Intercepting, recovering and boxing out opponent. WD/GD defending on centre pass. GK defending GS and pushing player to edge of circle. <ul style="list-style-type: none"> • Centre pass situation. • Shooting circle.
D18		<p>Set up two cones (approx 4m apart). Worker moves in figure of 8 direction. Practice foot patterns to enable quick movement around player and peripheral vision.</p>	2's	1 ball, cones/spots.	<ul style="list-style-type: none"> • Ensure worker turns feet, hips and shoulders towards the direction that they are moving. • Sight ball at all times, encourage peripheral vision. • Check for timing of movement for interception. • Ensure movement is towards ball. • Avoid contact. 	<ul style="list-style-type: none"> • Introduce ball – pass at any time when worker is in front of cones. • Join with another two players who take the place of the cones. Worker drives to intercept pass. • Feeder lifts ball if defender moves in too early. 	Encourages driving towards the ball to intercept. Timing of interception.

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
D19		Set up 3 metres from wall. Attack with back to wall throws ball to herself, defence attempts to gain possession, retreats to 3ft mark to pressure pass/shot.	2's	1 ball	<ul style="list-style-type: none"> • Encourage defender to get whole body around attack on interception. • Small, fast steps. • Possibly use reverse hand. • Defence to recover to 3ft mark in one step. 	<ul style="list-style-type: none"> • Lean. • Jump. • Vary time of jump. • Progress – both players attempt to rebound off wall. 	To practice 3 ft marking.
D20	<p>Guard the wall</p> 	Set out two cones and decide on realistic height of goal. Defence tries to prevent ball from hitting the wall.	2's	1 ball, cones.	<ul style="list-style-type: none"> • Player to be on balls of feet. • Knees flexed. • Eyes on ball. • Move towards ball as soon as it leaves throwers hands. 	<ul style="list-style-type: none"> • Increase/ decrease area according to ability. • Thrower vary height and type of pass. 	To encourage concentration and focus on ball.
D21	<p>Pounce!</p> 	Set up in triangle formation. Feeder can pass to either receiver. Defence to pounce towards ball for interception.	4's	1 ball	<ul style="list-style-type: none"> • Player to be on balls of feet. • Knees flexed. • Eyes on ball, encourage peripheral vision. • Adjust spacing of players as necessary. • Encourage defender to pounce towards ball. 	<ul style="list-style-type: none"> • Defence can vary start position. • Feeder can vary speed of pass. 	To encourage players to move on to path of ball and to time interception.

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
D22	<p>Reaction</p> 	<p>Both players face wall. Feeder throws ball against wall. Defence catches ball at earliest point as it rebounds off wall.</p>	2's	1 ball	<ul style="list-style-type: none"> • Feeder to throw sympathetically at first until defence is able to judge speed of rebound off wall. • Player to be on balls of feet. • Knees flexed. • Pounce towards ball. • Eyes on ball, encourage peripheral vision. 	<ul style="list-style-type: none"> • Gradually move defence closer to wall so they have less time to react. • Feeder increases weight of pass and angle of rebound. • Feeder can call right or left to assist defence. 	<p>To develop reaction time and reaction to direction of ball.</p>
D23		<p>3 attacking players (static) pass ball until they are able to feed to Receiver. Defence must adjust their position so that they are always ball side.</p>	5's	1 ball	<ul style="list-style-type: none"> • Focus on ball at all times. • Constantly adjust body position. • On balls of feet, knees flexed. • Small steps. • Encourage peripheral vision. • Keep between receiver and ball. 	<ul style="list-style-type: none"> • Initially attacking players to hold ball for 2 seconds to allow defence time to adjust position. • Increase speed of pass. • Set number of passes to get ball to receiver. • Ball to be passed at any time. • Vary pass. • Attackers moving. • Add other defenders. 	<p>Gk defending GS in circle. To encourage constant movement around player.</p>
D24	<p>Tracking</p> 	<p>Attack moves between cones to receive pass from feeder. Defence to mark in front and attempt to intercept pass.</p>	3's	1 ball, cones.	<ul style="list-style-type: none"> • Player to be on balls of feet. • Knees flexed. • Small steps. • Eyes on ball and player. 	<ul style="list-style-type: none"> • Increase/decrease area according to ability of defence. • Feeder throws to herself and must pass within 3 seconds. • Defence to push attack to one side. 	<p>Marking in front 'one on one' Marking to the side.</p>

Skill /Ref	Task	Explanation and Tips	Number of players	Equipment	Coaching Points	Variations	Game related
<p>D25</p> 		<p>GA to start with ball, pass to centre and then to GS. GS to shoot for goal GD and GA to position under goal and compete for rebound. If GD successful, pass to GK or C to progress ball up court. If GA successful, they are to shoot and GK and GS to contest for rebound.</p>	10+	1 ball	<ul style="list-style-type: none"> Defenders alert and ready for rebound. If successful at gaining rebound, sight outlet pass quickly. Quick release of ball. 	<ul style="list-style-type: none"> Include different ways of defending the shot. Defenders to 'box out' for rebounds. 	Rebounding.
<p>D26</p> 		<p>Feeder to stand on a chair/bench and hold ball at arms length. Worker to jump and retrieve ball.</p>	2	1 ball, chair, bench.	<ul style="list-style-type: none"> Use 2 feet for take off. Use arms in jump to gain extra height. 	<ul style="list-style-type: none"> Feeder to toss ball and worker to jump to catch ball at full extension. 2 workers compete for ball. 	Rebounding.