



NETBALL ELITE
COACHING

**2 hr NET SET GO
PROGRAM**

**HINTERLAND
NETBALL ASSOCIATION**

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Coaching Notes

Need to cover in 1hr sessions:

Warm up
Agility/Movement
Footwork
Ballwork
Drill/Skills - progression
Matchplay

**Warm Up, Agility, Footwork and Ballwork can all be incorporated together to save time*

Net Set Go: Correct technique is most important and must be enforced to ensure the players can progress through each of the learning stages

Planning: Aim of the session – what skill is the focus
What are the important coaching points to convey to the players
Include the skill in the warm up/ballwork
 eg. Ball control: use the ball in the warm up
Design a drill that uses this skill
Progress the drill to include more skills/decision making/opposition
Set the skill up into a specific match situation

Communication: Explain/demonstrate drill/skill giving the aim of the drill and focus coaching points

Analyse: Error detect each of the players
Refer to the coaching points to identify areas for improvement and strengths

Feedback: Correct the errors using positive feedback – highlight the strengths
Don't just say what they are doing wrong – tell/show them how to do it correctly

Evaluate: Ask the players what their own strengths are and how they could do better. Give them the opportunity to try again to see if they can improve.
Can the drill be adapted to suit their skill level?

Net Set Go Skills

WARM UP

Warm up can incorporate Ball Control, Movement and Footwork – Relays/Games

BASIC SKILLS – TECHNIQUE

Footwork:

First step forward

Landing

Pivoting

Change of Direction

Dodging, forward/backward, backward/forward

Passing:

Shoulder pass

Chest pass

Lob

ATTACK

Leads:

Angles

Change of Direction

2 offers/Re-offering/ Space

Placement of Pass

DEFENCE

Contesting/Intercepting:

Starting position – feet, body, head

Hands over:

3 feet recovery after contesting

Hands over the ball

Blocking:

Dictate space to the attacker – force them away from the ball or to the sideline

GAMES

Passing/Shooting/Footwork:

2 groups race against each other to get the ball into the circle and score

Attack and Defence:

1 on 1 in a small space working the ball to the next 1 on 1 – progressing into the circle to score

NET SET GO PROGRAM

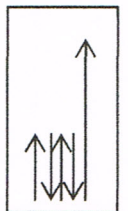
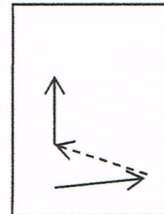
KEY: R: Receiver T: Thrower A: Attacker D: Defender W: Worker

WARM UP

Relays – ball in 2's or 3's – ball control
 Pairs across court Hi 5's
 Games – Running/Chasing
 Stretching – leg swings, trunk rotations

FOOTWORK Use cones, court lines or chalk to mark where to run to

- Short sprint – 1st step forward on take off
- Sprint on angle R, L, sprint forward
- Sprint on angle L, R, sprint forward
- Short shuttles – backwards running with head forward
 Fwd/bwd/fwd/bwd/sprints (L & R)



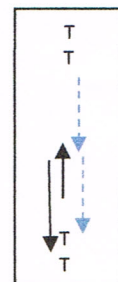
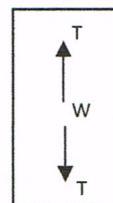
BALLWORK

Stationary: Technique
 Shoulder pass, chest pass, lob, bounce

- *Add competitions*

Movement: Footwork- Land/Pivot

3's or 4's with 1 ball – Land/Pivot/Turn and throw



ATTACKING

Angle of Lead

Start with 1 lead – Place cone where the attacker should run to

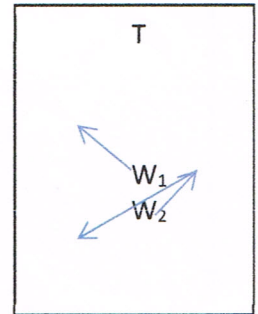
- Sessions can vary to work on different skills
 - ie. Placement of pass – players rotate through the Throwing position
 - Landing and outside pivot – coach throw

2 leads/Re-Offers

W₁/W₂ Lead out for ball

1 player receive the ball

The other player make another offer towards the ball – Front Cut



Extend: Add 1 Defender then 2 Defenders

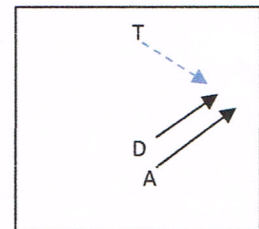
DEFENDING

Contesting

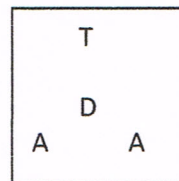
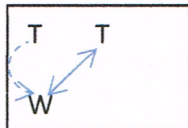
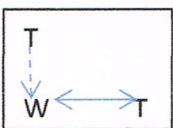
1 Attacker/1 Defender/1 Thrower

Attacker lead straight out for a ball (no dodging)

Defender run with the attacker and try to intercept the ball



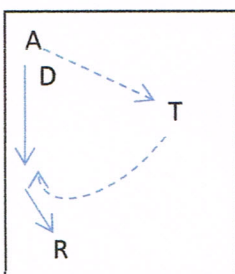
Ball drills – Intercepting



Touch T and back for the ball

D intercept pass
Don't leave too early

Blocking/Dictating

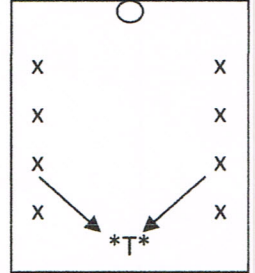


Force Attacker away from the thrower
and contest the pass

GAMES

Passing down the line – shoot

Groups of 8-10



Give each player in each line a number
 Thrower has 2 Balls and calls out a number
 The 2 players from each line with that number run up to get a ball
 The 2 players must then pass the ball to all other players in their line
 Working down towards the goal ring – ***Emphasis on accurate passing/footwork***
 Those 2 players then keep attempting to shoot until the first goal
 First goal scored gets a point for their team (line)

1 on 1 Attacking and Defending

Each attacker must receive 2 passes in each square
 before moving the ball onto the next square
 Attacker in the circle can shoot

Rotate attackers and defenders
 Change squares so all get the option to shoot

