



# PDP

## Year 7 & 8 Player Development Programme Resource



**NETBALL**  
NEW ZEALAND



Good goes in®

# Year 7 & 8 Player Development Programme (PDP)

## Play, Explore and Develop

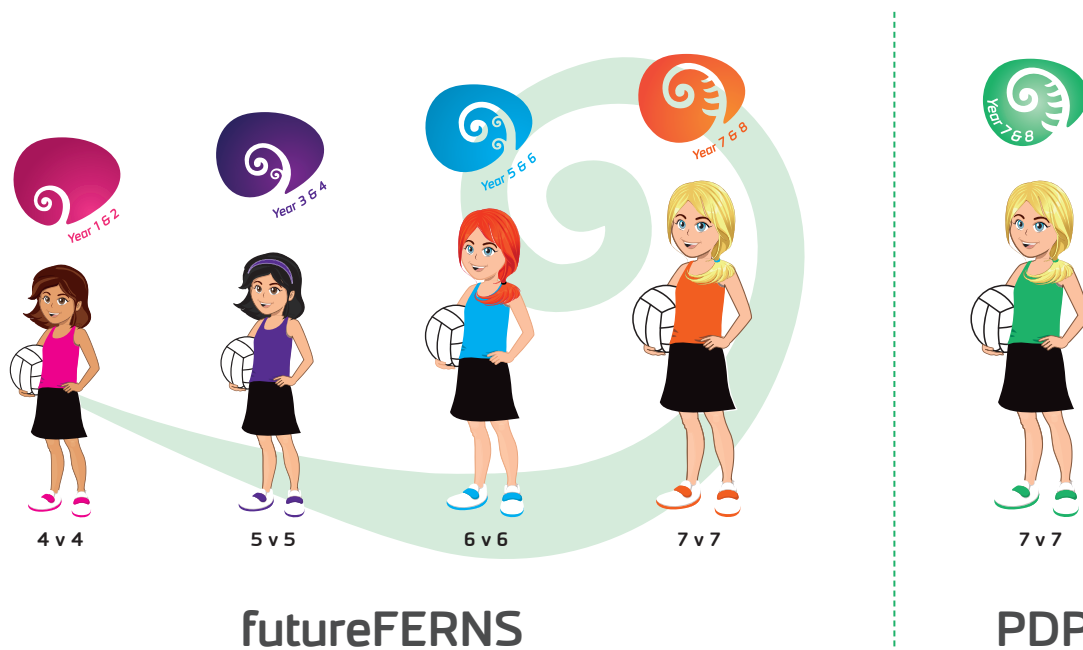
*futureFERNS is Netball New Zealand's (NNZ) official junior Netball programme for Year 1 to 8 children. As an extension to this programme, NNZ has developed the Year 7 & 8 Player Development Programme (PDP) designed to broaden the talent pool and inspire a lifelong love of Netball.*

Netball New Zealand revamped junior Netball after considering the findings from the Junior Netball Review, local and worldwide research, best practice methods used in other sports, membership statistics and feedback from pilot programmes run in Netball Centres throughout the country.

Children are not mini-adults and it is important to meet their needs, taking into consideration their physical, cognitive and social abilities as well as spiritual requirements.

The revamped junior Netball programme provides progressive development stages for players. The emphasis is on playing, exploring and developing both fundamental movement and basic Netball skills, as well as providing a game that grows with the players.

For Year 7 & 8 players, a PDP has been developed to replace the representative programme previously offered. The PDP provides more opportunities for players to develop and extend their technical, tactical and athlete development skills, while also encouraging a broader talent pool and continuing to engage players.



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# Year 7 & 8 PDP

## Purpose of the Year 7 & 8 PDP

*To provide more opportunities to a broader base of players, to further develop their skills and inspire a lifelong love of the game.*

The focus of the Year 7 & 8 player development programme is:

- To widen and improve the talent base through development opportunities.
- To create an environment for players that enhances their capability.
- To provide a programme that includes a wide range of technical and tactical development for players across all positions, as Year 7 and 8 is too early to specialise.
- To retain players in Netball.
- To facilitate deliberate play and to enhance intrinsic motivation.
- To provide players with the opportunities to continue to progress towards becoming the best that they can be.
- To implement a national approach for talent development.

## Length of the Programme

The programme is made to be delivered over six weeks or over a shorter period in a holiday programme.

### Six week programme – one session for five weeks, concluding with a Festival Day:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Session 1	Session 2	Session 3	Session 4	Session 5	Festival Day

### OR a three-day holiday programme example:

DAY 1	DAY 2	DAY 3
Session 1	Session 4	Festival Day
Session 2	Session 5	
Session 3	Team consolidation	

A Festival Day rounds out the programme allowing players to showcase their development and enjoy the experience of tournament play.



# Year 7 & 8 PDP

## Participation Criteria

Entry into this programme is open to any player interested, but in some cases may have to be capped due to Netball Centre resources.

Year 7 & 8 membership comprises 23,450 players currently, of which approximately 4% are selected annually for representative teams. NNZ wants to develop a greater base of competent Netball players to enhance its talent pool.

It is envisaged all players should have the opportunity to be involved in this programme.

## Programme Design

The programme structure is slightly different to the session plans provided in the Year 7 & 8 coaching resource to ensure variety and extension.

A strong emphasis should be placed on having FUN.

The programme includes:

- Physical skill and tactical development through multi-sport utilisation.
- Athlete development.
- Integrated neuromuscular development.
- Stage-specific strength activities.

The programme is theme-based with players in their first year of the programme participating in, developing and exploring SPACE.

The theme in the second year of the programme focuses on GAINING POSSESSION.

## Year 7 & 8 PDP Content

SPACE	GAINING POSSESSION
<b>Year 7 players</b>	<b>Year 8 players</b>
First year of the programme - composite Year 7 & 8 players	Second year of the programme - composite Year 7 & 8 players

The size of the Netball Centre/player registration numbers will determine which themes will be delivered in a season, e.g., a larger Netball Centre would deliver SPACE to Year 7 players and GAINING POSSESSION to Year 8 players, while a small Netball Centre might only muster 30 Year 7 & 8 players, so they would run the SPACE themed sessions.



*Each theme includes five session plans.*

Each session involves a specific section on integrated neuromuscular training (INT) and strength to support the development of physically capable, competent movers.

Sport injuries occur in young players for various reasons. A young athlete who specialises in one sport early and who plays a lot of that sport (high physical load), is prone to reducing their physical capability by restricting their physical competency to a narrow range of movement and sports skills. This combination increases injury risk.

Alternatively, a young child who habitually has a low activity level fails to develop fundamental movement skills, fitness and strength and may be prone to injury when they do undertake physical activity.

Bridging the gap, improving and diversifying fundamental movement skills and strength is an important part of a player development programme.

### ***Integrated Neuromuscular Training (INT)***

Integrative neuromuscular training is a supplemental training program that incorporates general (e.g., fundamental movements) and specific (e.g., exercises targeted to motor control deficits) strength and conditioning activities, such as resistance, dynamic stability, core focused strength, plyometrics and agility, that are designed to enhance health and skill-related components of physical fitness.

In many of the activities, the game is the focus, allowing players to learn and develop skills in a fun, challenging environment.

Athlete development (AD) will be further enhanced in the session plans with a focus on key elements such as fuelling performance, self-awareness, sleep and dealing with pressure.

The Festival Day will see all players placed in even teams of 7 or 8 players to participate in a mini tournament. The Festival Day could be run within a Netball Centre or with clustering neighbouring Netball Centres.

It is hoped that during the sessions parents will engage in the programme.

The programme will be provided to all Netball Centres in digital form via the Zone.

### Who will deliver the programme?

The coaches who deliver the programme will have completed their Foundation Coach or Community Coach Award (CCA1 or CCA2) or equivalent as minimum entry.

Netball Centres are encouraged to run a coach development programme alongside this programme and to apply to the Zone for ANZP and/or Beko players to attend the session, to coach or as role models.

*The coach to player ratio will be 1:10.*

### Session structure

*Each session will run for 1.5 hours.*

The sessions will include athlete development tools, elements of the NetballSmart Dynamic Warm-up, integrated neuromuscular training, technical and tactical development, strength activities and the NetballSmart Cool-down. Activities can be adapted as required to meet the needs of the players, making them more challenging or easier as required.

### Programme cost

Netball New Zealand acknowledges that there will be costs associated with the delivery of this programme and the need to make the programme accessible for everyone. Ideally, this programme would operate on a break-even basis. NNZ encourages Netball Centres to seek community sponsorship and/or submit funding applications to run this programme. NNZ will provide a letter of support if required for funders.

*Costs should not be a barrier to participation.*

# SPACE

*Netball is a game that is all about space. Attackers try to create space and defenders try to shut down space to pull in an intercept. The Netball court should be balanced at all times; therefore players need to be aware of themselves in space and understand where they are in relation to others on court. There needs to be enough room for all players to make effective drives into space. If a player is not making a run for a ball, then they should be creating space for someone else to use. Space is a critical component in Netball.*

**Creating Space**

**Passing to Space**

**Denying Space**

**Finding Space**

**Defending into Space**

# Space - Session Plan 1

## Creating Space

**Welcome/Introduction:** This session will focus on introducing self-awareness and then creating space. This is critical to decrease tension on the ball and increase passing options.

### NetballSmart Dynamic Warm-up (5 minutes)

#### 1. Jog to warm-up:

Teams face each other across the court. Jog towards each other (playing chicken), eyes up and looking at the person opposite. Avoid each other at the last minute. Ensure good form and stride length.

#### 2. Plant and cut:

Run at 80-90%. Run to the first cone, plant and cut off on an angle towards the opposite cone. Continue to 15m mark and then back (2 x 15m).

#### 3. Running forwards and backwards:

Coach calls out numbers, e.g., "5 and 2" (5 forward paces and 2 backwards); "10 and 3"... (2 x 15m)

### Integrated Neuromuscular Training (INT) (5 minutes)

1. Glider with a ball, 5 each leg. Holding the ball in hand, extend forward as seen in picture. Ensure good stability and control. **1**
2. Squat and knee tap. In a squat position, tap ball onto knee, bounce ball back up and catch ball. Rise from squat, repeat on other side (10 each leg).
3. Jump and turn 90° and land in a Stable Body Position (SBP). 5 in each direction x 2. **3**



## Creating Space:

### DODGE BALL

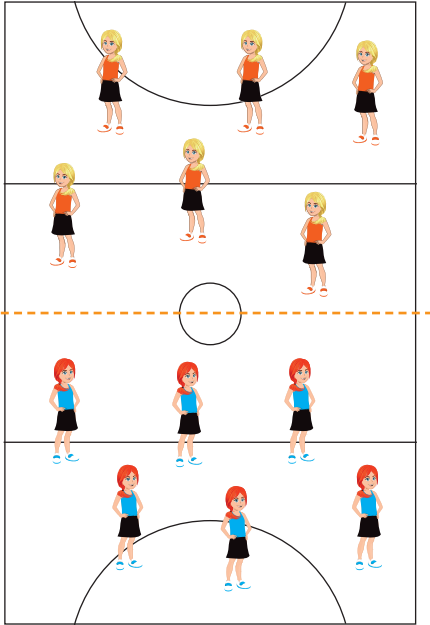
**Aim:** To eliminate all players of the opposing team by throwing one of three dodge balls.

#### SET UP

No. of players: 2 teams of equal size

Area: One or two-thirds of the Netball court

Equipment: Bibs, 2 netball or soft balls



#### HOW TO PLAY

- Players spread out in their designated half court.
- Each team starts with a ball.
- Once the balls have been thrown, it is a sprint to retrieve the ball and throw it back.
- A player is out, if they get hit below the hip, by a ball thrown by the opposite team.
- If you throw a ball that is caught by the opposition, you are also out.
- No player is allowed to cross the centre line.
- Players are expected to be honest and take themselves out when hit or caught.

### IN OR OUT

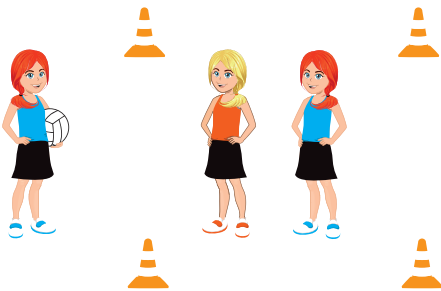
**Aim:** To practice using a variety of decisive movements to get free.

#### SET UP

No. of players: In groups of three

Area: Within one-third of the Netball court

Equipment: Bib, 1 ball and 4 cones/spots per group.



#### HOW TO PLAY

- Passer with the ball stands outside the cornered area.
- Attacker initially stands within the grid.
- Defender marks the Attacker.
- The Passer or Coach calls out where the Attacker needs to receive the ball, e.g., outside the grid.
- The Attacker then makes decisive movements to beat the Defender to receive the ball outside the grid.
- Other calls inside - start out, receive in; start at the front, receive outside; start in, receive out....
- Attacking players decide where to start and where to receive.
- Swap roles regularly.

## Strength - Core (5 minutes)

1. In the bench position, balance on one hand and roll ball backwards and forwards. Do 5 rolls each side x 2. **1**
2. Reverse plank walk. On back and rise up onto hands and feet and walk side ways to right x 5, back to left x 5. Repeat. **2**
3. Step forward onto one foot, drive foot up and arms above head (ball in hand ideally). Balance count of 3. Do 10 each side. **3**

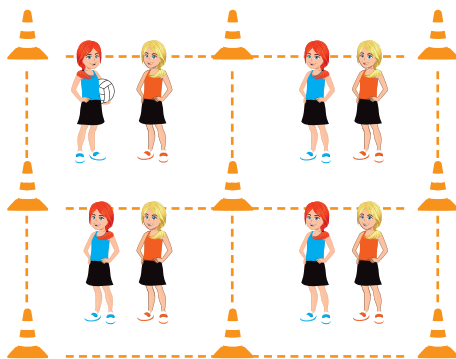


## 4 SQUARE

**Aim:** For the attacking team to generate space to receive the ball, without the other team intercepting it.

### SET UP

No. of players: In groups of 8 - two teams of 4  
 Area: One-third of the Netball court  
 Equipment: Bib, 1 ball, cones/spots.



### HOW TO PLAY

- One player from each team in each square.
- One player from each team plays Paper, Scissors, Rock to decide which team starts with the ball.
- The team with the ball tries to maintain possession for as long as possible, creating space within their confined area.
- Players can pass in any direction but can only work in their square.
- Keep a tally of how many passes and try to beat your opposition and your own score.
- The other team tries to intercept the ball or cause a turnover. If this occurs, possession changes.
- Progression
  - » Add in Dads and Mums as extra defensive posts (standing with arms up), making the attacking players work harder.

## Themed Game:

### 6 TOUCHES

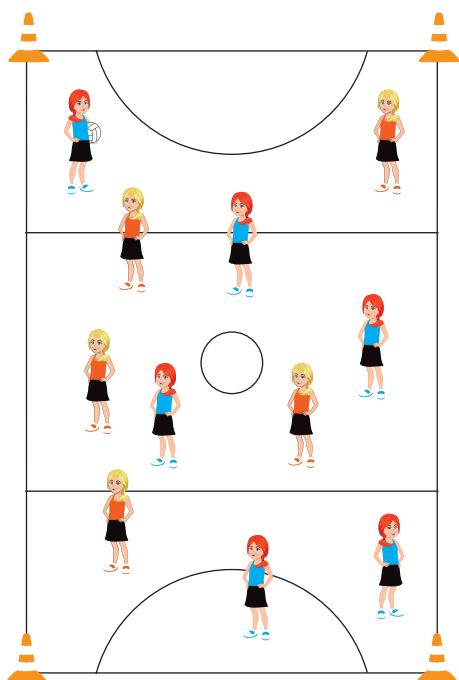
**Aim:** To score more points than the opposition by either crossing the goal line or making the most touches.

#### SET UP

No. of players: In groups of 10-12

Area: A Netball court

Equipment: Bib, 1 ball, cones/spots.



#### HOW TO PLAY

- Two even teams, one starts on attack and can run with the ball in hand.
- Play for six touches or until a goal is scored.
- The umpire/coach calls the touches, 'one', 'two'...then "six-change over" as they are made.
- If a goal is scored, possession changes.
- Once six touches are made, possession changes over.
- At change over, opposition must stand 3 metres back.
- Players focus on generating space to receive the ball.
- Progression
  - » Give each team 2 minutes to see how many points they can make.
  - » Instead of running across the line, replace with score a goal. But teams will have to shoot quickly as they can still be touched.



## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 – 20 seconds and do 3 stretches each side.



### *Athlete Development (AD) activity:* **Self-Awareness**

Better people generally result in better teams. Self-awareness is the extent to which you know yourself. How well you know your strengths and weaknesses; what stresses you, your personality traits, what you like and dislike and how these behaviours can impact on others. On a sheet of paper or in your notebook draw a Netball with 5 to 6 panels.

- In the first panel, list all the significant people who play a role in your life.
- In the second panel, name all your favourite places.
- In the third panel, list the reasons why you play Netball.
- In the fourth panel, write down what makes you special.
- In the fifth panel, consider how you would like others to perceive you.

Once players have completed this task, encourage them to keep developing their self-awareness as the programme continues.

**Recap/Reflect on the session** – Ask the players to stand in a circle passing a ball around and encourage the player with the ball to say something about the session e.g., what they liked, something they learnt, what their favourite activity was, anything they think could be improved, did the session meet/exceed expectations or, if not, what changes are needed.

### Passing to Space

**Welcome/Introduction:** Today we continue with our SPACE theme - Passing To Space.

*In groups, discuss why this is important? How do we adapt to different players? How can we change the speed of the ball? What others factors will affect the delivery?*

### NetballSmart Dynamic Warm-up (5 minutes)

#### 1. Jog anywhere, heads up.

Coach holds up coloured cards and players call out the colour of the card. (Run for 2 mins)

#### 2. Butt kicks and skipping.

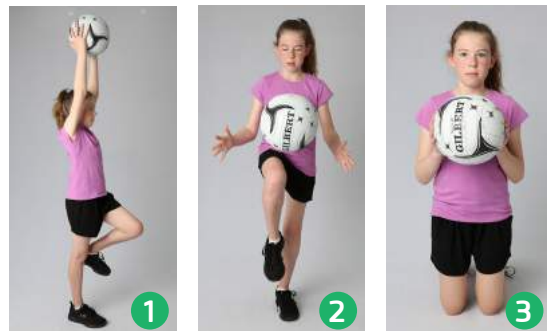
Butt kick to the first cone (kicking feet up to butt), skip to next cone, butt kick to the third. Continue to 15m and return. Do this twice with cones every 3 metres. Refer to full NetballSmart Dynamic Warm-up for placement of cones.

#### 3. Jump and turn 90° or 180°.

Players must land in a stable body position (SBP). 5 each direction

### Integrated Neuromuscular Training (INT) (5 minutes)

1. In pairs, single leg balance on one leg and shoulder press ball above, throw to partner. Complete 5 each side x 2. **1**
2. Single leg balance on one leg with knee bent up and drop ball onto knee and catch. Complete 5 each side x 2. Maintain balance. **2**
3. Kneel on ground, throw ball up in air and get up off ground and catch ball before ball hits the ground. Complete 10 times. **3**



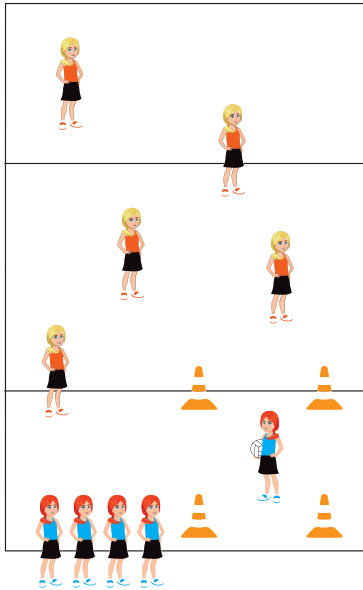
## Passing to Space:

### SPACE BALL

**Aim:** To focus on pass placement into the space to enable a player to run as many bases as possible.

#### SET UP

No. of players: 10-14 players per court  
 Area: A Netball court  
 Equipment: Variety of balls, 4 cones.



#### HOW TO PLAY

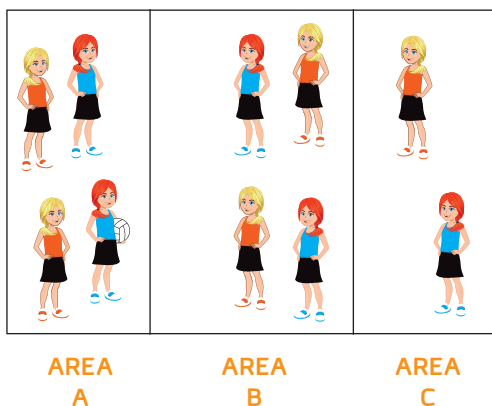
- Two even teams, a batting and a fielding team.
- First batter up chooses what type of ball to use, and throws the ball into a space that will allow the team to run the most bases.
- The fielding team needs to retrieve the ball and then pass into the space to each team member before they can call stop.
- Then the next batter throws the ball to space and the batting team are off again.
- Once all members of the batting team have had a turn and all runs are tallied, the teams swap roles.

### CHOICE BALL

**Aim:** To focus on pass selection to maintain possession of the ball and score the most points in a set time.

#### SET UP

No. of players: 10-12 players  
 Area: One-third of the Netball Court  
 Equipment: 1 ball, bibs, cones



#### HOW TO PLAY

- Divide the area in three – areas A, B and C.
- The attacking team is awarded points for each pass passed from area A to B (1 point) and A to C (5 points) but not from area B to A or B to C or C to B.
- Each team decides how many players it will have in each area.
- The attacking team starts with the ball in area A. They have 1 minute to score as many points as they can.
- If the defensive team intercepts the ball, the intercepting player places the ball on the ground immediately.
- The players or coach/manager keep a tally of the points.
- After 1 minute, allow the other team a turn to try and beat the score.
- Progression
  - » Once both teams have had a turn, allow the teams 1 or 2 minutes to decide on a game plan to beat their last scores and discuss pass selection and delivery.
  - » Repeat the activity.

## Strength - Upper Body - 5 minutes

1. Bench or kneeling press ups. Complete 5 x 3. **1**
2. Sitting on ground in pairs (next to each other). One throws ball as far as they can while the other jumps up and chases and gets the ball as quickly as possible. Complete 5 each x 2. **2**
3. Overhead squat. Hold ball over head and squat x 20 x 2. **3**

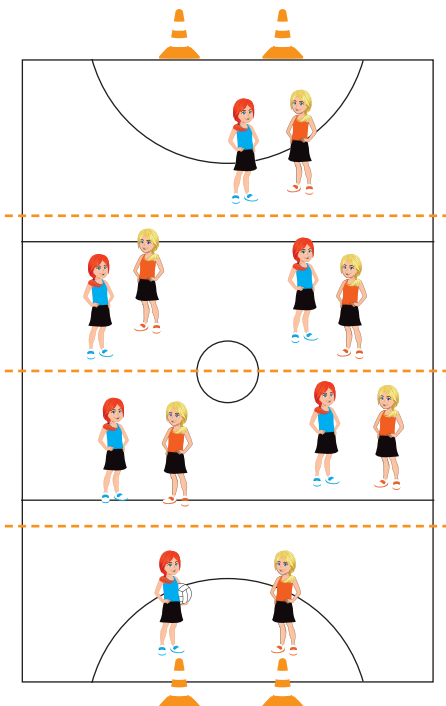


## END TO END

**Aim:** To use precision passing to space to beat the defenders and enable the ball to travel from end to end.

### SET UP

No. of players: 10-12 players per court  
 Area: A Netball court divided into 4 quarters  
 Equipment: Variety of balls, 4 cones.



### HOW TO PLAY

- Court is divided into four zones.
- In the goal scoring zones there is only one member from each team. In the other zones there are 2 members of each team.
- The ball must be touched in each zone.
- Netball rules apply.
- Defending team try to turnover possession.
- Once a goal is scored, the attacking team all rotate one spot.
- The defenders team then starts with a back line throw-in once all attackers have moved.

## Themed Game:

### KORFBALL BALL

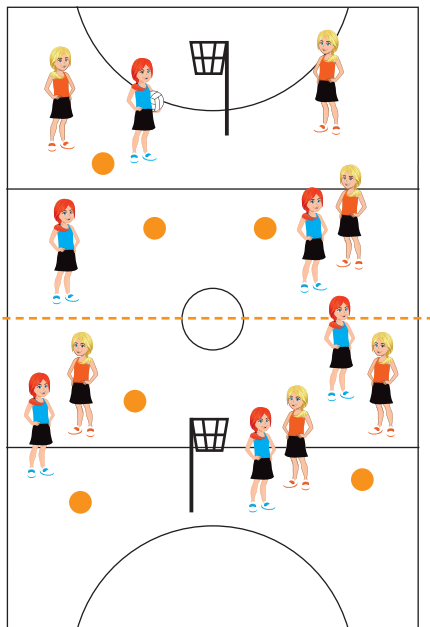
**Aim:** To score more points than your opposition through the appropriate selection, execution and placement of pass.

#### SET UP

No. of players: 12 players

Area: A Netball Court

Equipment: 1 ball, bibs, 2 x Korfball posts or portable goalposts, spots.



#### HOW TO PLAY

- Place portable goalposts or korfball posts at the top of each goal circle.
- Three players from each team are allowed in each half.
- The game starts at half way and the attackers pass the ball towards their goal and can shoot from anywhere around the goal to score.
- An attacking player may not shoot if they are being defended. This will ensure that the ball is passed into space and is released quickly.
- Once two goals have been scored, the players change zones.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



## Athlete Development (AD) activity: Values

A wide variety of values cards are placed on the ground. The players move around the area and consider the values, choosing one or two that resonate with them.

For the values each player chooses, the players need to picture what their behaviour looks like and if they are living the value at school or on the court, e.g., Respectful - cares for others and thanks coach/teacher at the end of each session, listens when others are speaking.

**Recap/Reflect on the session** - pair the players up and encourage them to discuss with each their thoughts about today's session. Share ideas to the whole group.

## Denying Space

**Welcome/Introduction:** It isn't always possible to intercept the pass, but if you can deny the pass or restrict the space your attacking player has to receive the ball, you are effectively helping your team. Whilst on court, think about passing options and you can either con the opposition into thinking that passing to your opposing player is an option and you take the intercept, or you shut that passing option down by changing position on the attacker.

### NetballSmart Dynamic Warm-up (5 minutes)

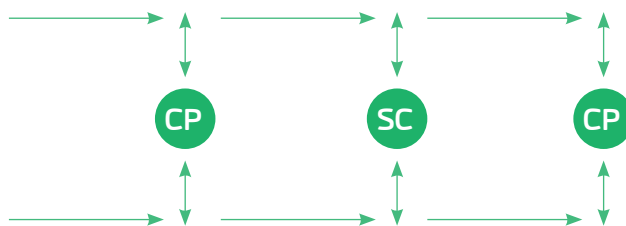
#### 1. Jog and stop:

Running anywhere on half of court. Coach blows whistle and athlete stops double foot or 1-2 foot stopping.

Eyes up and watching coach - coach throws ball into players at any time, continue for 2 mins.

#### 2. Combine circling partner (CP) and shoulder contact (SC):

Repeat half court and back with cones placed every 3 metres (refer to full NetballSmart Dynamic Warm-up).



#### 3. Hip out:

Using ball going into opposite direction to hip movement.

Walk 3 steps and do hip out and ball out. Complete 5 each side.

Ensure belly button is facing straight ahead as arms and hips move.



## Integrated Neuromuscular Training (INT) (5 minutes)

1. Squat jump and land in SBP on 2 feet or one foot. Complete 10 jumps, 5 on each side. **1**
2. Jump lateral off 2 feet and land onto one leg, SBP. 5 each side. **2**
3. Diagonal squat chop with ball. Complete 10 each side. **3**



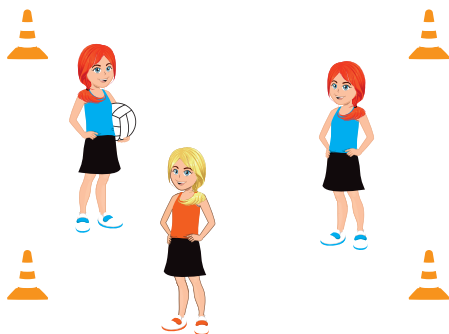
## Denying Space:

### BASE RUNNER

**Aim:** To try and stop the base runner from reaching the base.

#### SET UP

No. of players: In groups of three  
 Area: One-third of the Netball court - half width  
 Equipment: Bib, 1 ball and 4 cones/spots per group.



#### HOW TO PLAY

- One of the defenders starts with the ball.
- Attacker initially stands within the grid.
- Defenders can change position but not when they have the ball in hand.
- Defenders pass the ball quickly to one another aiming to tag the attacker - must not throw the ball.
- The attacker focuses on moving into a space trying to reach either end, without getting tagged.
- When tagged, one of the defenders becomes the attacker.



## RESTRICT OR CON

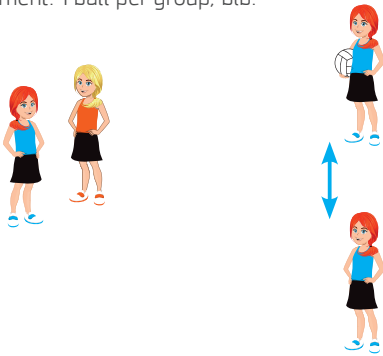
**Aim:** To work hard on 1st phase defence, either restricting the pass or taking the intercept.

### SET UP

No. of players: In groups of 4

Area: Within one-third of the Netball court

Equipment: 1 ball per group, bib.

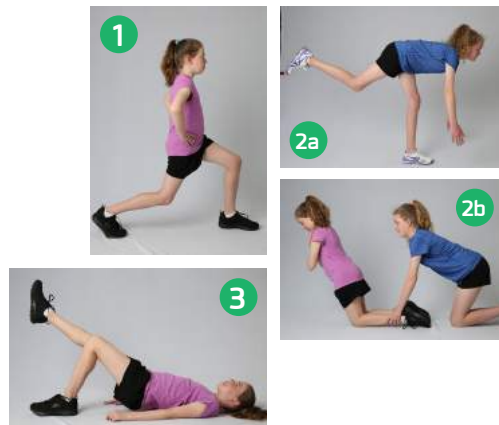


### HOW TO PLAY

- Two passers pass continually between each other until the attacker is free on the straight, as per arrow on the diagram.
- The attacker uses a dodge to beat the defender to receive the pass on the straight line.
- The defender works hard on 1st phase defence to shut the straight line pass down or con the pass, to take the intercept.
- Swap roles regularly.
- Progression
  - » Add another defender and two more passers at the other end. Can intercept any pass. Defenders practice marking to push the Attacker into the line of the other defender.

## Strength - Lower Body (5 minutes)

1. Lunges around the clock x 4. Do x 2 each side. **1**
2. Russian deadlift (RDL) **2a** or Nordic hamstring **2b** as in NetballSmart Dynamic Warm-up x 5 each leg or 5 Nordic hamstring.
3. Single leg bridging x 10 each side x 2. **3**



### 3 ON 3

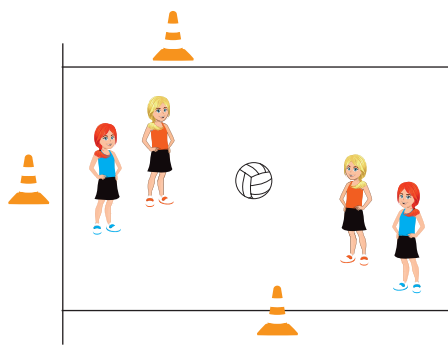
**Aim:** To work hard on 1st phase defence, either restricting the pass or taking the intercept.

#### SET UP

No. of players: In groups of 4

Area: Within one-third of the Netball court

Equipment: 1 ball per group, bibs, 3 cones.



#### HOW TO PLAY

- Game starts with a loose ball in the middle of the space.
- Team that gains possession is on attack.
- Attackers must pass the ball between each other trying to touch any 2 of the 3 cones to score 1 point.
- First team to 5 points wins.
- Defenders work one-on-one to create turnovers. If they gain possession, they are on attack.
- Progression
  - » Call the number of the cone the attackers must work towards.

### Themed Game:

### 5-POINT PLAYER

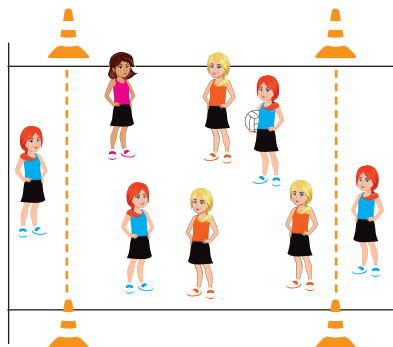
**Aim:** To develop the defender's ability to read the play and anticipate the pass, to enable the defender to intercept the ball.

#### SET UP

No. of players: In groups of eight

Area: One-third of the Netball court

Equipment: Bib, 1 ball and 4 cones/spots per group.



#### HOW TO PLAY

- Create an end zone that only one attacking player can use.
- Place a bib on one player, who becomes the five-point player.
- Attackers score points by passing to each other = 1 point. They earn a bonus point if they pass from end zone to end zone. If they can get a pass to the 5-point player, they get 5 points.
- Defenders try to work together to create and take intercepts, whereby 3 points are deducted.
- The attackers have 45 seconds to accumulate as many points as possible.
- If the defenders intercept the ball, they then place the ball on the ground and the attackers continue.
- Swap roles when time is up.
- Provide the players time to discuss what is working, what they could change and how they can work together to create more intercepting opportunities.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 – 20 seconds and do 3 stretches each side.



### *Athlete Development (AD) activity:* **Fuelling your Performance**

Just as a car runs best with a full tank of fuel, your body needs the right kind of fuel from food to perform at its best. A balance of carbohydrates, protein, fats, minerals, vitamins and water will ensure peak performance. Discuss the importance of pre and post-exercise nutrition.

You may choose to provide the players with a smoothie or a smoothie recipe which is ideal for post-exercise recovery.

**Recap/Reflect on the session** – in small groups of 5 or 6 players, encourage the players to use a few words or a lyric from a song to recap what they learnt, enjoyed or didn't understand from the session day. They might be able to string lyrics together or be as creative as they can be.

## Finding Space

**Welcome/Introduction:** Finding space to move into and creating space for others is an important skill in Netball. Sharp and definitive decisions and movement creates space on a Netball court. Move with purpose into space to receive a ball or with purpose away to create space for your team mate.

### Warm-up (5 minutes)

#### 1. Jog to warm-up within one third.

Players aware of their surroundings and players in vicinity. Aim to be a distance away from your fellow players. Coach blows whistle. Players stop and spin around like windmills – the aim is not to be able to touch another player. Repeat 3 times.

#### 2. Prop, prop and stick –

Prop from one foot to another and then “stick” landing for 2 seconds in a stable body position. 2 x 15 metres, as in NetballSmart Dynamic Warm-up.

#### 3. In pairs, play follow the leader (skipping, running, side slipping, running backwards).

Whistle blows and pair run in opposite directions to space until whistle blows again. Repeat for 2-3 minutes. On second whistle, land 2 feet or a 1-2 foot landing. Repeat 4 times.

### Integrated Neuromuscular Training (INT) (5 minutes)

1. In pairs. Overhead squats and rise. On rise and throw ball to pair. Complete 10 each. **1**
2. Sitting on ground throw ball up into air and get up, chase ball and catch before ball hits the ground. Complete 10 times. **2**
3. Throw ball into air, jump and turn 90° and land in SBP. Complete 5 in each direction x 2. **3**



## Finding Space:

### LINE BALL

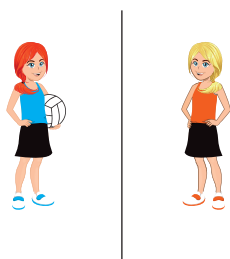
**Aim:** To develop availability to place the ball into space and understand the capability of your team mates - how far can you extend them and become aware of how far you can extend yourself.

#### SET UP

No. of players: In pairs

Area: 5 x 5 metres

Equipment: A line and a ball



#### HOW TO PLAY

- Bounce the ball into space across the line for your partner to retrieve.
- Partner tries to collect the ball after the first bounce.
- More than one bounce means a point to the opponent.

### TAG OR AVOID

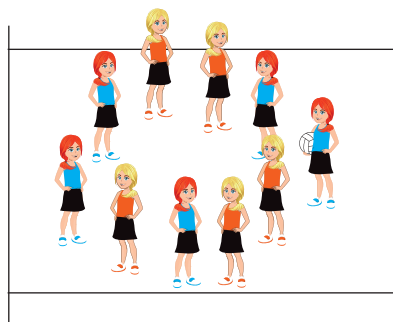
**Aim:** To avoid being tagged by the opposition by finding space.

#### SET UP

No. of players: Two even teams

Area: One-third of the Netball court

Equipment: A ball.



#### HOW TO PLAY

- Two teams: Taggers and Avoiders
- Team with the ball, Taggers, pass the ball around and try to tag the opposition, Avoiders.
- Taggers can't run with the ball, but pass the ball quickly and a player with the ball in hand tags the Avoider.
- When an Avoider is tagged, they become a Tagger.
- Once all players are tagged, teams swap roles.

## Strength - Core (5 minutes)

1. The bench and figure 8 roll of ball around hands. Right x 5, left x 5. Repeat. Bend knee to chest and ball under thigh. Bend forward and move ball behind thigh. **1**
2. Figure of 8 in standing. Complete 10 each side. **2**
3. Sideways bench (Stage ii) as in NetballSmart Dynamic Warm-up. Raise and lower hips. On elbow or hands and legs straight out, raise and lower hips. Complete 10 each side. **3**

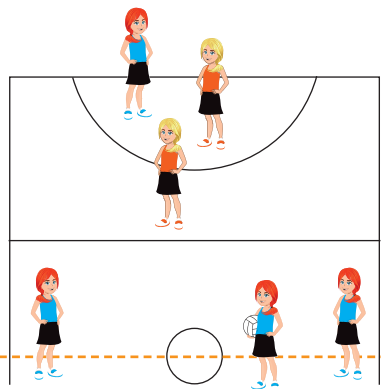


## TRIANGLES

**Aim:** To use triangles to open up space.

### SET UP

No. of players: In groups of 10-12  
 Area: Half a Netball court  
 Equipment: Bib, 1 ball.



### HOW TO PLAY

- One attacker and one defender inside the goal circle plus one defender outside the goal circle who can also go inside the circle.
- The other players line up in three lines at half way.
- The first three players bring the ball down towards the circle edge, pass then run to space.
- Players must pass a triangle before the shot goes up.
- Defenders are looking for intercepts.
- Progression
  - » Add more defenders.

## Themed Game:

### FOOTBALL

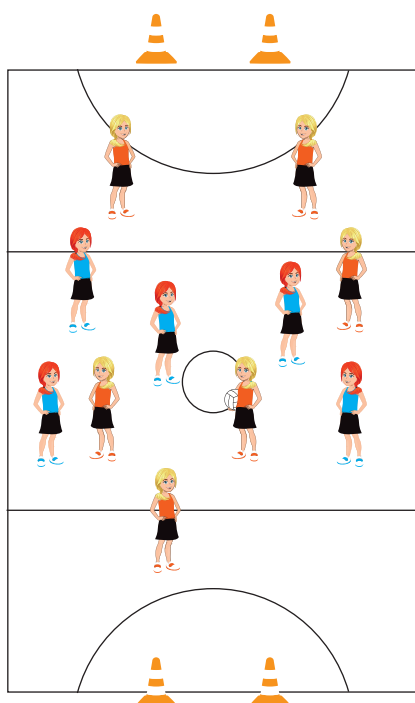
**Aim:** To develop the ability to find and pass to space.

#### SET UP

No. of players: Two teams of 5

Area: A Netball court

Equipment: Bib, 1 ball and 4 cones/spots per group.



#### HOW TO PLAY

- Divide players into teams of 5 and allocate each team their scoring end.
- All players start in the centre third.
- A designated player throws the ball into the centre third and for the player who gets to the ball first, their team is on attack.
- The teams use their football skills to pass to space and maneuver the ball towards their goal.
- If they are successful in scoring a goal, they quickly retrieve the ball and take a back line throw-in playing Netball now and playing towards to the other end to score.
- If a turnover occurs, play reverts back to football.
- A team need to score a football goal before they get to play Netball and score at the other end.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



## Athlete Development (AD) activity: Sleep

Sleep is one of the body's most important biological functions helping to improve performance, cognition, learning, development and mental and physical health. Adolescents need to get 9-9.5 hours of sleep a night. Discuss with the players how to develop good habits for improving their quantity and quality of sleep.

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during holidays.
- Set a bedtime that is early enough for you to get at least 9 hours of sleep.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet, this encourages sleep.
- Avoid consuming caffeine (coffee, energy drink coca cola) in the late afternoon or evening.
- Reduce your fluid intake before bedtime.

**Recap/Reflect on today's session** by placing some emoji's on the wall or floor with happy, frustrated, ok etc. faces and get the players to move to the emoji that best reflects their thoughts on today's session. Encourage some of the players to share their thoughts and reasoning.



### Defending into Space

**Welcome/Introduction:** The New Zealand style of play is famous for defending the space, whereas the Australian defensive structure is predominately one-on-one. Defending the space provides players with a tool to intercept the pass. Cover the short and go for the long is a well-known saying for players but encourage the players to think about why they should cover the short option, to enhance their decision making. Vision, quick feet and sharp decision making are critical elements.

#### NetballSmart Dynamic Warm-up (5 minutes)

**1. Jog to warm-up anywhere, head up and coach throws balls into the mix.**

Players hunt the ball. Repeat for 2-3 minutes.

**2. In pairs, facing each other standing on outer edge lines. Run towards each other, meet in middle, circle each other and run to opposite sides of the court.**

Repeat, meet in middle and jump and shoulder contact. Repeat x 3. Refer to NetballSmart Dynamic Warm-up.

**3. Prop, prop and stick**

Prop from one foot to another and then "stick" landing for 2 seconds in a stable body position. 2 x 15 metres.

**4. In pairs, play follow the leader (skipping, running, side slipping, running backwards), mimic partner.**

Whistle blows, players do a 1-2 foot landing, jump in air, turn 90°. Repeat for 2-3 mins.

#### Integrated Neuromuscular Training (INT) (5 minutes)

1. Sitting on ground throw ball up into air and get up, chase ball and catch before ball hits the ground. Do 10 times. **1**
2. High diagonal chops x 10 each side. **2**
3. Jump laterally off 2 feet and land on one foot and stabilise. 5 each side. **3**



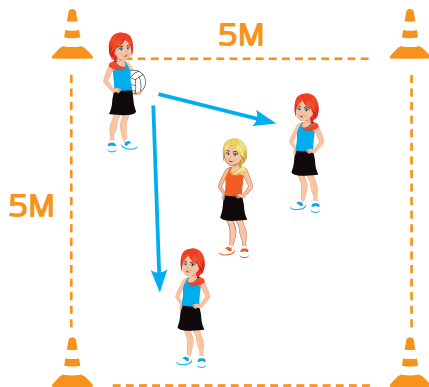
## Defending Space:

### COVER THE SHORT, GO FOR THE LONG

**Aim:** To develop the ability to cover one option, but have awareness of another option that you are looking to intercept.

#### SET UP

No. of players: In groups of 4  
Area: 5 x 5 metres  
Equipment: A ball.



#### HOW TO PLAY

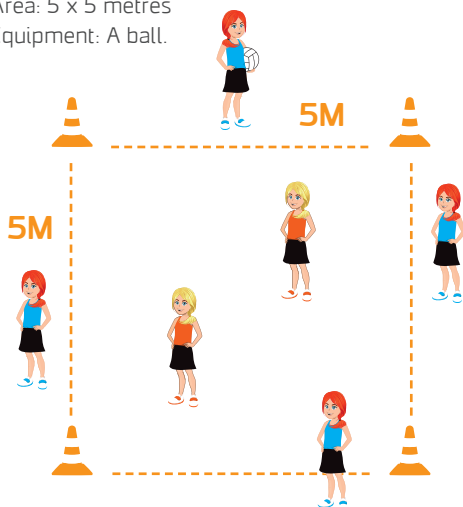
- Attacking players set up a short and a long option as per the diagram.
- The defender sets up on the short option.
- The Passer can pass to either the short or long option.
- The defender practices going back, back and up to intercept the long passer.

### DEFENCE SQUARE

**Aim:** To develop the ability to cover one option, but have awareness of another option that you are looking to intercept.

#### SET UP

No. of players: In groups of 6  
Area: 5 x 5 metres  
Equipment: A ball.

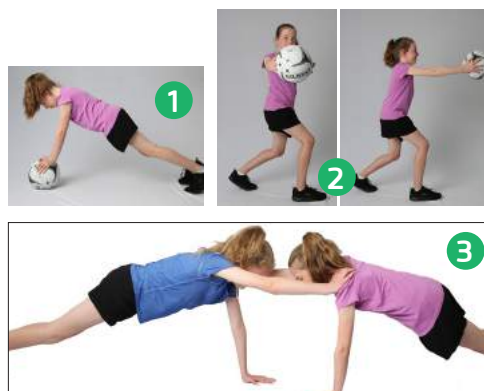


#### HOW TO PLAY

- The passers on the outside of the square look to pass the ball around between each other.
- The defenders inside the square cover the two short options but are looking to intercept the long diagonal pass.
- The front defender not only looks to defend/cover a short option about marks the passer to force a lifted ball.
- Swap roles frequently.
- Allow the defenders time to set up initially before the passer lets the ball go.

## Strength - Core (5 minutes)

1. Using a Netball, lean on the ball to do a bench on the ball and roll ball forward a small distance. Do 5-10. **1**
2. Lunge and rotate. 10 each side. **2**
3. Pair press. Touch opposition shoulder. 5 each side x 2-3. **3**

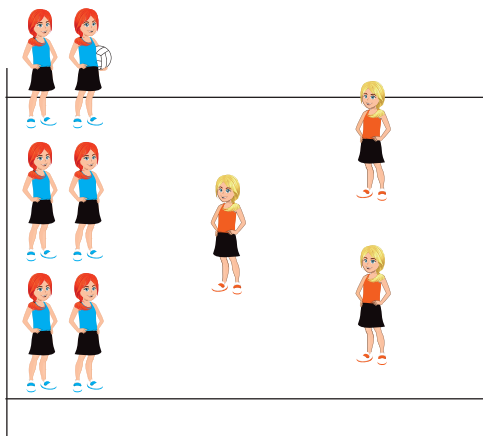


## BUNGEE

**Aim:** To develop the ability to mark space and attack the intercept.

### SET UP

No. of players: In groups of 9  
 Area: Across one-third of the Netball court  
 Equipment: A ball, bibs and cones.



### HOW TO PLAY

- Three defenders set up a triangle defence structure.
- The defenders mark the space and try to avoid the attackers receiving a ball in a triangle.
- The first three attackers come through and they are trying to get the ball to the other side and get a bonus point if they receive the ball in the middle of the defence triangle.
- Rotate roles frequently.

*Game:*

During game time take notes on players to rank them for Festival Day.

## GAME ON

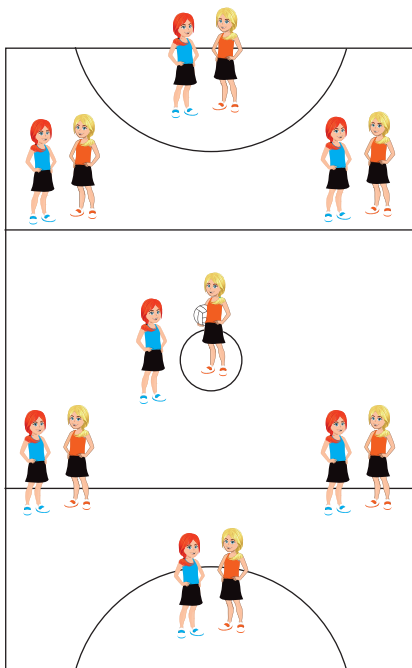
*Aim: To utilise space to enable your team to score or to secure a turnover.*

### SET UP

No. of players: In groups of 14

Area: A Netball court

Equipment: Bib, 1 ball, cones/spots.



### HOW TO PLAY

- Two teams per court.
- Full court Netball.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



*Athlete Development (AD) activity:*

### **Mindfulness (NB: You may choose to do this activity within the session before Game ON)**

Get the players to lie down on the floor and take their own pulse for 1 minute. Encourage the players to become aware of their own body and the changes that occur. At the completion of the task, ask the players to highlight what they noticed, e.g., heart rate slowed down, breathing rate decreased, felt relaxed, at times felt self-conscious...

Discuss with the players the benefits of mindfulness.

**Recap/Reflect on today's session** - encourage the players to lie down and float into space and as they breathe in and out to the count of two, reflect back on the session.

## GAINING POSSESSION

*Gaining and maintaining possession of the ball are key elements to success in Netball. The more turnovers that can be created, the more opportunities teams get to take the ball to goal. These sessions will focus on deception, vision and retention, essential for gaining possession, and providing decisive attacking opportunities.*

**Deceive to Receive**

**Vision**

**Retention**

**Defend to Receive**

**Creating Turnovers**

# Gaining Possession – Session Plan 1

## Deceive to Receive

**Welcome/Introduction:** The theme for the PDP session is gaining and maintaining possession. Today we will focus on deceiving to receive which requires us to be cunning and make strong decisive movements to receive the ball. But firstly: Why do we play Netball?

*Athlete Development (AD) activity:*

### Why do we play the game?

If sending out any information to players before this session, ask them to bring along a photo of when they first started playing Netball.

Ask the players to write down what they love about Netball and why they play? Now, looking at the photo of when they first started, ask the question, "What is different now?"

## Warm-up (5 minutes)

### 1. Jogging to warm-up.

Coach instructs athletes to:

- Running forwards and backwards
- Anywhere
- Side slipping.

Do for 2 mins.

### 2. Running circling partner as outlined in the NetballSmart Dynamic Warm-up.

Complete 2 x 15m lengths.

### 3. Prop, prop and stick x 2, plant and cut x 2. As outlined in the NetballSmart Dynamic Warm-up.

Repeat 2 times.

## Integrated Neuromuscular Training (INT) (5 minutes)

1. Jump and turn 90° or 180°, land in an SBP. 5 each direction. **1**
2. Ball in hand and prop sideways onto one foot and land. 5 each side. Ball out to side like in photo. **2**
3. In pairs, balance on one leg and overhead pass to partner. Catch ball, pull quickly to chest. Do 10 pass and catches each leg. **3**



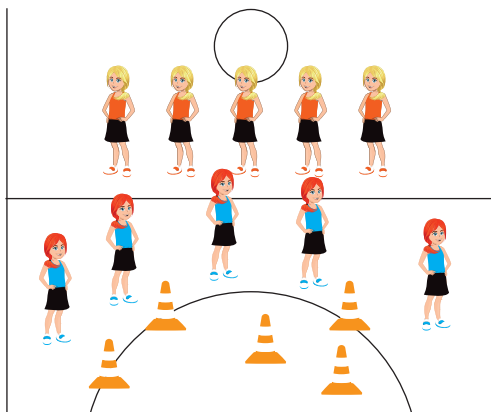
## Deceive to Receive:

### CONE THIEF

**Aim:** To be quick and cunning and steal the cones without being tagged.

#### SET UP

No. of players: Two teams of four to five  
 Area: Goal third of the Netball court  
 Equipment: 4-5 cones.



#### HOW TO PLAY

- The Defenders place their cones in the goal circle.
- The Attackers start outside the goal third. Using a variety of movements, the Attackers try to steal the cones without being tagged.
- Once all cones have been stolen, swap roles.



## 4 FEET TO BEAT

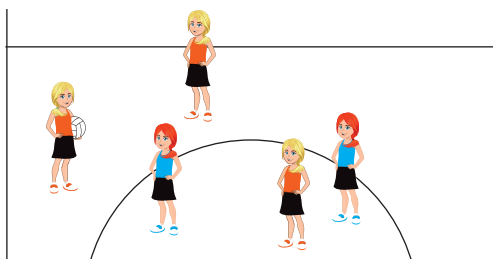
**Aim:** To use dynamic, decisive movements to beat the defenders (4 feet).

### SET UP

No. of players: In groups of five

Area: A goal circle

Equipment: 1 ball and bibs.



### HOW TO PLAY

- The Attacker in the goal circle uses a variety of attacking methods and deception to beat the two Defenders to receive the ball.
- The two Attackers on the outside of the circle can pass between each other and can only pass to the circle Attacker after they have used their props and angles to get free for the pass.
- Progression
  - » How many passes can the Attacker receive in a minute?

## Strength - Core (5 minutes)

1. In the bench position, balance on one hand and roll ball figure 8 through arms. Do 5 rolls each side x 2. **1**
2. Side bench and lift hip and lower x 10 each. (NetballSmart Dynamic Warm-up). Repeat. **2**
3. Russian Deadlift (RDL) on one leg x 10 each side (NetballSmart Dynamic Warm-up) in pairs and throw and catch ball. **3**

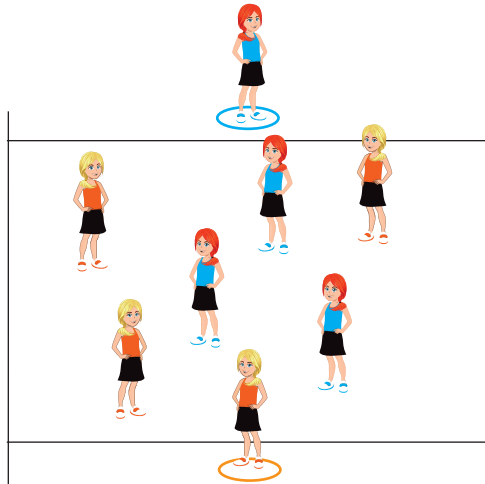


## END BALL

**Aim:** To practice getting free.

### SET UP

No. of players: Six to ten players  
Area: One-third of the Netball court  
Equipment: 1 ball, bibs, 2 hula hoops.



### HOW TO PLAY

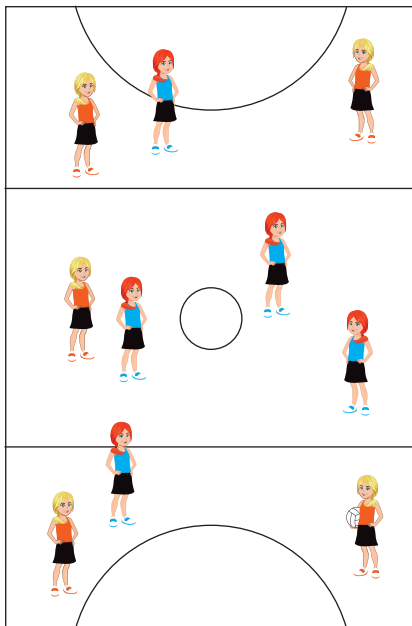
- Divide the players into two teams of equal size. One team wears bibs.
- Each team selects one player who stands in the hula hoop at the team's scoring end.
- Two players, one from each group, use Paper, Scissors, Rock to determine which group starts with the ball.
- The attacking team passes the ball towards its player in the hula hoop, who can then shoot.
- If the attacking team passes the ball successfully to its player in the hula hoop and scores a goal, the opposing team takes a throw-in from behind the goal line.
- Rotate end players frequently.
- Progression
  - » Must pass to all team members before a goal is scored.

## POSSESSION BALL

**Aim:** To maintain possession as long as possible, being creative with movements to deceive the opposition.

### SET UP

No. of players: Two even teams  
Area: A Netball court  
Equipment: Use a variety of balls and bibs.



### HOW TO PLAY

- Divide the group into teams of five to six players.
- One member from each team plays Paper, Scissors, Rock to decide which team starts with the ball.
- The winning team gets to decide which ball to use e.g., rugby ball, vortex, spikey ball...
- Start by only allowing the players to use the centre third.
- Then extend it to two-thirds and finally full court.
- Encourage players to think about how the different balls and differing space sizes affect play.
- The attacking team is looking to make 10 consecutive passes.
- If possession is lost, the opposing team chooses their ball and attempts to secure 10 consecutive passes.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



**Recap/Reflect on the day's session** - Reflect back to the start of this session and why you play Netball. Of the answers listed for playing Netball, how many of those reasons were included in the sessions? Which reasons weren't included? Discuss with the person next to you and think of strategies for how they could be included.

# Gaining Possession – Session Plan 2

## Vision

**Welcome/Introduction:** Try saying "peripheral vision" without showing your teeth. What do you think peripheral vision means? How would having good peripheral vision benefit your Netball skills?

**Athlete Development (AD) activity:**

### Pre-Training Nutrition

Ask the players who ate one to two hours before they came to this session? Encourage players to share ideas of what they ate and identify where the protein was in each snack/meal. Highlight the benefits of protein for your muscles and blood cells and carbohydrates for quick energy. Don't forget fluid – being well hydrated is also important – water only.

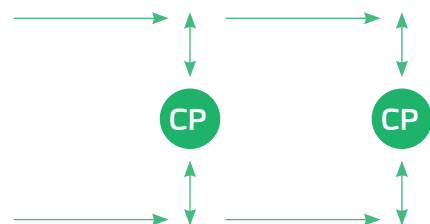
## NetballSmart Dynamic Warm-up: 5 minutes

### 1. Jog anywhere, heads up.

Coach holds up coloured cards and athletes yell out colour of card. Jog for 2 mins.

### 2. Running and circling partner (CP), refer to NetballSmart Dynamic Warm-up.

Once circled, stop, pivot towards each other, jump in air, slap hands with partner and land in a good SBP. Pivot, side slip out, repeat.



### 3. Ball and hip out and hip in x 5 each side.

Run to cone, hip out one way and back with hip out the other way. Do 5 each side. **3**



## Integrated Neuromuscular Training (INT): (5 minutes)

1. Ball get up. Sitting on ground, throw balloon up and catch it before it hits the ground. Increase challenge by lying on the ground. Do 5 to 10 times. **1**
2. Squat and tap ball onto left knee and catch ball. Rise from squat and roll ball around waist, throw ball above head and catch. Repeat other side. Do 5 each side. **2**
3. Diagonal squat and chop. 10 each side. **3**



## Vision:

### WIDE VISION

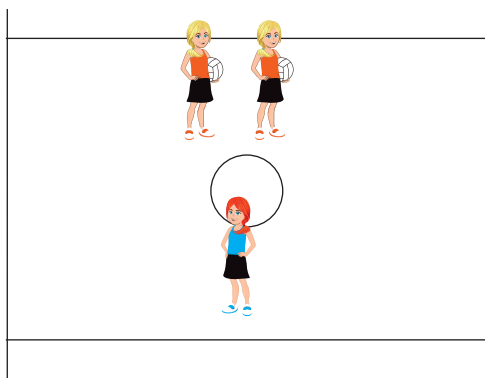
**Aim:** To develop awareness of peripheral vision.

#### SET UP

No. of players: In threes

Area: Within one-third of the Netball court

Equipment: 2 balls per group.



#### HOW TO PLAY

- In threes, with two balls.
- The passers start out the front and pass to the working player, one after each other.
- The passers slowly move out and around like a fan, continuing to pass in and out.
- The working player must only look straight ahead and see how wide the passers can get before the worker loses vision of the passers/ball.
- Swap roles until everyone has had a turn.

## PERIPHERAL AWARENESS

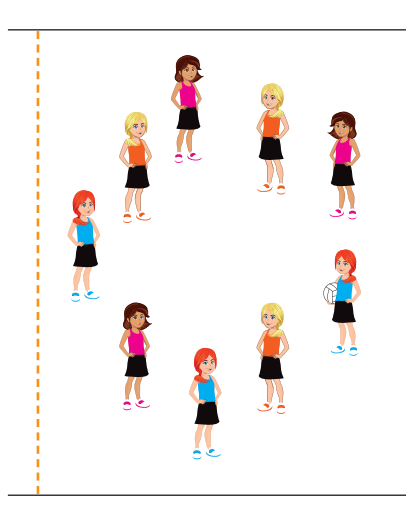
**Aim:** To develop the ability to quickly recognise the players in your peripheral vision.

### SET UP

No. of players: In groups of 9 to 13

Area: Half of one-third of the Netball court

Equipment: A ball, 3 different bib colours.



### HOW TO PLAY

- Players are divided into three teams, each wearing a different bib colour.
- Start with one Netball.
- Players can only pass to one colour, e.g., orange to purple, purple to blue, blue to orange.
- Increase difficulty as required by adding a second and then a third ball.

## Strength – Lower body (5 minutes)

1. Lunge and rotate with ball. Complete 5 x 2 each side. **1**
2. Sitting on ground in pairs (next to each other). One throws ball as far as she can and other jumps up and chases and gets ball as quickly as possible. Complete 5 each x 2. **2**
3. Nordic Hamstring. As seen in the NetballSmart Dynamic Warm-up. Complete 5 each. **3**



## ON COURT VS OFF COURT

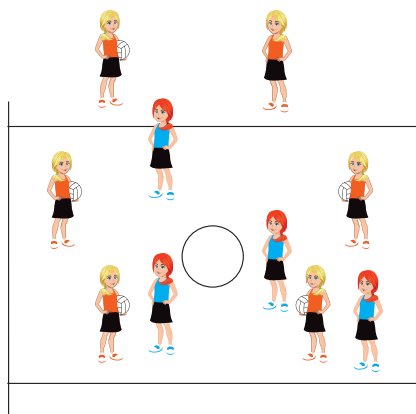
**Aim:** To try and receive as many passes on-court as off court, while avoiding running towards the same passer as a team mate and the taggers.

### SET UP

No. of players: Groups of 8-10 players

Area: One-third of the Netball court

Equipment: 5 balls, 2 bibs.



### HOW TO PLAY

- Four passers on court pass the ball around as each player tries to receive as many passes as possible.
- Two other on-court players are taggers who try to tag a passer with the ball.
- Off court, two passers pass to each other exploring deception, keeping a tally of how many passes they can do.
- Each off-court pair get 30 seconds to see how many passes they can do.
- On court players attempt to catch as many passes as possible without being tagged. These players need to have awareness of their team mates and the taggers. Being under pressure means it is essential that they maintain a broad vision.

## DOUBLE VISION

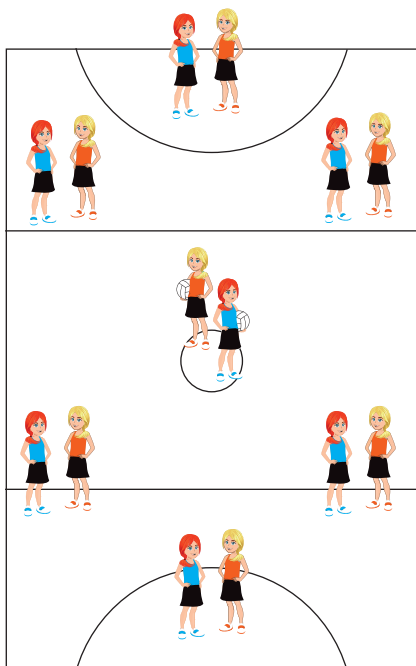
**Aim:** To score with your own team's ball, plus try to win the opposition's ball to score off theirs as well.

### SET UP

No. of players: In groups of 10 -14

Area: A Netball court

Equipment: Bibs, 2 balls, cones/spots.



### HOW TO PLAY

- Divide the groups into teams of five to seven depending on numbers. Two teams per court.
- Each team has a ball and play starts like normal with a centre pass, with each team playing in their attacking direction.
- Teams score one point for scoring with their own ball and two points for scoring off their opposition's ball.
- Encourage the players to open up their vision to sight both balls, as many players and as much court space as they can see.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



### *Athlete Development (AD) activity:* **Fuelling for Performance**

Fuelling for your next performance starts now. Once again, the macro nutrients - carbohydrates, protein and fluid - are required in post-exercise nutrition. Share your favourite recovery food, it should be healthy and low in sugar.

**Recap/Reflect on the day's session** - Ask the players to stand in a circle and passing a ball around, encourage the player with the ball to say something about the session e.g., what they liked, something they learnt, what their favourite activity was, anything they think could be improved, did the session meet/exceed expectations or, if not, what changes are needed?



# Gaining Possession – Session Plan 3

## Retention

**Welcome/Introduction:** Ball retention – We frequently hear commentators on TV talking about ball retention, not only in Netball but also rugby, football and basketball, to name a few games. If we look after the ball we have and the turnover we secure, we will win the game. If only it was that easy! Today during the games we play, our focus will be on retention.

### NetballSmart Dynamic Warm-up (5 minutes)

1. Run anywhere and when coach blows whistle find a partner and do side slipping and circling partner.

Repeat 4-6 times, refer to NetballSmart Dynamic Warm-up.

2. Run anywhere and when coach blows whistle find a partner and side slip towards and jump and shoulder contact.

Repeat 4-6 times, refer to NetballSmart Dynamic Warm-up.

3. In pairs and shadowing partner.

Do lots of different activities – skipping, butt kicks, run forwards, run backwards, side slipping. Stop on whistle – 1-2 foot and double foot landing. Complete 4 – 6 times.

### Integrated Neuromuscular Training (INT) (5 minutes)

1. Prop, prop and stick. As seen in the NetballSmart Dynamic Warm-up. Complete 8 each side.
2. Lateral jump and land. As seen in the NetballSmart Dynamic Warm-up. Complete 5 each side.
3. In pairs. Overhead ball squat and throw. Squat with ball above head. On rise throw ball to partner. Complete 10. **3**



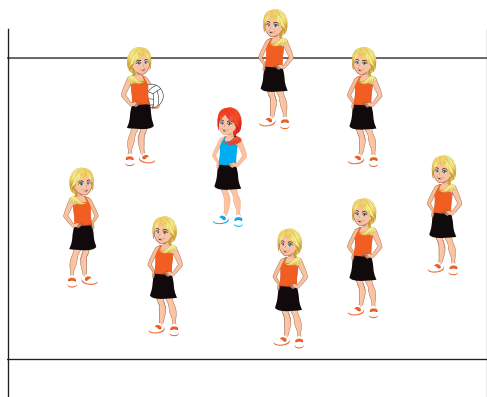
## Retention:

### WHERE'S IT GONE

**Aim:** To introduce the concept of deception/faking whilst using your peripheral vision to ensure accurate delivery and retain possession of the ball.

#### SET UP

No. of players: Groups of 8-10 players  
Area: Within one-third of the Netball court  
Equipment: 1 ball.



#### HOW TO PLAY

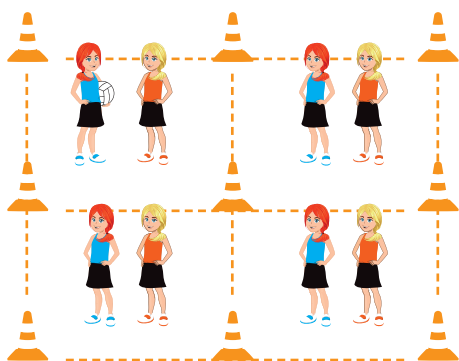
- Discuss with the players the different ways that they could fake/deceive the defence, e.g., look left, pass right; look directly at the defender and pass right; look up and pass down...
- Players stand in a circle with one defender in the middle.
- Players attempt, using a variety of deceptive moves, to trick the defence.
- Change the defender frequently.
- Add more defenders and players gain confidence.

### LEFT OR RIGHT

**Aim:** To use deception to beat the defenders and ensure your team takes one pass in each square.

#### SET UP

No. of players: Groups of eight players  
Area: Within one-third of the Netball court  
Equipment: 1 ball, bibs.



#### HOW TO PLAY

- Divide the group into two teams.
- One team starts with the ball and they can choose whether to pass clockwise or anti-clockwise for their first lap.
- The players try to outsmart the opposition and get the pass away to their team mate. Once the attacking team have completed a full lap, e.g., clockwise, they must then try to complete an anti-clockwise lap.
- If the ball is intercepted, this team is now on attack and must go in the reverse direction that the other team was.
- Teams get one point for each lap plus one point for each fake they use.

## Strength - Core (5 minutes)

1. Squatting with ball in pairs. Hold ball between two. Squat and try and use ball and push opposition off balance. Try and balance. Do 10.
2. In pairs, one standing holding the ball, the other with legs straight in a "v" position. Stretch arm above head. Reach for ball and pull ball down. Stretch up high. Do 10.
3. Sideways bench, lift and lower, (stage ii) as in NetballSmart Dynamic Warm-up. Complete 10 each side. **3**

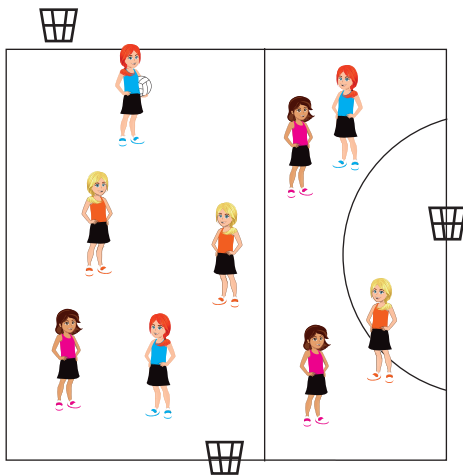


## 3 GOAL NETBALL

**Aim:** To retain possession of the ball and score as many goals as possible.

### SET UP

No. of players: Groups of 9-15 players  
Area: Two-thirds of the Netball court  
Equipment: 1 ball, bibs and 3 bins (goals).



### HOW TO PLAY

- Set out three bins around the outside of the playing area.
- Divide the players into teams of three to five, with three teams per court.
- Teams can score at any goal by either tagging the goal or throwing the ball into the bin.
- Game starts with one player from each team coming in for a 3-person jump ball.
- The team that wins the ball is on attack and the other two teams are defence.
- Encourage players to continue trying to deceive as they deliver the pass.
- If a turnover occurs, the first defending team to the ball is on attack.
- Play for a set time, then allow the teams a chance to discuss how they could enhance their performance before play resumes.

Game:

## ULTIMATE FRISBEE

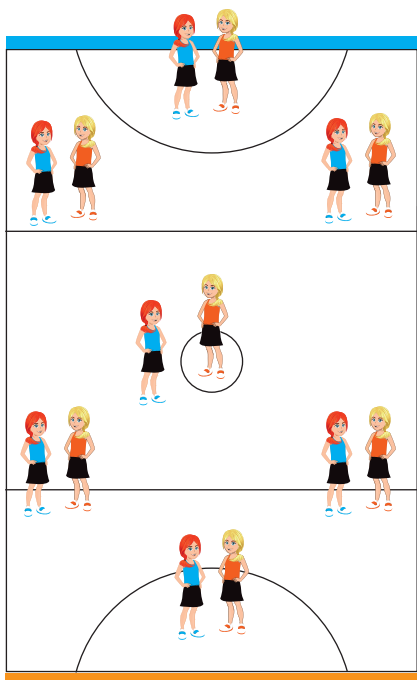
**Aim:** To maintain possession of the Frisbee and be the team that takes the Frisbee over the goal line the most.

### SET UP

No. of players: In groups of 10-14

Area: A Netball court

Equipment: Bibs, Frisbee.



### HOW TO PLAY

- Divide the group into two teams.
- One team starts on attack and passes the Frisbee through court, looking to catch it over their goal line to be awarded a point.
- When a player has the Frisbee, they cannot be defended.
- Opposition can look to intercept the ball, or if a turnover occurs, e.g., out of court, the opposition become the attacking team.
- Encourage the players to be creative and deceptive with their passing.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



### *Athlete Development (AD) activity:* **Coping with Pressure**

Today we will focus on dealing with pressure. In groups of three, discuss what is pressure and make a list of the things you feel put pressure on you e.g., don't want to make a mistake, fear of failure, letting my parents down...

Ask groups to share the types of pressure they experience.

Remind the players that everyone makes mistakes and that no athlete wins every game.

**Recap/Reflect on the day's session** – We want you to play Netball for years to come. Reflect back on the session today and try to find one word to describe how you felt during the session. Would that one word keep you playing Netball?

## Gaining Possession – Session Plan 4

### Defend to Receive

**Welcome/Introduction:** Many a great attacker is heard saying that if you defend to receive it makes getting the ball easy. What do you think they mean? Where could you use this strategy on court?

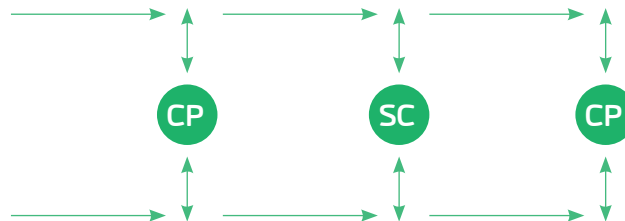
### Netball Smart Dynamic Warm-up (5 minutes)

#### 1. Running anywhere on half of court.

Coach holds the ball. Athlete watches coach. Coach throws ball into mix and players hunt ball. Do for 2 mins.

#### 2. Combine circling partner (CP) and shoulder contact (SC) from NetballSmart Dynamic Warm-up.

Repeat half court and back.



#### 3. Skipping and butt kicks as in NetballSmart Dynamic Warm-up.

Repeat half court and back.

### Integrated Neuromuscular Training (INT) (5 minutes)

1. Single balance and push (as seen in the NetballSmart Dynamic Warm-up). 5 each side. **1**
2. Hopping on one leg x 4 and then stick landing onto one leg. Hold for the count of 3. Complete 3 each side. **2**
3. Prop forward onto one leg with ball out to side. Land with control of trunk and knee in line with foot. Complete 6 each side. **3**



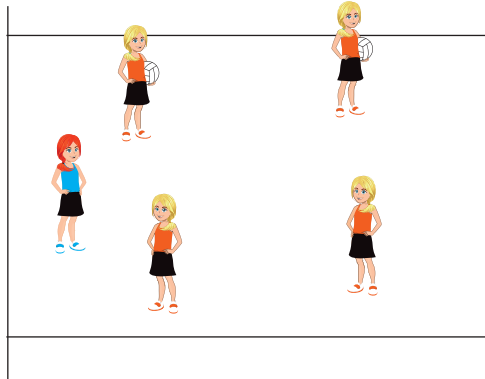
## Defend to Receive:

### ROLL OFF

**Aim:** To introduce the concept of defending your position on attack, to roll off to receive the ball.

#### SET UP

No. of players: Groups of eight players  
Area: Within one-third of the Netball court  
Equipment: 1 ball.



#### HOW TO PLAY

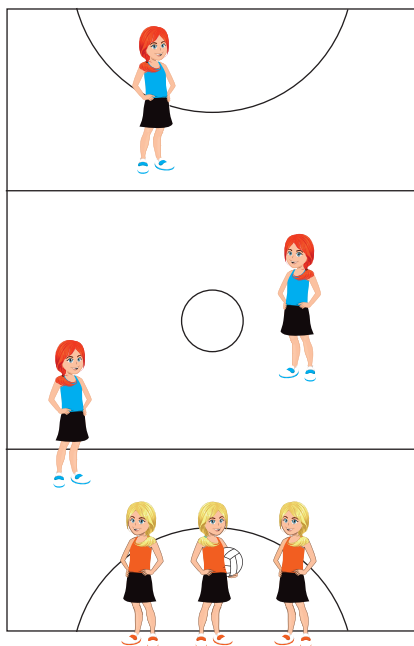
- Two passers and two posts.
- The player at the front of the line starts with the ball and passes to the first Passer. This player then run up to the first post and defends a place for the ball to be thrown to.
- The Passer passes the ball to the
- Attacker's space, who receives, and passes onto the next Passer before repeating the roll-off move on the next post.
- Swap roles regularly.

### 5-3-2

**Aim:** To beat the defenders at their own game by defending the defender to receive a pass in space.

#### SET UP

No. of players: Groups of six to nine players  
Area: A Netball court  
Equipment: 1 ball, bibs.



#### HOW TO PLAY

- Three defenders, one in each third.
- Three players start on the goal line.
- The attacking players must complete five passes in the first third, three in the centre third and finally two in the goal third.
- The Defender is trying to tag a player with the ball.
- Encourage one of the Attackers to defend the Defender, rolling off to take a pass as required.
- Once in the goal third, an attempt at goal can be made.
- Swap roles regularly.
- Discuss with the players where they could easily use the roll off move, e.g., at the centre pass, at a throw in, when the opposition are playing a zone..

## Strength - Upper Body (5 minutes)

1. Bench press up. Use a bench or a step. Complete 5-10 press ups. **1**
2. Reverse plank x 10. Hold 5 seconds. **2**
3. Sitting against wall and throw ball as far as possible. x 10. **3**



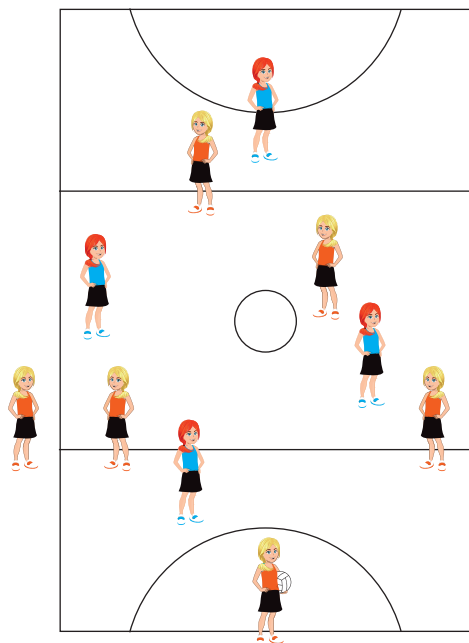
## Defend to Receive:

### SIDE-LINE HELP

**Aim:** To pass the ball through court, using the sideline help if required, to maintain possession.

#### SET UP

No. of players: Groups of 12-14 players  
Area: A Netball court  
Equipment: 1 ball, bibs.



#### HOW TO PLAY

- One player is placed on each side line and these players can be used by either team.
- Two even teams are placed on court.
- The team in possession of the ball is on attack and starts with a backline throw-in. By passing to the players on-court or off-court they want to get the ball through court to score a goal.
- If a goal is scored, the opposition are now on attack, recommencing play with a throw-in.
- If a turnover occurs, possession changes.
- Teams get one point for every goal and one point for every roll off.
- Swap the sideline players in regularly.



## Themed Game:

### KORFBALL BALL

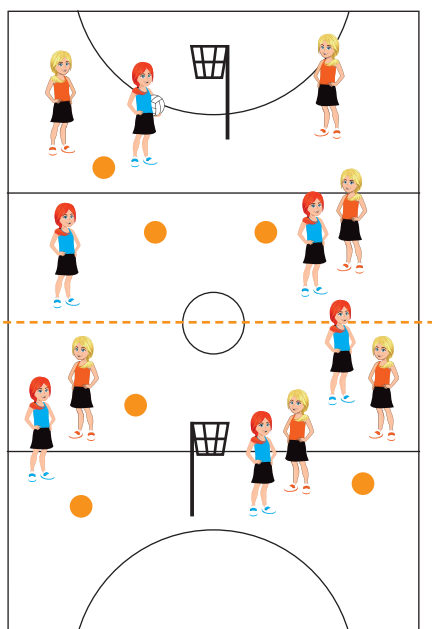
**Aim:** To score more points than your opposition through the appropriate selection, execution and placement of pass.

#### SET UP

No. of players: 12 players

Area: A Netball Court

Equipment: 1 ball, bibs, 2 x Korfball posts or portable goalposts, spots.



#### HOW TO PLAY

- Place portable goalposts or korfball posts at the top of each goal circle.
- Three players from each team are allowed in each half.
- The game starts at half way and the attackers pass the ball towards their goal and can shoot from anywhere around the goal to score.
- An attacking player may not shoot if they are being defended. This will ensure that the ball is passed into space and is released quickly.
- Once two goals have been scored, the players change zones.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 – 20 seconds and do 3 stretches each side.



### *Athlete Development (AD) activity:*

## Self-Awareness Using Spoken Word Poetry

Provide the following headings as starters for the development of a spoken word poem:

- I am...
- My family...
- My home is...
- My netball...

Using these starters - how does that make you feel e.g., my family is friendly and big, always have people around.

Spoken word poetry doesn't need to rhyme, flow, have lines of similar length...

The spoken word poetry focuses on developing self-awareness and understanding the feelings that family, home and Netball evoke. Encourage players to take this activity home to complete if required.

**Recap/Reflect on the day's session** - In lines of 10 players, the player at the back massages the shoulders of the player in front and also types on their back. Starting at the back, they share their thoughts about today's session, with each player adding their ideas to continue the flow of feedback up the line.

## Gaining Possession – Session Plan 5

### Creating Turnovers

**Welcome/Introduction:** It is important to feel the buzz when you take an intercept but it is equally important for players who may have helped create the turnover to recognise the work they did to achieve this and feel proud of their role too.

Netball is unique in that teams get every second centre pass, but generally they fail to score off all of these opportunities, which makes creating and securing turnover ball a must.

### NetballSmart Dynamic Warm-up (5 minutes)

**1. In a circle, jog on spot x 10 run into middle of circle and stop**

(1-2 foot or double foot) and then run backwards to circle. Repeat for 2-3 minutes.

**2. In pairs, running forward together, stop at cone.**

Jump and turn 90° and land. Jump and hand slap with partner and land. Side slip to next cone. Jump and hand slap and land. Jump and turn 90° and run forward. Complete 2- 3 times.

**3. In pairs play follow the leader (skipping, running, side slipping, running backwards), mimic partner.**

Whistle blows and pair balance on one leg facing each other and push each other (NetballSmart Dynamic Warm-up). Repeat for 2-3 minutes.

### Integrated Neuromuscular Training (INT) (5 minutes)

1. Prop from left to right and control landing. Sprint forward 3-4 steps and double foot land. Prop from right to left and control landing. Sprint forward 3- 4 steps and land. Complete 2-3 each side. **1**

2. Sitting on ground holding Netball. Throw ball up into air, leap up and catch ball before ball hits the ground. Complete 10. **2**

3. In pairs. One rolls ball across court and other player sprints after ball and squat well to pick ball up. Turn and throw ball back to partner. Complete 5 each.



## Creating Turnovers:

### FIVES REVERSED

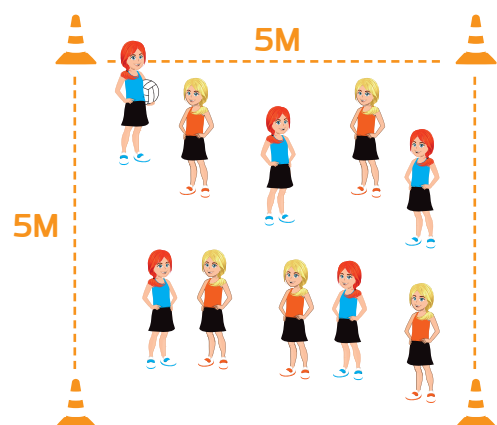
**Aim:** To create and make intercepts with a diminishing number of defenders.

#### SET UP

No. of players: Two even teams of five to six players

Area: 5m x 5m grid

Equipment: 1 ball, cones, bibs.



#### HOW TO PLAY

- Five attacking players and five defending players start in the grid.
- The attacking team aims to make five consecutive passes without the defending team intercepting the ball or causing a turnover.
- The defending team try to make an intercept and if successful, the defending team loses a player.
- The winning defence team is the team that has the least players remaining.
- If the attackers make five passes, a defence is added back in.
- Play until the defence team only has two to three players remaining or for a set time before swapping roles.

### CREATE A GATE

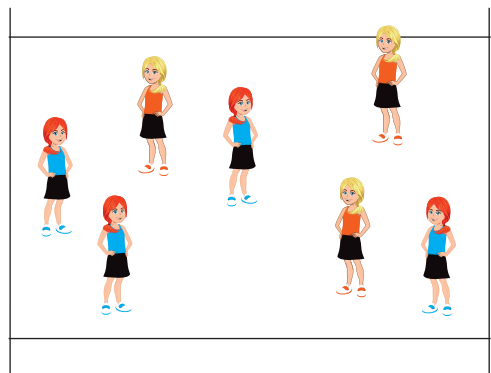
**Aim:** To work with your team mates to create intercepting opportunities.

#### SET UP

No. of players: Group of 7

Area: Within one-third of the Netball court

Equipment: 1 ball, bibs.

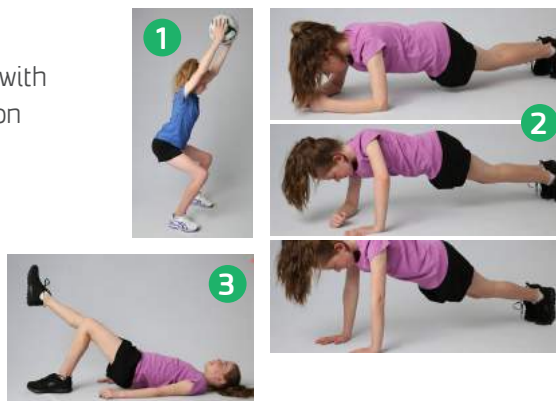


#### HOW TO PLAY

- In groups of seven, with four defenders and three attackers.
- While the attackers pass and cut, the defenders are trying to work together to create opportunities to intercept or to shut the passing option down.
- Attackers get one point for every 10 passes.
- Defenders get two points for every intercept.

## Strength - Core (5 minutes)

1. Squat with ball above head. In squat position with ball above head side slip to left x 10. Repeat on way back. **1**
2. Prone bench on elbows 5 seconds, press up to press up position hold 5 seconds. Back to bench on elbows. Repeat 2- 3 times. **2**
3. Single leg bridge. Repeat x 10 each side. **3**

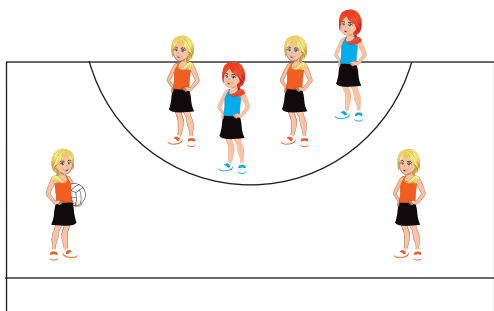


## DADA

**Aim:** To develop the ability for defenders to work together, with the front defender covering the front option to get the ball lifted to allow the back defender to take the intercept.

### SET UP

No. of players: In groups of six  
 Area: Within one-third of the Netball court  
 Equipment: Bibs, 1 ball



### HOW TO PLAY

- DADA refers to Defender, Attacker, Defender, Attacker.
- Two feeders, two defenders and two attack players set up as per diagram.
- The feeders are looking to pass to either of the attackers but can only do so on a straight rather than the long diagonal. They can pass between each other.
- The defender closest to the ball looks to shut the passing option to the front defender, moving around the player leading with their outside arm, trying to get the ball lifted into the attacking player.
- If the ball does get lifted, the back defender runs in to intercept this pass.
- If the attacker gets the ball, it is returned to the feeders to start the passage of play.
- The defender successfully intercepts the ball; it is also returned to the feeder.
- Attacking and defending units count their successes.
- Rotate positions regularly.
- Discuss where DADA defence could work on court.

## Game:

During game time take notes on players to rank them for Festival Day.

### GAME ON

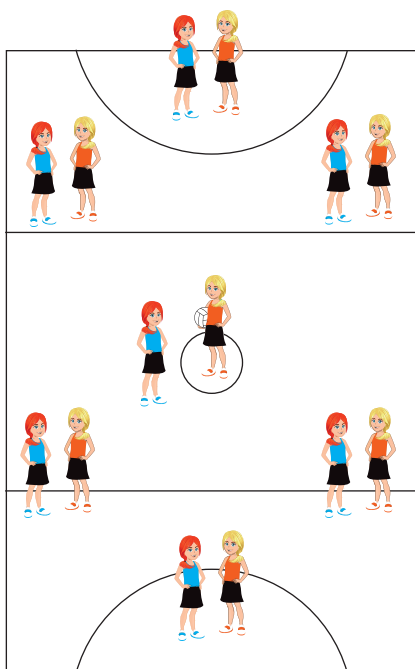
**Aim:** To utilise space to enable your team to score or to secure a turnover.

#### SET UP

No. of players: In groups of 14

Area: A Netball court

Equipment: Bib, 1 ball, cones/spots.



#### HOW TO PLAY

- Two teams per court.
- Full court Netball.
- If you have additional players, use these players as roving defenders. If they intercept a pass, the play reverses.

## Cool-down

1. Walk for 4-5 minutes and encourage athletes to rehydrate with water only.
2. Stretch out the major muscle groups used in today's session:

- 1 Calves
- 2 Quads
- 3 Hamstrings
- 4 Hip flexors
- 5 Shoulders

Hold each stretch for 10 - 20 seconds and do 3 stretches each side.



## *Athlete Development (AD) activity:* **Your Digital Footprint**

Develop awareness that everything that is put on-line or social media history, leaves a trail. It is permanent and will never be deleted. When you go to get a job in five years' time, your potential employer can look at this trail.

On the board write up 'Do's and Don'ts' and get the players to add comments, e.g.,

### **Do's**

- Only accept friend requests from people you know

### **Don't's**

- Comment on team performances
- Put up photos of team mates without their permission
- Share passwords
- Make comments about the umpires

**Recap/Reflect on the day's session** – As this is the last session before the festival day, use the Netball court as a continuum to demonstrate how much the players have enjoyed the programme.

Players who have loved the whole programme can stand at one end of the court on the goal line, while players who believed the programme or sessions needed improvement could stand further up towards the opposite goal line. Ask the players to stand on the court at a position which represents how much they have enjoyed the year 7 & 8 PDP. Once players are in place, ask them to share their thoughts and reasoning for why they chose their position.

*Thank the players for their feedback and say you look forward to watching them play in the Festival Day tournament.*

## Festival Day

*A Festival Day concludes the programme, providing the players with opportunities to participate in a tournament environment.*

This Festival Day may be run on an intra or inter Netball Centre basis depending on numbers involved and proximity to other Netball Centres.

### **Ensure that the Festival Day:**

#### **Is Fun and Challenging**

The opportunity to participate in a tournament situation will impact on players differently, with some being excited while others will feel some pressure. Endeavour to continue to emphasise the FUN element with the players, parents and supporters. Use the Space and Gain Possession themes as key focuses throughout the day.

#### **Maximises Participation**

During the five sessions which precede the Festival day, take note of player ability.

Select evenly matched teams of seven or eight players per team.

All players must play a minimum of half a game in each game.

The player loading guidelines for Year 7 & 8 players in a one-day tournament allow the players to play for 120 minutes.

Design a tournament draw that ensures these player loadings are not exceeded.

#### **Includes NetballSmart Dynamic Warm-up and Cool-down**

Players should complete the full NetballSmart Dynamic Warm-up for Year 7 & 8's prior to first game. Include music during this time to help create a fun environment. For subsequent games use Year 7 & 8's Power NetballSmart Dynamic Warm-up.

Players should complete a full cool-down after every game.



## Glossary

### ***Deliberate play***

Intrinsically motivating play designed to maximise fun, enjoyment and provide immediate gratification. Is age/stage adapted and monitored by children or adults.

### ***Physical literacy***

Physical literacy is "the motivation, confidence, physical competence, knowledge and understanding required by participants that allows them to value and take responsibility for engaging in physical activity and sport for life"

Margaret Whitehead, 2013

### ***Acknowledgement***

*Thank you to Willow Stringer and Bianca Bennie who are 12 years old, illustrating the significant differences in physical development of this age.*





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