

Coaching Points

Footwork and Movement Skills

INITIAL STANCE

Forms the starting point for most attacking and defending skills.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none">• Feet shoulder-width apart• Shoulders back and down• Knees slightly flexed• Knees over toes• Head up with eyes looking in direction of play• Arms relaxed by side of body• Centre of gravity is low and over base of support | <ul style="list-style-type: none">• Base of support too narrow• Shoulders forward and leaning inwards• Knees straight• Knees not over toes• Head down• Arms tensed and away from body• Centre of gravity high and not over base of support. |

SAFE LANDING

When landing on one leg it is important to teach the players which foot they should be landing on.

| TEACHING POINTS | COMMON ERRORS |
|---|--|
| <p>Two Feet</p> <ul style="list-style-type: none">• Land with feet shoulder-width apart to give a firm support base• Keep body upright, bend at hips, knees and ankles on impact to cushion landing• Continue to bend knees after impact to assist with a balanced soft landing• Body weight over both feet with shoulders even and weight on both feet <p>Right/Left Foot</p> <ul style="list-style-type: none">• If player leads to the left, they should land on the left (outside) foot. If lead to the right, land on the right foot.• Body weight over the outside foot with shoulders even and weight on the outside foot• Place other foot on the ground quickly to help absorb impact and provide balance | <ul style="list-style-type: none">• Landing with feet too close together• Not continuing to bend knees, ankles and hips on and after impact• Landing on incorrect foot (inside)• Not bending knees, ankles and hips on and after impact to cushion landing• Second foot not landing quickly and overbalancing on the first• One shoulder is dipped – usually same side as landed foot |

TAKE-OFF

Stride length should be short on take-off.

| TEACHING POINTS | COMMON ERRORS |
|--|---|
| <ul style="list-style-type: none">• Arms/legs move in opposition• Lean body forward• Start with small steps and gradually move to bigger steps• Arms drive forward in relaxed style, elbows bent• Keep head erect and eyes up• If leading to the right take off with the right foot and vice versa. | <ul style="list-style-type: none">• Initial step back before driving forward• Same arm and same leg• Arms at side of body not driving or swinging across the body• Stride length too big• Eyes looking down |



JUMPING AND LEAPING

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

| TEACHING POINTS | COMMON ERRORS |
|---|--|
| <p>Two Foot Jump</p> <ul style="list-style-type: none">• Bend slightly at the knees, hips and ankle, weight forward over toes• Step into take off with a quick left right or right left-step pattern• Use both arms to drive up to extend toward the ball• Land on both feet, cushioning landing by bending at knees, hips and ankles <p>One Foot Leap – Right/Left Foot</p> <ul style="list-style-type: none">• Bend slightly at the knees, hips and ankle, weight forward over toes• Push strongly off take-off foot• Drive arms up to extend toward ball• Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles | <ul style="list-style-type: none">• Weight back on heels of feet before take off• Extra step not taken so only a one foot take off used• Knee straight before take off• Arms not used to extend to full height• Landing on one foot• Timing of jump is incorrect <ul style="list-style-type: none">• Weight back on heels of feet before take off• Knee straight before take off• Arms not used to extend to full height• Landing on incorrect foot (inside foot)• Timing of jump is incorrect |

PIVOT

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

| TEACHING POINTS | COMMON ERRORS |
|--|--|
| <p>Pivoting must always be on the landing foot</p> <ul style="list-style-type: none">• Bring weight over grounded foot• Bend knees slightly• Turn on ball of the pivot foot, pushing off with the other foot• Non-grounded foot is lifted and regrounded to maintain balance throughout movement• Players must be able to turn quickly after receiving a pass and face the play down court• Keep ball close to body and positioned ready to throw <p>Remember:</p> <ul style="list-style-type: none">• When leading to right, land on right foot and pivot to right• When leading to left, land on left foot and pivot to left• When leading straight, pivot on first landed foot away from defended side | <ul style="list-style-type: none">• Landing on incorrect foot• Pivoting before the ball is securely caught• Pivoting into opponent• Dragging the pivoting foot on the pivot action• Pivoting with the leg straight• Weight not over grounded foot• Grounded foot is lifted and regrounded during pivot• Weight of grounded foot is moved from heel to toe during pivot• Ball not brought into body after catch |

Ball Skills

CATCH

Encourage players to catch with two hands to increase control.

| TEACHING POINTS | COMMON ERRORS |
|--|--|
| <p>Two Hand Catch</p> <ul style="list-style-type: none"> • Eyes on the ball • Move towards the ball • Extend hands forward with fingers spread and thumbs behind the ball (W formation) • Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs | <ul style="list-style-type: none"> • Eyes not on ball • Catching with the palms of the hand • Thumbs not behind ball • Arms bent and close to body • Not taking the ball while on the move • Movement away from the ball |

SHOULDER PASS

One hand pass used for speed and accuracy over long distances.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none"> • Opposite foot to the throwing arm forward • Feet shoulder-width apart, with weight on back foot at start of throw • Ball held with two hands initially then in one hand with arm back behind the shoulder • Arms extended with elbow slightly bent, shoulders turned • Fingers spread wide behind the ball • Transfer weight forward as throwing arm comes through • Follow through throwing arm till almost extended, fingers and wrist extend in the direction of the pass • Rotate hips and shoulders towards target • Direct pass to space in ahead of receiver | <ul style="list-style-type: none"> • Same foot as arm forward • Throwing hand resting on shoulder • Weight on front foot initially – little with transfer resulting in loss of power • No transfer of weight from back foot to front foot • Ball held in palm • Elbow not bent when taken back • No shoulder rotation as ball taken back – stab pass • No hip/shoulder rotation as ball comes through • Arm taken back too high and the ball travels down on release • Hand under ball causing spin on release • Pass not directed to space in front of receiver |

CHEST PASS

Pass with two hands from the chest; used for quick, short and accurate passes.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none"> • Stand front on with the ball in two hands at chest height and elbows down • Spread fingers around the ball with thumbs behind • Step forward with weight transferred onto front foot as you push the ball with wrist and fingers • Ball comes out evenly from both hands • Head up - eyes looking forward | <ul style="list-style-type: none"> • Elbows at shoulder height • Hands at the side of the ball with thumbs upward • No weight transfer, use upper body only • Ball pushed from palm – lack of touch on pass • One hand dominates pass • Head down looking at ball |



BOUNCE PASS

Used when the thrower is closely defended or when play is crowded; generally over short distances.

| TEACHING POINTS | COMMON ERRORS |
|--|---|
| <ul style="list-style-type: none">• Step forward and bend/lunge on opposite leg• Push ball forward and downwards• Release ball between the hip and knee• The path of the ball is lower – under the outstretched hands of the defender• The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height | <ul style="list-style-type: none">• Step is across body• Pass not directed downwards• Ball released at shoulder height• No weight transfer• Bounce the ball too close to the thrower• Bounce the ball too high |

LOB

A high passed used to lift the ball over the arms of the defending players.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none">• Start movement from the shoulder• Short back movement• One handed high release• Follow through in direction of pass with wrist/fingers | <ul style="list-style-type: none">• Ball begins at waist/hip level• Large 'back swing' movement• Ball released from chest position• No follow through, arm action 'stabs' pass |

BALL PLACEMENT

An important aspect of all passes.

| TEACHING POINTS | COMMON ERRORS |
|--|--|
| <ul style="list-style-type: none">• Place in front of moving player• Receiver to receive at full stretch, in front of defender• Into space created by attacker –hold for a bounce or a lob | <ul style="list-style-type: none">• Pass placed behind or at receiver• Pass to high or low• Receiver moves off too soon – allowing defender to move into the space created |

Attacking Skills

TIMING OF LEAD

An important aspect of all attacking moves.

| TEACHING POINTS | COMMON ERRORS |
|---|--|
| <ul style="list-style-type: none">• Reading cues from the thrower• Reading available space | <ul style="list-style-type: none">• Moving too early before thrower is ready to release• Driving into space already taken |

STRAIGHT LEAD

Timing is key for successful execution.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none">• Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side• When the lead is to the right, take off with the right leg and vice versa• Emphasis should be on strong first 3 – 4 steps with shoulders in direction of lead• When leading to the right, land on the right foot and pivot to the right• When leading to the left, land on the left foot and pivot to the left• Strong arms to accelerate• Maintain speed onto ball | <ul style="list-style-type: none">• Leading too soon• Step back before drive forward or taking off with the incorrect leg.• Run with body 'flat' to ball• Arms swing across body or not at all• Lead is to the side but not towards the ball• Slow down before the pass is taken• Landing on the inside leg |

SINGLE DODGE

Movements should be quick and decisive.

| TEACHING POINTS | COMMON ERRORS |
|--|---|
| <ul style="list-style-type: none">• Eyes on thrower• Body upright, feet shoulder-width apart, slightly bent knees and hips• Move a few steps away from the intended catching position, should be a definite move• Place outside foot strongly on ground and push off in the opposite direction, turning hips to face toward direction of travel• Use arms to accelerate and extend to receive ball | <ul style="list-style-type: none">• Feet too far apart• No weight transfer onto outside foot• Push off on the inside foot• Dodge not a definite movement – just a sway• Movement too slow, allowing defender to hold attackers position• Moving head and losing sight of thrower• Eyes and head looking down• Arms beside body and not using to increase power |

CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

First movement is longer than that used in a single dodge.

| TEACHING POINTS | COMMON ERRORS |
|--|--|
| <ul style="list-style-type: none">• Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle, shoulders should be in direction of movement• Emphasis should be on strong first 3 – 4 steps• Push off strongly on outside foot and use inside foot as take off foot to move into a new space• Emphasis again on strong first steps when moving to the new space | <ul style="list-style-type: none">• Leading too soon• Shoulders not turned in direction of lead• Push off on the inside foot• Movement onto second move not definite• Not changing direction into a free space• Arms beside body and not using to increase power• Eyes and head looking down |



Defence Skills

ONE ON ONE SHADOWING

Basic defending position.

| TEACHING POINTS | COMMON ERRORS |
|--|---|
| <ul style="list-style-type: none"> • Stand in front of opponent with back to attacker, and body halfway across opponent's body • Arms close to sides of body • Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright • Vision to see attacker and the ball • Shadow moves using fast small steps • Aim to move feet, keep head up and maintain vision of the attacker and not swing head | <ul style="list-style-type: none"> • Standing directly in front of attacker or directly beside attacker • Watching either the ball or the attacker exclusively • Bottom is not tucked in and legs straight • Feet too close together or too far apart • Arms positioned out from the body causing obstruction • Moving head and not feet to maintain vision on attacker |

INTERCEPTION

Reading the pattern of play allows the defender to predict the most likely passing option.

| TEACHING POINTS | COMMON ERRORS |
|--|---|
| <ul style="list-style-type: none"> • Read cues provided by the thrower to anticipate direction of the pass • Drive for an intercept at an angle • Focus on ball • Emphasis should be on strong first 3 – 4 steps • Run through to take the ball • Land on the outside foot and balance | <ul style="list-style-type: none"> • Misreading the cues • Leading too soon • Angle is too flat • Eyes and head looking down • Push off on the inside foot • Lunging at the ball • Landing on incorrect foot and overbalancing |

RECOVERY TO 0.9M (3 FEET) FOR NETBALL AND 1.2M (4 FEET) FOR NETTA

Quick recovery enables the defender to position to defend the next pass.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none"> • Push off strongly 0.9m distance (1.2m for Netta) • Strong stride/jump back – can be one large stride or few quick steps • Use arms for power to jump back • Head up with eyes on ball and opponent | <ul style="list-style-type: none"> • Push off not quickly enough to get back to distance • Feet too wide or too close together – difficult to change direction • Eyes on ground – attempting to judge distance |

HANDS OVER BALL – NETTA DISTANCE IS 1.2 METRES

Balance should be maintained ready to defend the attacker after they release the ball.

| TEACHING POINTS | COMMON ERRORS |
|---|---|
| <ul style="list-style-type: none"> • Stand 0.9 metres in front of the person throwing (1.2 metres for Netta) • Feet shoulder-width apart, knees, hips and ankles slightly bent • Weight balanced over two feet with knees over toes and entire foot on ground • Arms up and in position over the ball | <ul style="list-style-type: none"> • Incorrect distance • Hands coming up before correct distance is taken • Feet narrow/legs straight/on toes – lose balance and shorten distance • Bend forward too much at waist • Arms waving and not defending ball |

Shooting Skills

SHOOTING

Predominantly a one-handed shot with the other hand resting lightly on the side of the ball.

| TEACHING POINTS | COMMON ERRORS |
|--|--|
| <ul style="list-style-type: none">• Ball is held above the head• Arms are extended with the shooting arm reasonably straight and close to the ear• Ball rests on the base of the spread fingers and the thumb• The opposite hand is place on the side of the ball to steady it• Stand upright with the feet about shoulder width apart• Feet, hips and elbows pointing towards the goal post• Bend the elbows and knees• Straighten elbows and knees• Release the ball just before elbows and knees are straight• Flick the ball with the wrist• Follow through, arms towards post• Straighten fingers pointing them towards the post• The ball should travel in an arc towards the post | <ul style="list-style-type: none">• Ball is behind or in front of head• Arm is extended out from ear• Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips• Opposite hand is place under the ball• Feet too close or too far apart and body is hunched• Feet, hips and elbows not aligned with each other and the post• Keeping elbows and knees extended and ball dropping behind the head• Keeping elbows and knees flexed on the release phase of the shot• Releasing ball after elbows and knees are straight• Not using any wrist action• Arms not following the ball in the direction of release• Fingers not pointing in the direction of the ball release• The ball travels flat in the air |