

Netball – Coaching Manual

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Introduction:

This manual has been designed as a guide for those of you who graciously give up your time to help young netballers develop their netball skills and ultimately their netball game. Firstly, thank you.

Secondly, we hope this helps. The main body of the manual has activities that are more suited to Modified and juniors. The basics of netball span across all ages and its just a level of intensity. Don't under-estimate the older players, they love games as well.

First piece of advice, be prepared and be flexible. Go to the training session with a plan (a template attached). Otherwise the time will be absorbed with just trying to get them organised. An hour sounds like a long time but it flies.

Build on your training sessions. Start at the beginning of the season with the basics as either teaching them (Modified) or reinforcing (juniors up). Even with the older groups these sessions are where you may find some bad habits that need correcting.

The basic areas needed for a training session are:

1. FUN ACTIVITY*(especially the little ones, big ones love it to)
2. WARM UP/ DYNAMIC STRETCH *
3. BALL SKILLS *
4. FOOTWORK, ATTACKING, DEFENDING, SHOOTING
5. MODIFIED GAME*
6. COOL DOWN *
7. STRETCH

It is important to remember that you can't incorporate all of this in one session. The ones marked with an asterix are the fundamentals that should be included each session. Rotate the others.

Depending on your team, attacking, defending and shooting skills may not appear in your sessions until week 5-6.

Most importantly, HAVE FUN! The whole team including you will enjoy your netball more if it is a fun environment. Yes some of you are in a competition, but if everyone is stressed and unhappy, will they and you perform to your best?

The following pages will give you some ideas of drills for each section. You can make them easier for Modified or make them more complex for older players.

Good luck, smile and have fun!

Warm up

The idea of a warm up is simply that, to “warm up” the body. It should be fun and non-competitive. You will get to know which games the kids enjoy the most.

Average warm up should go for no more than 5 minutes.

Ideas:

- You can make them run around the courts, as they usually want to for some strange reason. But make it a follow the leader, around the goal circle or across a transverse line and swap leaders at each intersection.
- HERE THERE EVERYWHERE NOWHERE – This is a game that you give them an area to run, say goal third. Point to a spot that is THERE, they have to run to where you point. HERE they run back to you. EVERYWHERE is go crazy run wherever they like. This gives them spatial awareness as if the area is small they shouldn't run into each other. NOWHERE, is simply to jump on the spot. Enforce quiet feet. No one likes an elephant, neither do your knees.
- RVIER, BANK, BRIDGE. Start the players on the far side of the transverse line facing you. This is the BANK. Two feet jump forward into the next third is RIVER. A quarter turn with feet each side of the line is BRIDGE. Call RIVER, BANK, and BRIDGE in any order. This encourages quick thinking and quick feet. Try to catch them out.
- ICE CREAM (SUNDAE). Start at the goal line and ask the players to run gentle jog up the court starting with two sharp whistles. One short whistle the players land in a straddle land and say “ice” for the first foot to land and “cream” for the second. Check for footwork. For older players ask them to hold up the hand that corresponds to their grounded foot. If you want to introduce pivots, blow a long whistle, where they pivot 180 degrees and run back in the other direction and saying “ice cream sundae”.
- SHIP TO SHORE – Start in the centre third. Each side line is ship or shore. Start with running from ship to shore. Then stop them for other movements. Climb the ladder- pretend to climb a ladder with knees up. Scrub the deck – they crouch down to pretend to scrub the court. Captains coming – they stand still and hold a salute (good footwork practice), Captains girlfriend – players stand still act silly by twirling their finger in the air while saying “whoo hoooo”. Shark attack – they stand still and scream (block your ears). Mix it up so they are stopping and moving all the time.
- PARTNER CHASE – pair up all the players and put one person of each pair in a team (e.g. cats/dogs). Give them an area to run like one third. Start by calling one team, this means that person of the pair starts chasing. Blow the whistle to stop. The partner chasing has to be able to be close enough to touch their partner without each person of the pair moving their feet. Call alternate names before the whistle. This gets them changing direction quickly and thinking attack defence changes.
- DOUGHNUT, All players have a ball. They make a larger circle around the centre circle. They start jogging in one direction in a circle with the ball. Coach says “up” each player throws the ball above their head meaning you will catch the ball from the person in front. Keep jogging in a circle. Now the coach says “down”. Each player places the ball on the ground pivots around and takes the ball from the person behind them and now runs in the opposite

direction. Good fitness drill. For simulation of the game. Get the players to stop, rest for 10 seconds reduce their heart rate and begin again.

Stretching

Stretching is very important for young and older players. If you do it every training session it creates a great habit. Give each player their own stretch and they can lead the team in their stretch. Gives them responsibility and you don't have to remember.

Some examples are –

- High Knees and butt kicks
- High knee skip (Superman)
- Grapevine and side steps
- Lunges
- Sumo squats
- Ankle leaps
- Hip circles

It's good now to incorporate some of the Netball Australia knee program. See the matrix and hand out

Fun activities(NSG)

Fun games that incorporate netball like movements are great for the modified and juniors. Even the older players may have fun with these (time permitting). The littler ones think they are just playing games, but with the right games they are learning the basic movements of netball. Learning through play is easy and fun.

Here are some ideas:

- HORSES AND JOCKEYS – stand the players in two circles one inside the other. The outside circle is the jockeys the inside are the horses. Nominate a way to run, clockwise and put some objects in the middle (pinnies or balls). Say go and the "jockeys" run in the right direction around the outside of the circle around the horses. They run back to their original horse and crawl/duck through the horses legs and go into the middle and grab an object. Keep removing the objects, till only one left. Note: be careful they are not too rough when they are to go through the legs. Match up with heights. (gets them to run tightly around and spatial awareness- not to contact others on the way around)
- FRUIT SALAD – line the players into lines down the court sitting back to back. Give each pair a fruit, apples, strawberries mango etc. Have two balls sitting the goal circle. To start, call a specific fruit, that pair needs to race up grab a ball and take one shot. If they get it in it is a point to their team. Call different fruits then fruit salad. Fruit salad means everyone is able to run and get the ball to shoot. It's a bit hectic and if you let all to have a go or just the two that got the ball is up to you. (Shooting practice and listening skills)

- TAILS – pair up the team and place a pinnie in to the waistband or clothing waist height on one of the pair. The person with-out the pinnie needs to chase the other to get the tail (pinnie) out. Limit the area and swap over.
- RATS AND RABBITS –line the players in two lines down the court back to back facing the side lines. Get them to sit down so their backs are touching. Nominate a line to be a rat or rabbit. When you call either rat or rabbit that line needs to get up and run to their sideline. To make it harder while they are sitting have them put their hands in the air. They have to get up without using their hands. Helps their balance.
- Ball skills – tunnel ball, bob ball, unders and overs (passing the ball over their head and under through their legs in a line). Windows, cut the cake, hot potato, bow tie.
- Set up a circuit – using skip ropes, marching knees up, dodging up the lines, burpees, throwing up and clapping, side stepping, in a pair chasing dropped balls, rub tummy pat head, hip circles with a ball, ball in and out of your legs, rebound net (if you have one), pitter patter feet and jump after the count of 5, jumping up the goal post to reach a certain mark.
- Ball walk – relay style game using ball skills such as ball around the body, bouncing from one hand to another, tapping the ball above their head and ball through their legs on a lunge.

Footwork

It is really important that children learn where to land and how to land in order to avoid injuries. They must land with “soft” knees. Land like mice not elephants

How do players stay upright? Using body strength and the correct landing techniques assists the player to stay standing and not fall over.

One Foot Landing

When players are on the move and catch the ball most often they will land on one foot first before grounding the other. Players should practice landing in a balanced position so they are ready to pass. It does not matter if they land on the left foot first or the right foot first or with two feet simultaneously.

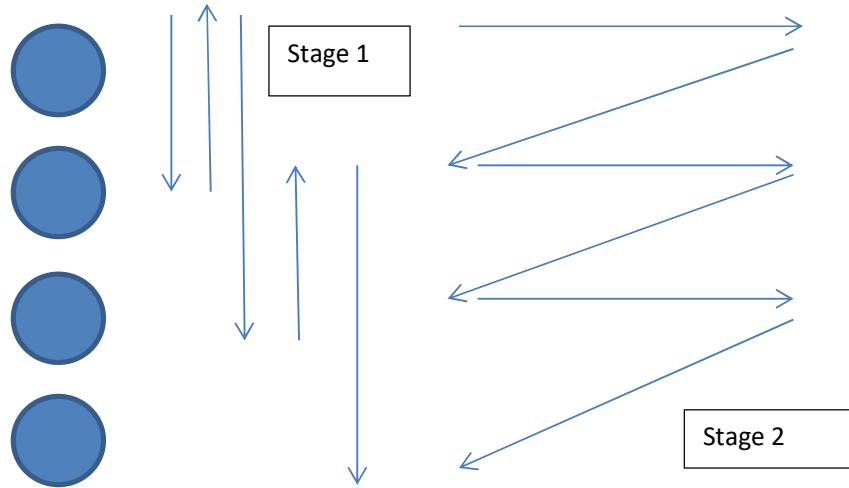
Coaching Points

- Land with feet approximately shoulder width apart to give a firm support base
- When landing with one foot first quickly bring the other foot down to evenly spread the body weight over two feet
- Body should be upright when landing
- Bend knees, hips and ankles slightly on impact. This will help cushion the force of the landing.
- Knees should be in line with feet and should not be in front of feet (indicates weight too far forward)
- Shoulders should be level
- Equal distribution of weight
- Head and eyes up
- Land ‘softly’ in sequence – toes, heels, bend knees and lower the centre of gravity
- Maintain control of the body
- When landing with two feet simultaneously spread the body weight evenly over both feet

Stability and strength are a vital foundation for being able to develop the necessary physical skills to play netball. Good landing technique will minimise the risk of injury. It allows the player to gain balance quickly before passing.

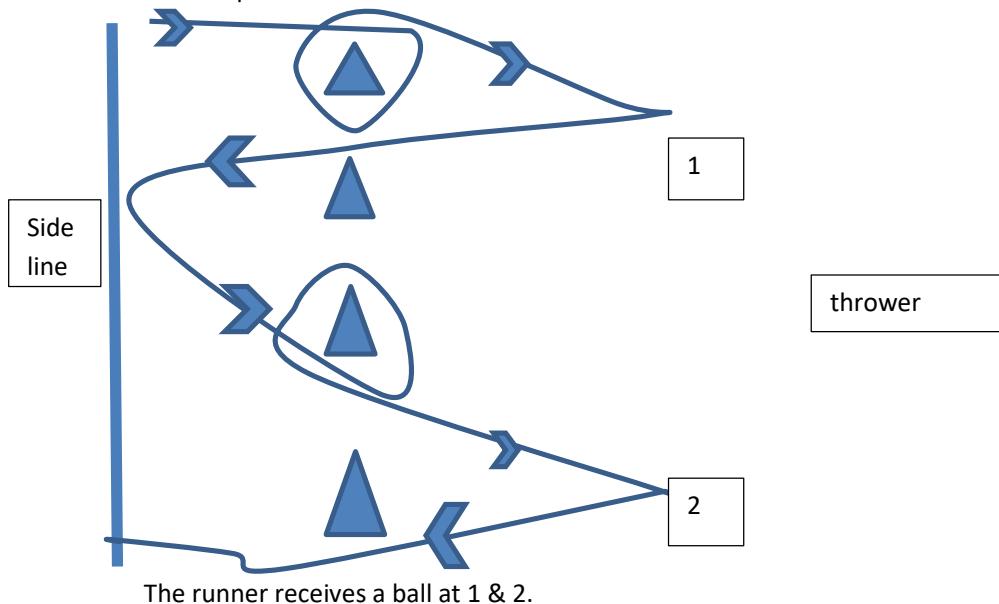
Some ideas'

- FAST FEET – pitter patter feet moving quickly by watching hand movements left, right, back and forward. Eyes always up.
- EYES UP – place 4-5 cones or markers on the ground in a line. One by one let the players run up to the cone and move right around the cone and then forward to the next one. Keep reminding them for eyes up. Introduce a ball when they are confident.
- CONE RUNS – Set up cones like below

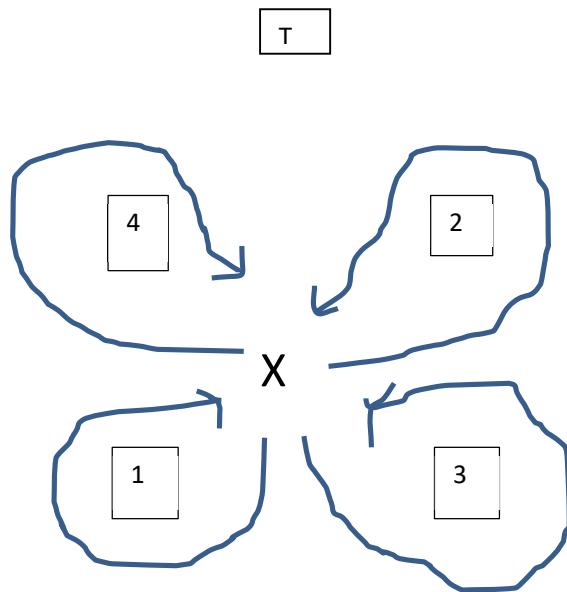


Run back and forward following the directions of the arrows. Make sure their eyes are up and they are pushing off strongly on the outside foot as they drive forward. Once confident introduce a ball and ensure good footwork.

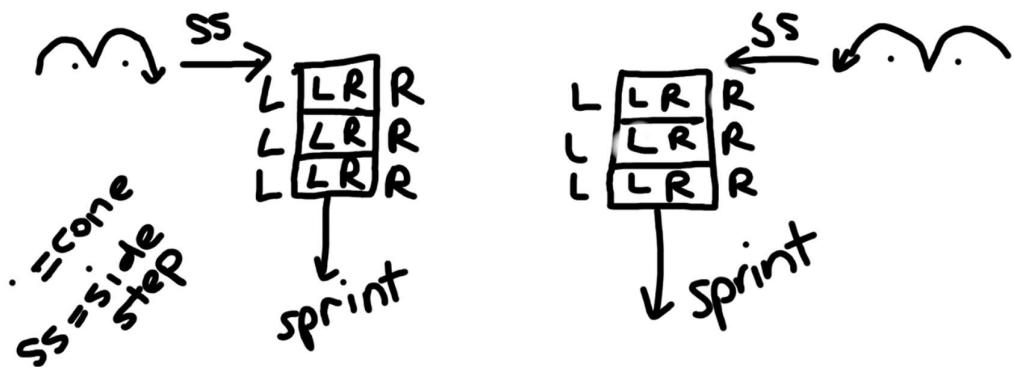
- OBSTACLE – Set up as below



- BUTTERFLY – X starts in the middle goes around 1 to receive a pass on the drive to the middle, runs up and around 2 and drives to the middle for a lob. Repeats with 3 & 4 on the opposite sides.



- UP TOUCH – Start with players in a line on a transverse line. First runner comes up and touches the ball in the throwers hand. The runner then moves back to receives a lob. Then passes back to the thrower and moves left to receive a pass. Passes back. Then drives right lands on the right (outside) foot and pivots around and passes back to thrower.
- LADDERS – Use chalk to draw ladders and drink bottles if you don't have hurdles or cones



Ball Skills

Netball is a game made up of a variety of passing techniques. The player's ability to pass accurate and well-timed throws will determine the success of the team. Players need to master the basic skills of each of the throwing techniques as well as balance, timing and control. The player must learn when and where to pass the ball and which pass to use.

Coaching Points

Shoulder Pass – 1 handed

- Stand side-on to the intended receiver
- Feet should be shoulder width apart with knees slightly bent and weight on the back foot
- The ball can be held with two hands but as the arm is taken back behind the shoulder the ball is held with one hand
- Elbow should be bent
- The opposite foot to the throwing arm should be forward
- Transfer the body weight from the back foot to the front foot as the player steps forward with the front foot
- The ball is pushed forward with the shoulder, elbow, wrist and fingers
- Follow through with the hand whilst the fingers should be pointing in line with the throw

Shoulder Pass – 2 handed (NSG)

Everything is the same as the one handed shoulder pass but as the arm is taken back behind the shoulder two hands remain on the ball.

Chest Pass

- Two hands behind the ball with thumbs and fingers in a "W" shape
- Ball held close to chest
- Elbows bent and relaxed by side
- Wrist and fingers direct and control the ball
- Step forward into the pass
- Weight is transferred onto the front foot
- Follow through with arms and fingers in the direction of the pass
- As the player steps forward ensure feet are in a balanced position

Bounce Pass

- A bounce pass can be performed with one or two hands from in front or the side of the body
- Hold the ball the same as for a shoulder pass
- Ball can be held at either waist or hip level
- Bend knees and step forward onto the front foot
- As the ball is pushed forward the hand and fingers should follow the path of the ball
- When executing the bounce pass the ball should bounce approximately 2/3's of the distance between passer and receiver

Lob Pass

- One or two handed pass
- The body can be facing or side-on to the receiver
- The ball should be released above the head
- As the throw is executed the throwing arm or arms moves up and forward towards the receiver
- The wrist and fingers direct the ball in a high arc into the space ahead of the receiver
- The highest point of the arc should be when the ball passes over the defender
- Weight is transferred from the back to the front foot as the step forward is made

If players can throw these four passes with accuracy they will have a very sound grounding for more advanced passes as their Netball skills develop. Something as basic as the throwing technique and variety of passes should not be a problem for players to master. However deciding which pass to use

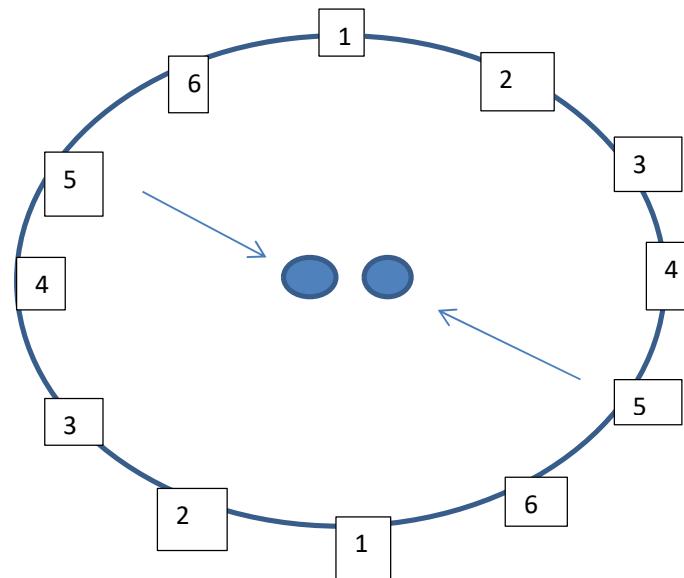
and when to use it can really be difficult for some players. Factors that determine what pass a player should use and when they should release it:

- Positioning of attacker and defender
- Length of pass
- Positioning of immediate defender at 0.9m
- Timing of attacker's movement

Placement of the pass into a space can be hard for some players to recognise. Keep re-affirming the placement of each pass into the correct space by pointing out where the defender is positioned and throwing the ball in the space away from the defender.

Ball skill drills

- Basic passing and catching between two players. Variations can include, timed (competition for how many passes with not dropping it in a certain time), switch hands (right handed throw left handed), Stand closed together (promotes accuracy). Once this is mastered in a standing still position always introduce the player to movement as you don't stand still on a court to receive a ball. Have the player side step or run backwards (not feet over feet but turn hips) to a marker or line and have them drive forward to take the pass.
- Numbers – A circle that has two even numbered teams shown below-

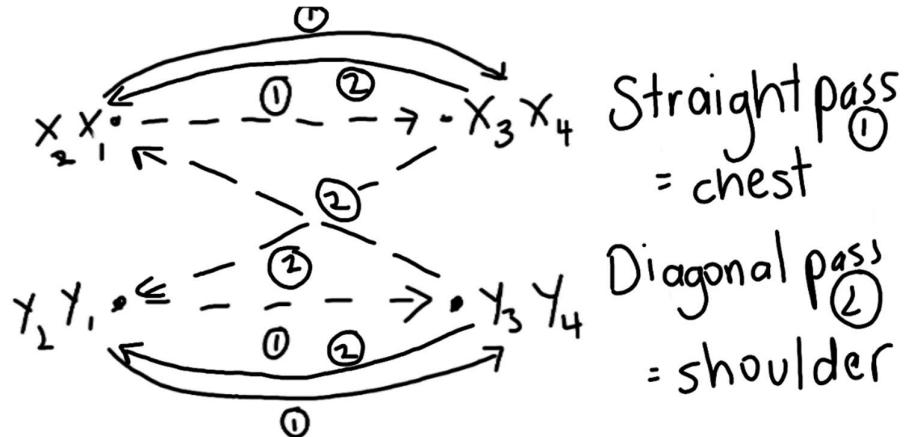


Call a number Say 5, those two players run around the outside of the circle and into the middle by running through the space they created and picks up a ball. They start throwing the ball to their players in order. So for this example 1,2,3,4,6. Each player throws it back to 5 in the middle and sits down. The winning team is the first team to be seated.

- TADPOLE – Set up a circle of half the team in the centre third. The others line up at say the goal post. The circle is the tadpole head and the runners are the tadpole tail. The tadpole head throws the ball around counting how many passes they can complete without

dropping it. The tadpole tails run a relay and yell stop when the last person comes back to home. The tadpole head stops counting on stop. Swap teams over.

- BOWTIE – x1 and y1 throw a straight chest pass to x3 and y3 then run to the end of the



opposite line. X3 and y 3 then throw a shoulder pass across the square to X2 and Y2 and then run to join the line at the other end.

Attacking

Your team is in attack when they have possession of the ball. All seven players on court must develop appropriate attacking skills to competently bring the ball down through the court to the shooters. Effective attacking play comes from the player's ability to catch and throw whilst moving combined with changes of speed and timing of movement. Good attackers also find the right spaces in which to move. By using various methods to get free the attacking player aims to lose their immediate opponent before catching and passing. This variety in movements creates patterns of play. Explosive speed, agility, strength and endurance are necessary components of a good attacking player.

In order to achieve this, players must:

- Have accurate and consistent catching and passing skills
- Have good vision
- Have an awareness of how to create space
- Have the ability to use a variety of methods of getting free
- The capacity to select and instigate appropriate timing of the movement with changes of pace
- Ensure balance and control at all times

A good attacking player needs to be able to execute the following movements:

- Straight and Diagonal leads
- Dodge
- Change of Direction
- Change of Pace

They must have good balance, be decisive in their movements as well as have strength and power. They need good spatial awareness in relation to themselves, the ball, their team mates and the opposition. They must also have the capacity to use the information gained to make quick decisions,

have good communication both verbal and non-verbal and be able to read the cues of their team mates and the opposition.

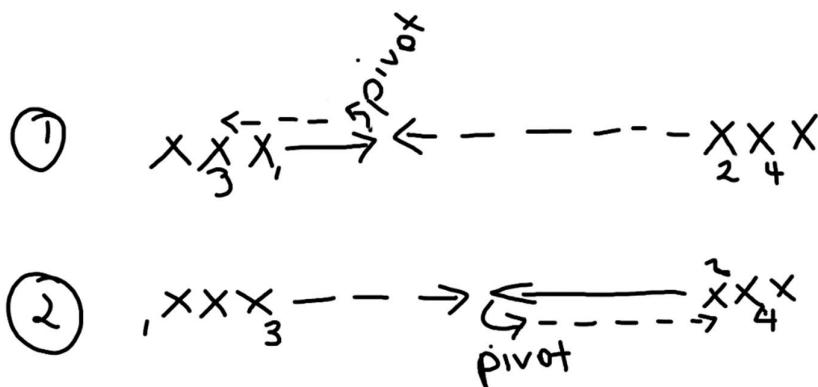
Coaches can enhance the player's abilities by providing practices that show progression and court relevance,

Straight lead

A simple movement but a very effective one. When timed to perfection it can be extremely difficult to defend. The attacker initiates the movement whilst the defender can only guess in what direction the attacker will run. The attacker must decide the exact moment to move then begin with strong, explosive steps towards the thrower either running directly forward or diagonally to the free side. Rule of thumb – 123 drive, 45 think, 678 change direction. Don't keep running in a straight lead for too long, change direction or clear.

Activity –

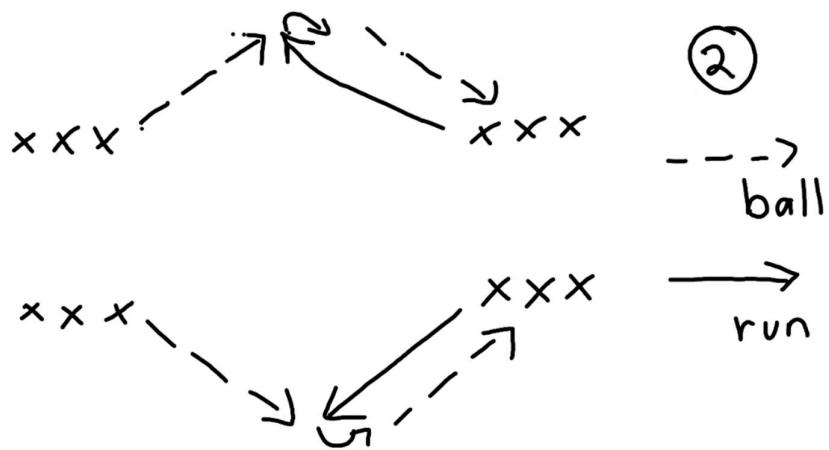
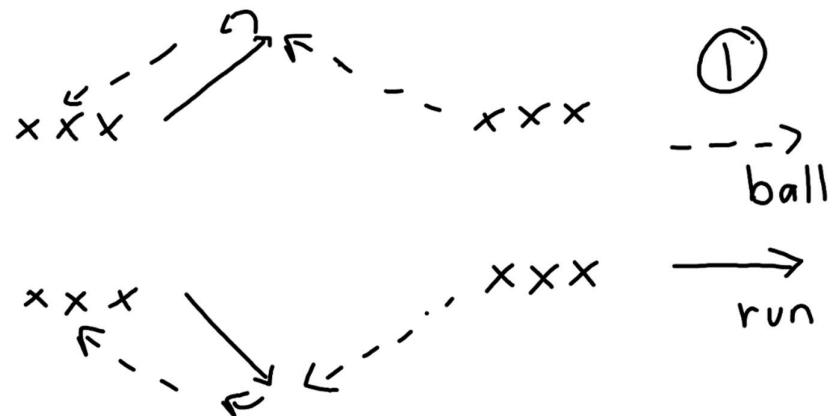
- 1) X1 leads straight out to receive a pass from x2 (first stage land with both feet second stage land in a straddle land) pivot on the grounded foot and pass back to x3. Return to your own line.
- 2) X2 now completes the same receiving a pass from x3 and pivots to return the ball to x4 and the worker returns to their own line.



Diagonal lead

When leading to the right or left it is important the player lands on their outside foot when catching the ball. For example if the attacker is leading diagonally to the right the land should be on the right foot when the ball is caught (outside foot). When leading to the left the land should be on the left foot when the ball is caught. Practice landing using the outside foot.

Activity –



Dodge

Dodging is a short, sharp movement often executed from a stationary beginning. It can be used to quickly change direction to create space for themselves or team mates. It also allows the attacker to wrong foot or take the defending player away from the space where the ball

- DODGING – use cones or markers to have players dodge around the cones using little feet



Double



and keeping their hips to the front. Add a ball of the drive as the second stage to this activity.

Defending

A defending team is waiting for mistakes to occur. It may at the same time actively encourage the opposing team to make them. Constant defensive pressure will destroy the quality of opposition play. By forcing the attacking team to make quick decisions options will be reduced. Good positioning of defensive players will limit the passing angles and deny space and speed to the opposition. When we are talking of team defence we are not referring to just 3-4 players but to the entire team. When the opposition has possession of the ball everyone on your team is a defender. Why wait for the ball to be in the final third of the court before trying to gain possession?

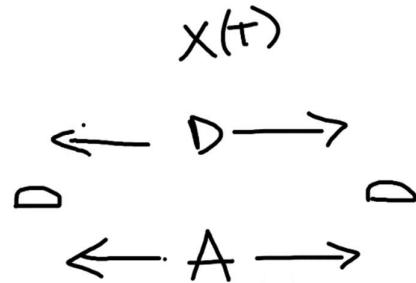
Defence work includes the following:

One-on-One Defending (side and front)

The defender tries to prevent her opponent from receiving the ball by tight one-on-one marking. Their aim is to dictate to the attacker the spaces they can go into and force a turnover ball. The team is trying to force the opposition into errors or into a held ball situation. The disadvantage of this type of defence work is that it is reactive rather than creative. You are simply following and trying to anticipate the movements of your opponent. A visual awareness of your opponent, the ball and

other players is a key element of successful one-on-one defending. This is probably the most physically difficult way to defend and players will need very good fitness levels to successfully defend in a one-on-one manner.

Front (shadowing) – D keeps A in her peripheral vision while keeping an eye on X the thrower. A

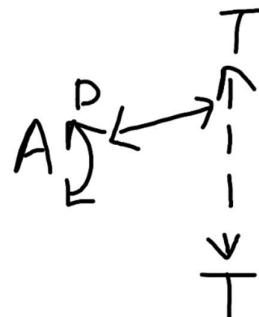


moves side to side in between the cones while D shadows the movement in front. Second stage A can try to break forward to receive the pass from X.

Semi-loose Defending

Still a one-on-one situation but the defender is standing slightly off the player giving the attacking player a false sense of security. The thrower assumes the attacker is free to receive a pass, but the defender is ready to move and intercept. Timing is vital in order to make the interception. If the defender has committed too soon, she may be easily beaten, the pass may not be thrown, or a different pass is given in order to beat the defender.

Activity – D moves around A to the same side as the ball moves between the throwers. If the opportunity arises D can move to intercept the ball between the throwers. BECAREFUL as if you



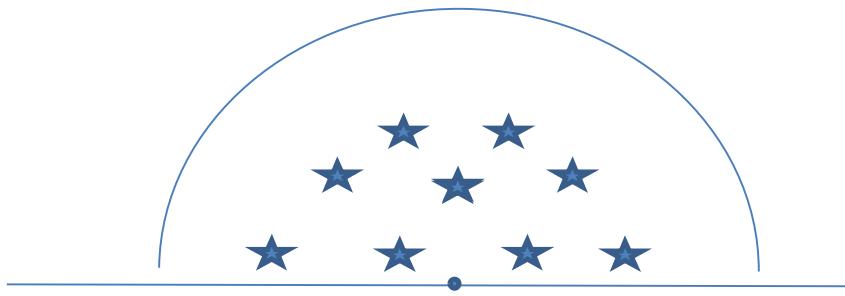
move too soon one of the throwers can get a pass to A.

Shooting

Regardless of which country Netball is played in the techniques of shooting for goal remains very similar. Shooting is all about balance, rhythm and feel for the shot. Shooting for goal should be an automatic, well sequenced skill. This just doesn't happen by chance and players wanting to be either Goal Shooters or Goal Attacks take on the added responsibility of extra training. Being an accurate shooter takes many extra hours of practice shooting above and beyond the teams normal training sessions. Shooters should aim to practice everyday to gain accuracy. Shooters should always try to be balanced and in line with the post before they attempt to shoot. Feet, hips, body, shoulders and elbows should all be 'square' to the post. This will give the ball every opportunity to travel in a straight line to the ring. Shooters should always look at the same aim point every time they shoot. These aim points could be the front of the ring, above the middle of the ring or at the back of the ring. Each shooter must find an aim point which suits them then stick with it. Start at the base and look at what the feet and legs do when shooting for goal. The shooter's feet should be parallel approximately shoulder width apart in a comfortable stance. Shooters should try not to step forward as they shoot. This will give the defender an advantage because the shooter has stepped toward the defender and lessened the 0.9m distance. The power of the shot comes from the legs. It does not matter from where the shooter takes the shot, the top of the shot should not change. More bend in the knees will give more power on a longer shot for goal. Consider opening a bottle of fizzy drink. As you open the lid the bubbles come from the bottom to the top. This is the same for the shot for goal. The fingers guide the ball in an arc towards the goal ring. The upper portion of the shot for goal should not differ whether the shooter is in close or far from the post. The ball should sit on all finger tips and the thumb on one hand. To get this position toss the ball up a few times using one hand. Where the ball sits in the fingers as it is caught is where the fingers should be for the shot of goal. The fingers should be spread evenly. If the ball sits too high on the finger tips the shooter will lose control of the shot. If the ball sits flat on the palm of the hand the shooter will lose the feel of the shot and throw the ball instead of shooting (guiding) it to the post. The ball should be placed above the head in the shooting hand. The other hand is placed gently to the side of the ball as a support only to keep it balanced. Because shooting is all about rhythm the knees and elbows bend at the same time. As the body straightens in sequence the ball is not released until the arm is at full extension. The ball is released in a smooth fluid action following right through to the finger tips. The index and middle fingers direct the ball to the post and must be strong. Coaches can determine which fingers are being used by the spin placed on the ball. A back spin shows the index and middle fingers being used. A lateral rotation of the ball will tell the coach that the ring and little fingers are too strong causing the ball to spin out of the ring. The wrist and fingers should flick the ball in a gentle back spin motion to the ring. Fingers should follow the arc of the ball to the post. The entire sequence of the shot for goal should be a rhythmic motion. Jerky movements can cause the ball to move off the line to the post.

Some ideas for games-

- **SHUFFLE SHOOTER** – two teams stand in diagonal lines radiating from the goal post. The first spot is at reasonable distance for shooting. Perhaps place a marker. The ball comes from the last person in the line and gets passed down the line to the first person of each team. The last person to receive the ball has a shot and retrieves their own ball they then pass it back to the first person in the line (the one now closest to the goal post). The ball is then passed back up the line. The person who has just had the shot for goal races to the end of the line to be the last person to catch the ball. After each person throws the ball back they shuffle forward towards the goal post leaving room for the person who has just shot to join the end of the line. If you want a winner it is the team with the most goals.
- **ROUND THE WORLD**. – Mark ten crosses at intervals around the goal post like below.



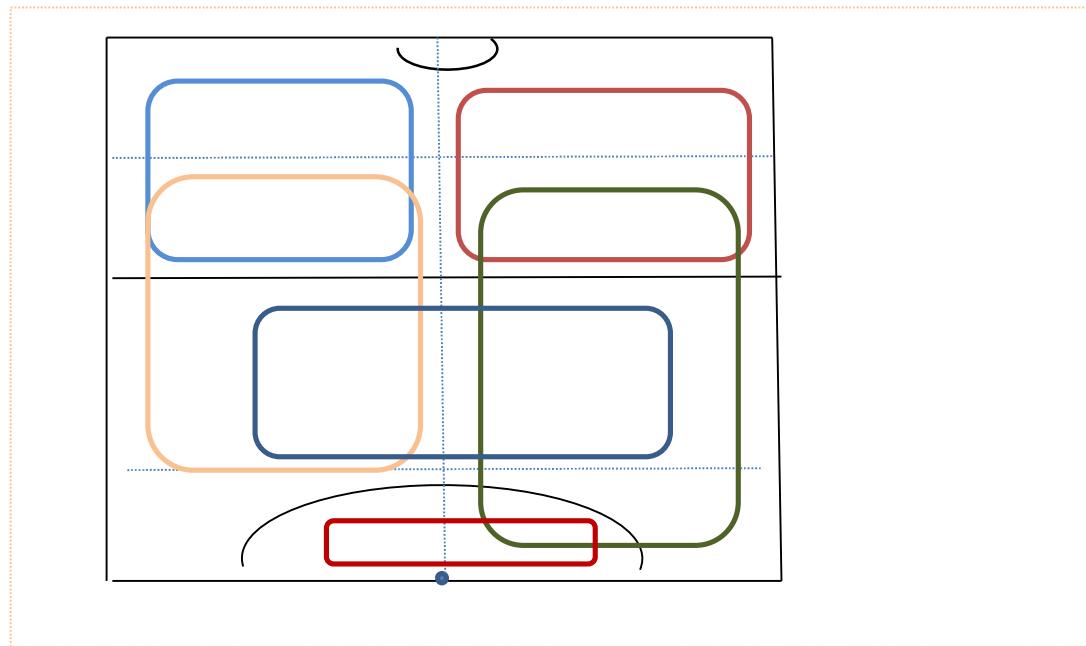
Each player has a shot at each marker. They cannot move on until they have got a goal in or have only one shot from each marker and count how many out of ten go in.

Modified game

Modified games are a great way of getting the team to practice without another team to play against. The most common form is half court, however this can be confusing for little ones if you only have one set of pinnies.

Some ideas –

- TEAM A, TEAM B, TEAM C – Split the group into 3 even teams. These become team A B & C. Team A starts with the ball on the base line. Team B is in the centre third and team C is in the far goal third. Perhaps give team A pinnies inside out to wear. Team A has the ball. They have to move the ball under normal netball rules down the court to the other end. They don't have any defenders in the goal third they start in but team B and C will defend as they approach their thirds respectively. Team B& C must determine before team a starts who they will defend and they cannot defend outside their third. Team A must ensure each player touches the ball in each third before they can progress into the next third. Rotate the teams through each third and they only get as many chances to get down the court as they have people in their team i.e. 3 people 3 chances before they have to rotate to the next third.
- STRANDED – You will need chalk for this. Use 2 thirds of the court. Pair up your team. Give each team a designated area that they can run. See below –



Each section has a defender and attacker, but they cannot attack or defend in an area that already has an attacking player in it. If you have 5 pairs always have 6 areas marked up. That means there is always one area free at a time. You can cross a players area to take up a free space but not catch a pass. If they do catch a pass in an occupied area or 2 attacking players run to the same place the last person to occupy the space are stranded and have to sit down. This allows their partner to attack or defend alone. Put a time limit on the stranding or number of passes that they have to sit out before they can re-join the game. The attack and defence constantly changes but if the ball is turned over they have to work it back to the centre circle before moving back up the court. You can have shooting or just counting passes. Some areas overlap and they have to think how to link the court. Teaches spatial awareness and channels.

Cool down & Stretch

Try to remember to do this especially the stretching part. It is a great opportunity to stretch again as it is while they are still warm. The cool down is generally an easy jog up and down the court. Stretching now can be stationary or dynamic.

Some stationary stretches are,

- Hamstrings – touch your toes while sitting.
- Quads – standing and lift your R or L foot towards your bottom and hold and balance.
- Calf – stand and bend both knees then extend out one foot to straighten your leg with your foot flexed. No weight should be on your heel.
- Achilles – standing take one small step forward with your toes facing straight forward. Bend both knees
- ITB and Glute – Sit and place the outside of one ankle just above your knee on the other leg. Bend the straightened leg to 90 degrees. To lengthen the stretch lean torso into the legs.
- Glute and lower back – sit with legs straight out. Place the outside of your ankle on the outside of your other knee. Top leg should be bent and bottom leg straight. Twist your torso

away from the bent leg by placing your opposite shoulder on the outside of the bent legs knee. Place your hand on the opposite arm on the ground behind your back.

- Shoulder stretches and upper back. Place arms wide, increase stretch by moving your hands backwards, then bring your hands back to middle, give your self a hug.

Scanned drills and exercises

BALL SKILLS

Ball Handling

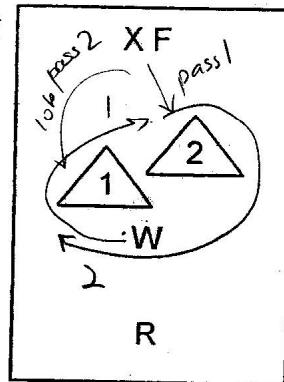
A. This drill is designed to develop the skills of interception, recovery and promote ball handling fitness.

3's, 1 Ball, 2 cones.

Worker drives around cone 1 to intercept ball that is fed towards cone 2 (release ball as W comes around cone 1). Worker throws ball back to feeder, drives back around cone 1 and receives a high ball from F. Worker gets up to pluck ball out of air.

W passes ball to receiver, then drives right to receive ball, back to R, then drives left to receive ball, back to R, then drives towards R and back for lob.

Start from beginning.



B. This drill is designed to develop reflex skills, strong take of ball, and promote ball handling fitness.

2's, 1 ball, on line

W is 2m from line facing F

F is 2.8m from line.

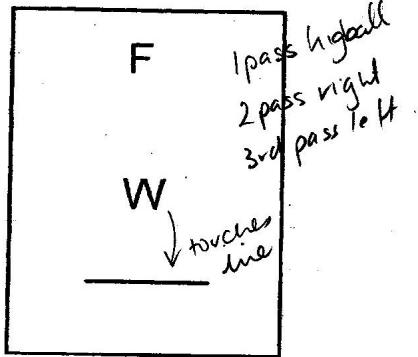
W turns, touches line and drives back towards F to receive a high ball, (2 foot take off) pass back to F.

W turns to touch line, then drives to right to take straight pass (release ball as W touches line)

Pass back to F.

W turns to touch line, then drives to left to take straight pass.

Repeat from beginning.



ball handling cont...

C. This drill is designed to encourage team work, change of directions and double plays.

2 Teams, 2 Ball.

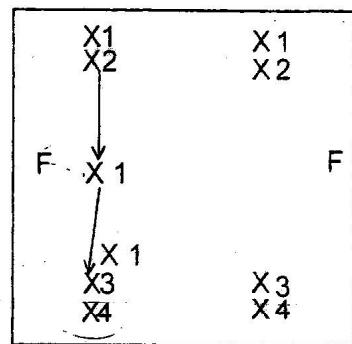
Both teams work on their own, - winning team can be the first one to go through once or the most turns in 2 minutes etc.

X1 throws to F, drives forward and receives a pass back from F.

X3 drives to left to receive ball off X1. X1 drives to starting position of X3 and receives pass back from X3.

X3 must run behind and around X1 to receive a short, high ball.

X3 passes to F etc.

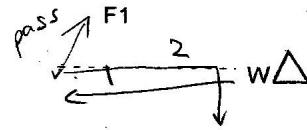


D. This drill is designed to develop the skills of taking the ball at full stretch, passing off to a moving player, and change of direction.

3's. 2 Balls. 1 cone

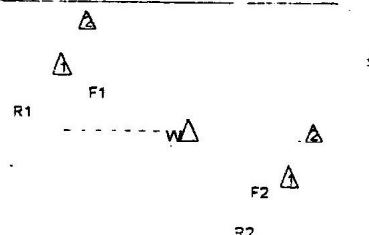
W drives to left to receive ball from F1 - Return ball to F1

W then drives towards cone, changes direction (right angle) and drives to take ball of F2 - return to F2 etc



E. As (D) above. W receives ball from F1, and passes on to R1 (who times her lead to be on the lead back to receive the ball at full stretch).

W2 continues on to receive ball from F2, and passes to R2 who times her lead. Meanwhile, F has driven to cone 1, then cone 2 then receives ball at full stretch from R1 back to where F1 started from. Same for F2.



Passing

Accuracy and Timing

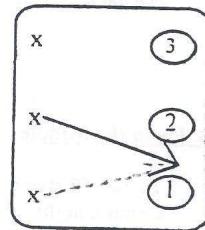
Important

- Hold the lead. - it is better to lead late than early.
- Thrower and catcher must work together.
- Thrower judge attributes of catcher (eg height, speed etc.)
- eg throw the ball in front ; catch outstretched arms
- i.e how far in front ? - thrower to judge

Drills

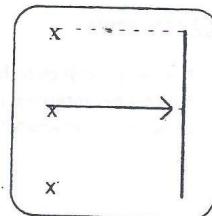
A.

1 throws the ball
 2 runs to catch - catcher's body facing the way they are running .When catching just turn head, stretch out arms , catch ball 2 hands, hop out (L hop on L, etc) balance ,pivot to throw to next player.
 3 does not move until 2 is in throwing position.



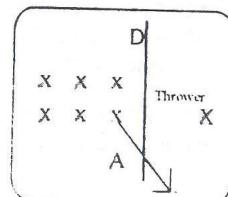
B.

As for A but ball is to be caught in a given distance - catchers must catch ball before the line. Makes distance shorter.
 It is important to keep eyes on the ball until firmly in hands , don't move into the throwing position before having possession of the ball; (don't assume you have caught the ball until it is in your hands).



C.

On the line defender half covers attack.
 Attack runs "flat out" to side, thrower passes, attack catches. If thrower passes in front etc; catcher extends arms etc; pass will be successful
 It is important for attacker to wait until thrower calls sharp "GO" - push off hard.
 Note. "must look at the ball if you're going to catch it"

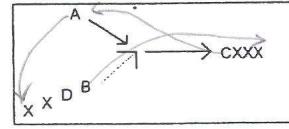


Skills Practices

(1) C and D run to touch the far line, then return to catch a pass from A. C is defending D. Reverse the positions of attacker and defender each run.



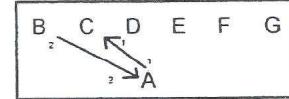
(2) B runs forward and receives the ball from A and passes to C. B joins the end of C queue. C passes to A and receives the pass from A. C takes A's place and A joins the queue where B started.



(3) Pepper Pot. A and B have a ball each. Ball 1 is with A and Ball 2 with B. The sequence of throws is as follows.

1-C, 2-A, 2-D, 1-E, 2-A,
2-F, 1-A, 1-C, 2-A, 2-B.

The balls will move up and down the line in a continuous cycle. Player A controls the speed at which the balls move, and you should go as fast as possible without ever losing control. The central person, player A, needs to be always throwing one ball while she is receiving the second ball. Her eyes are watching the incoming ball, not where she is throwing the other ball. Players B-F stands side by side.



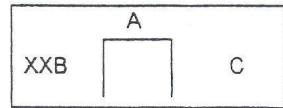
(4) B will move in and out a line of players, C-F. As she comes from behind a player, A will pass the ball to B and B passes it quickly back to A.



skills practices cont...

(5)

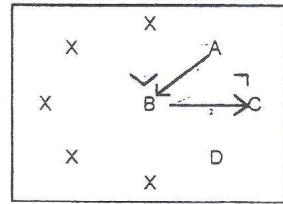
A holds the ball high while standing on a chair. B runs forward and jumps up trying to dislodge the ball or trying to grab the ball with two hands. B then passes the ball on to person C, who returns the ball to A. C then has her go.



*Cut the
cake.*

(6)

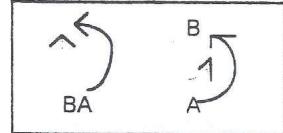
In and Out. A throws to B, B to C. As A throws she follows her throw and takes B's place. This cycle continues with a player moving into the centre after her throw. A circle shape should be maintained.



(7)

B will start moving as A throws the ball, to catch a lob pass.

Alternative: Player B will run in towards A, then double backwards for the pass.

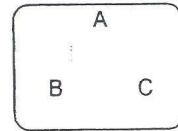


Skills Practices

A. A is tosses the ball up between B and C.
B and C are standing 1 metre apart.

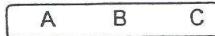
Coaching point:

Make sure both players keep their eyes on the ball from the moment that A has possession, until the ball is released.



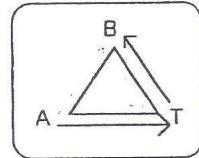
B.

A throws ball to B who is facing C. *left/right.
As A throws ball, she calls out "right" or "left" and B turns in that direction to intercept the ball.
The call must be made just prior to the throw to allow the player to turn in that direction.
C will then do the same thing as A.
The players stand about 4 paces from each other.



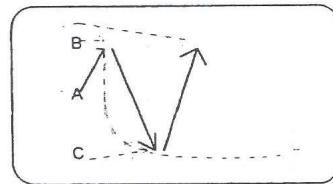
C.

Imagine a triangle on the ground.
A has the ball and will throw to B who runs towards place "T".
B will then throw to A who is running towards B's original starting place.
They continue to run in a triangular shape.



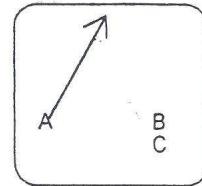
D.

A has the ball and will pass to B who is moving forward to receive the ball.
C is also moving forward parallel to B.
B throws to C.
Meanwhile A has circled behind B ready to receive the ball from C.
The player always runs behind the person to whom they have thrown the ball.
The ball should zigzag down the court.
Players start with only a couple of steps between each player.

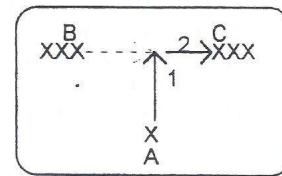


Skills Practices cont..

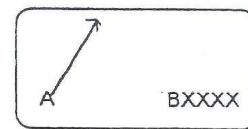
E. A will pass to B who is being defended by C.
B must dodge or make a straight run.
This exercise can be carried out in a limited area.
eg. The goal ring.



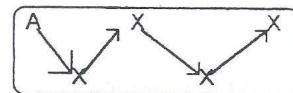
F. A throws to B who is moving forward.
B throws to C and the ball is returned to A.
B joins the end of C line and C moves forward to receive the ball.



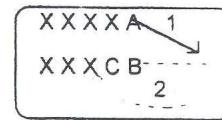
G. B runs forward to either right or left to receive the ball.



H. Cross ball formation , passing the ball zigzag down the line.

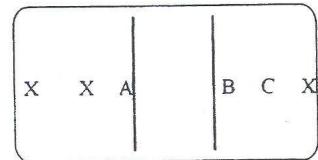


I. B runs forward a few paces and receives the ball while on the run from A, pivots and returns the ball to her own line.
A then runs to receive the ball from C

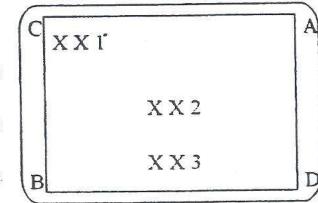


Ball Skills Practices.

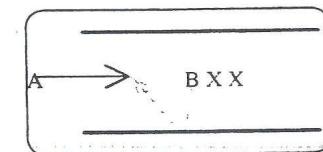
- B runs up to a line in front of A, then running sideways and backwards receives the ball in a lob pass.
B passes the ball to her own line, player C.
Meanwhile player A has started to run in towards C ready for her pass.



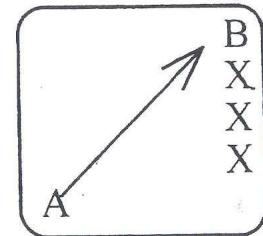
- Using 1/3 of the court only. The ball needs to be passed from A to B, via the three players in the middle. Pairs one, two, and three have an attacker and a defender. The attackers will work with A and B, while the defenders work with C and D. If A starts with the ball she will pass it to one of her attackers in the middle. It then gets passed to each attacker in turn and to B at the end of the line. Each player only touches the ball once. If the opposing team intercept, they pass the ball to C or D and attempt to move the ball across the diagonal.



- B runs to a line, about 5 paces from her side, then dodges back to centre to receive the ball.



- A passes the ball along the line to each player, then changes places with one of the girls in the line. Each player should get a turn out front.



Ball Skill Practices cont...

5 A will pass a shoulder pass to B who has moved forward. B to C will be a lob pass. C to D will be a 2 handed chest pass. D to where E is positioned is bounce pass.
The type of pass depends on where the player is standing.

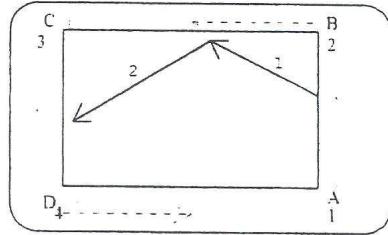
1-2 shoulder

2-3 lob

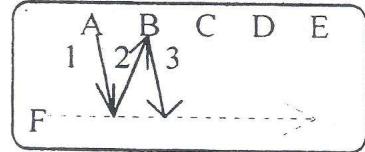
3-4 two handed chest

4-1 bounce

After each pass you continue forward and join the queue ahead. Each pass should be received half way along the line.



6. F will run in a straight line, parallel to the line A-E

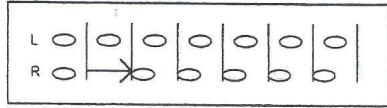


FOOTWORK DRILLS

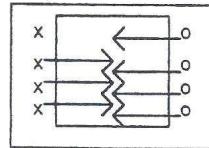
Team Movement Drills.

To Develop Footwork.

(A) Girls go up and down court
stepping over every line, landing
on right foot (prancing steps).
Repeat with left foot.



(B) 2 lines of players on either side, facing each other.
Players run towards each other.
Dodge away without touching each other.



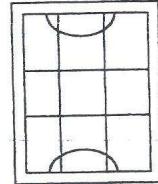
(C) Pairs - 1 in front of other, with hands on player in front.
Worker crouching down, and pushing up with pressure exerted from behind.
Develop to worker jumping up from crouch position.

(D) Pairs - hold hands (facing each other)
1st girl = starjumps with legs astride.
2nd girl = kick legs through 1st girl.

(E) Same as above, but both girls star jump with opposing actions.
Put routine (D) and (E) together.

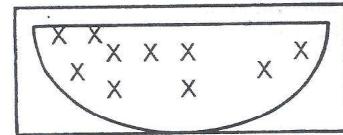
team movement drills to enhance footwork cont...

(F) Court divided into 9 segments.
Each player has a segment, plus 1 spare player = 10 players.
If a player runs into a segment, the girl in there must move
to another etc. Keep moving, on your toes, drive out quickly
(only one girl allowed in each segment)



or Divide only 2/3rds and have 3 spare players so more
movement occurs. Everybody is always moving.

(G) All team members in the goal circle.
On whistle, they must sprint and dodge
around, without touching each other.
On next whistle, they go back to
jogging.
Two whistles may mean they go
backwards, then on next whistle, jog forward again etc.



(H) All girls in centre 3rd.
Spread cones out over 3rd.
Girls to jog to any cone and then sprint to another, then jog etc.
Vision is important to avoid contact.
Vary - Only one girl to each cone
Vary - If colour cones available, girls not to move to 2 cones of the same
colour in a row.

DEFENCE DRILLS

Defence Practices

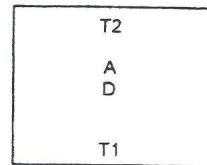
1. QUICK RECOVERY

(4s)

Defender defends attacker.

T1 can pass to A, or over to T2.

Defender to attempt intercept, or recover to always be between A and T (ball).



2. ATTACK / DEFENCE CHANGEOVER

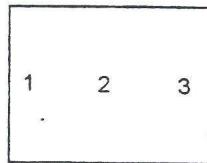
(3s)

1 starts with the ball, and throws to 3 - 2 defends.

3 now has ball and throws to 2 - 1 defends.

2 now has ball and throws to 1 - 3 defends, etc.

* Need to think quickly to change from attack to defence, and back to attack.



3. HIGH / LOW CHANGEOVER

(4s)

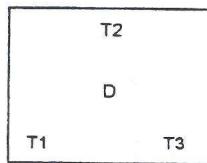
Def in middle of triangle.

High ball b/w T1 - T2 - Def to intercept.

Low ball b/w T2 - T3 - Def to intercept.

Either low/high ball b/w T3 - T1 - Def to intercept.

Passes between throwers should be fast and the pattern varied.



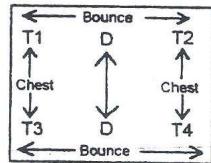
4. DEFEND THE SQUARE

(5s)

D tries to intercept bounce pass only, by moving across centre.

Def not to worry about chest pass.

Keep square small and passes fast. Vary that def only intercepts chest pass.



5. BACK YOUR JUDGEMENT

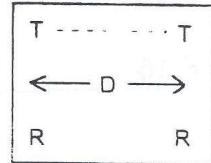
(5s)

Throwers move forward towards receivers, passing the ball b/w themselves.

Before they reach the defender, one thrower passes to receiver in front of her.

Def must back her judgement and attempt to intercept this throw.

Variation: Thrower passes to Receiver diagonally opposite her.



Defence Drills

The following drills are designed to enhance defensive skills such as:

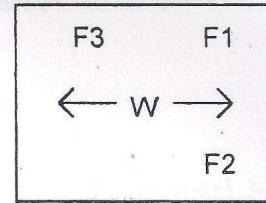
timing to intercept
attacking the ball
quick recovery and arms over the ball
peripheral vision

1. High ball and intercept.

Groups of 4

2 Balls

F1 and F2 continually throw a ball between themselves
- straight pass.
F3 throws a high ball up to W.
W returns ball to F3 and then drives across to intercept
ball between F1 and F2 - Return ball to either feeder
W then drives back to F3 for a high ball etc.
If W unable to drive straight across and intercept F1, F2
ball, she returns to F3 for another high ball.

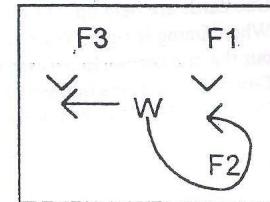


2. Drive around and intercept

Groups of 4

2 Balls

W drives around back of F2 to intercept or
deflect(outside arm) and chase up ball return to F1
W then drives back around F2, accelerates and takes a
ball at full stretch from F3
W returns ball to F3, and drives around F2
Ensure you work on the other side as well.

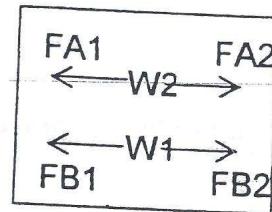


defence drills cont...

3. Intercept/Recovery

Groups of six
1 Ball

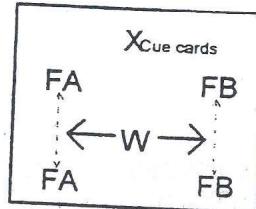
FA1 starts with the ball
W2 3ft with arms over the ball
FA1 can only throw to FB1 or FB2
W1 attempts to intercept the pass
If W1 is successful, start again, If W1 misses she must recover, run to the person with the ball and get arms over quickly -3ft
FB feeds back to either FA1 or FA2
W2 attempts to intercept (only W1&W2 can move)



4. Intercept with Cue Cards

Groups of 6
2 Balls
Coloured Cards

2 Balls are thrown continuously
1 Ball between FA's and 1 ball between FB's
W pita-pata's on spot in middle
Cue cards are held up - W must call out colours
When timing is right, W drives across and intercepts one of the 2 balls She must call out the cue card colour when intercepting as well
Develop 2 workers in the middle - intercept ball on their side
Develop 2 Workers can drive either side to intercept either ball.



Defensive Drills

The following drills are designed to enhance 1 v 1 defence, teamwork and to encourage being an attacking defender, who aims to intercept the ball.

Drill (A) 4 players - 2 v 2 (2 attackers / 2 defenders)
Allocate area ie 1/2 of 1/3

Aims - Attackers Pass the ball between themselves

Vary choice of passes

Vary speed of release

Try to work the ball from one end of 3rd to the other and back
ie have direction

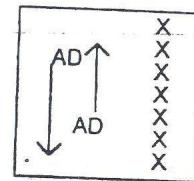
Defenders Attempt to intercept ball

Recovery quickly and arms over the ball

Try to stop your girl from driving down the court to
Receive easy pass

Try to force the attackers to go back up the court,
rather than drive down

Work with other defender - try to force attacker into
path of other defender, so she can assist ie. try to push
her into the other players, rather than allowing her
access to the open run.



Drill (B) 4 players

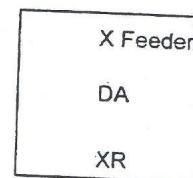
Feeder starts with ball - back to group

For a cue, feeder throws ball in air and pivots to face
group

Attacker drives to receive ball - tightly defended by D
Attacker then passes to receiver who has made a strong
move to the ball

Attacker then drives on to receive next pass

Defender attempts to deny her easy passage down the court.



Aims - Defender

Intercept 1st ball

Recover, arms over deflect ball

Block and work hard on attacker to defend highly and
intercept 2nd feed

Attempt to force attacker back up court rather than run
freely down court

defensive drills cont...

Drill (C) 4's As in B feeder faces away - throws ball up for cue.

2 attackers make a lead for the ball.

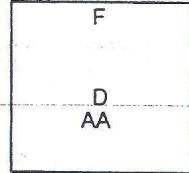
Defender picks up one attacker.

If ball goes to unattended attacker, the 2nd attacker, tightly defended makes another move down the court to receive the ball from attacker 1.

If initial ball goes to defended attacker the free attacker makes a 2nd lead to receive next ball and then attacker 1 must drive down the court to receive another pass.

Develop

Add 2 defenders on the 2 attackers



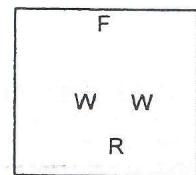
Drill (D) 4's As above feeder throws up ball for cue.

Feeder throws ball anywhere, ie - in air, along ground, etc

The 2 workers attack the ball to gain possession - the attacker that does not gain possession becomes the defender - She must recover, get arms over the ball. W with the ball (attacker) then passes off to receiver who has made a strong move to the ball.

Attacker then drives down the court to receive next pass.

Defender defends tightly to intercept ball, and keep attacker high (back up court, rather than driving down court.)



Defence Drills

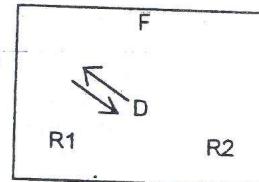
The following progressions are to develop the skills of interception and recovery.

(1) Triangle Defence

Feeder throws to R1 or R2.

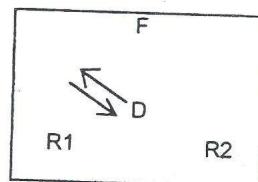
D moves her feet quickly to meet the ball and intercept with 2 hands.

R always passes back to F.



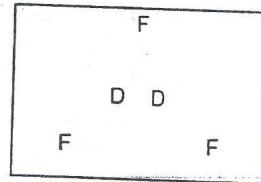
(2) Intercept and Recovery

As above, D attempts the interception. If unsuccessful, she quickly recovers, and intercept pass back from R to F.



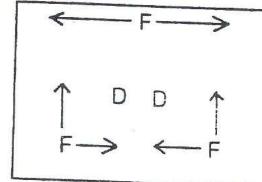
(3) 2 Defence Triangle

Two defenders in the triangle - Feeders can pass to any other feeder. Defenders to attempt 1st intercept, then recover to intercept 2nd ball.



(4) 3 vs 2

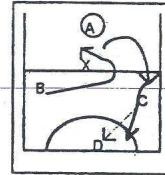
Feeders are now moving in any of the directions indicated. Defenders to attempt 1st intercept, then recover to intercept 2nd pass.



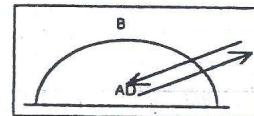
Defence Drills 2

The following drills are designed to enhance tight 1v1 defence, impeding a goaler's movement into the circle, and attempting to read the ball to intercept.

(1) A leads out towards the spot marked X and receives a pass from B. A then returns ball to B and runs towards post A, then makes their way around the goal circle. Variations can be added eg. Roll-offs, bounce passes, lob passes etc.



(2) A makes a lead and receives a pass from B, after returning the ball to B, A then makes another lead back into the circle. D is the defender who defends every pass.



(3) (a) Feeder throws ball to herself, as she pivots to face post

- (D) Defender (in front position) defends (A) goaler tightly. (initial practice - attacker=passive)
Because (A) is not free to feed, Feeder puts a high ball into corner to (R)Receiver.

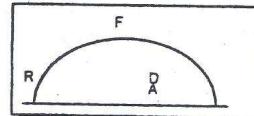
D times her move to drive out of the ring and intercept ball from F to R

(b) Progression

(1) Feeder drives onto circle and receives a ball from a feeder on transverse line

(2) R drives 1/2 way up towards Feeder, then back into corner, calling for a lob.

(3) If D moves too early, the feeder can pass to A directly.



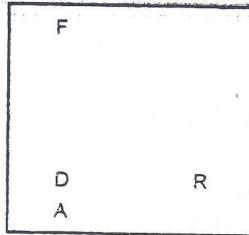
(4)(a) Feeder throws ball to self as she pivots to face A
Defender(in front position) covers the move of the A(goaler)

Feeder passes a straight pass to Receiver.

Defender attempts to intercept - 2 hands - if successfull - a lot of praise

-If unsuccessful, defender must attempt to recover quickly and attempt to intercept the next ball from R to A.

Progression Increase movement of A and have Receiver move into starting position. ie. drive forward, lob, dodge, etc.

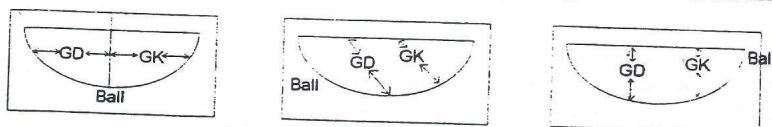


Defence drills to develop communication between circle defenders.

(defence strategy of a split circle)

A split circle defence strategy is when the defenders play tight 1 vs 1 outside the circle, but once both defenders are in the circle, they take half the circle each to protect.

It is usually divided down the middle at the goal post, but swings in relation to the ball.

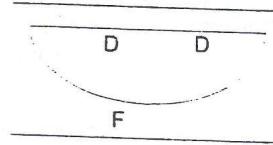


The defenders must keep their feet moving and 1st priority is to cover the base-line, so that a goaller does not sneak along the base. The defenders are no longer 1 v 1, but covering an area. Any goaller who moves into her area, she covers her and continues to cover the whole space.

Drill.

3's 1 Ball

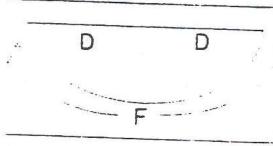
Two defenders pita - pata in circle, and F passes the ball anywhere into the circle. The defenders call mine / yours and attack the ball to intercept the pass back to F. If defenders cross sides, then stay there and keep working.



Progression 1.

3's 1 Ball

Same as above, but F moves around the circle edge. Defenders to swing around and keep facing the ball accordingly.

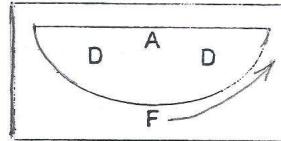


defence drills cont..

Progression 2.

4's 1 Ball

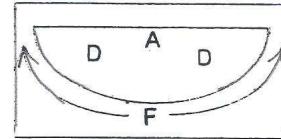
Same as original drill - add one attacker in the circle.



Progression 3.

4's 1 Ball

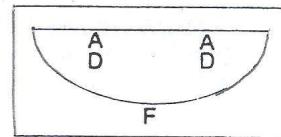
Same as above, but feeder moves around the circle edge.



Progression 4.

5's 1 Ball

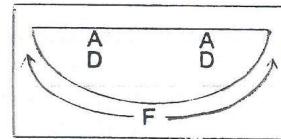
same as progression 2 but add two attackers.



Progression 5.

5's 1 Ball

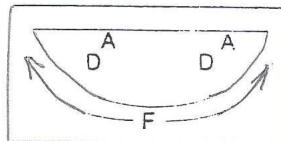
same as progression 3, feeder moves around circle edge



Progression 6.

5's 1 Ball

when a defender intercepts, the 2nd defender drives out of the circle to receive an attacking pass from 1st worker. Attacker defends tightly.



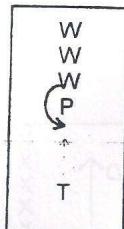
Elevation

DRILLS TO ENHANCE & DEVELOP ELEVATION

- A. Jump as high as possible to touch a wall - 5 times without shifting landing spot on ground . Rest 15 seconds . Repeat 5 times
- B. Sprint from cone A to cone B -
Jump as high as possible and return to cone A - 5 times non stop
45 seconds rest
repeat x 5
- C. Hop up set of stairs - walk down repeat other leg - rest 50 secs
repeat 5 times
- D. Toe raises - on edge of step - slowly 30 secs - Rest 30 sec.
repetition x 5
- E. Rope held between 2 people
10 side / side jumps - rest 15 seconds - jump x 10 forward and back
rest 15 secs (keep knees straight over the rope.) Repeat 4-6
- F. Running to hit ball out of hand of person standing on chair -
1 foot take - off. Use alternate hand.
2 foot take - off. Take ball with 2 hands.
- G. Side stepping backwards, to a cone.
Then, jump straight up, two feet together (skip back 3-4 steps)
Side stepping sideways to a cone.
Then jump straight up - 2 feet take off.
- H. Bounding, Hopping, Plyometrics, etc.

Anticipating an Interception

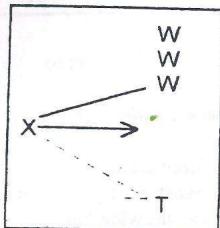
The following drills assist in the skill development of 'Anticipating an Interception' for defending players.



A. Around and Intercept.

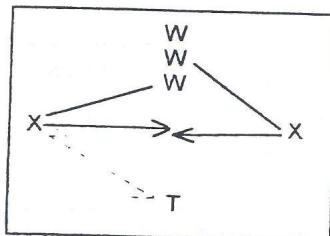
Worker moves around a stationary player to intercept the pass.

Stationary player to step forward to receive pass.
Thrower to throw ball up to self to give cue to defender.



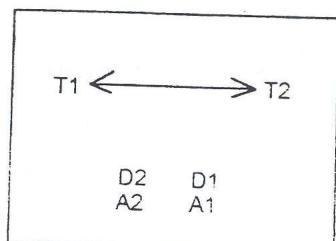
B. Lead and Intercept.

W drives to X to receive pass from T.
W passes back to T, then drives to intercept the pass between T and next W in the line.



C.2 Leads and Intercept.

As in B - but W1 & W2 lead to opposite Xs, and T passes to one lead.
The two Ws then work together to intercept, and chase up if knocked to the ground.



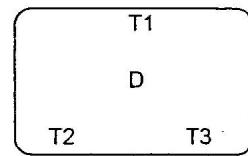
D. Shadow and Intercept.

Two defenders attempt to intercept passes between T1 and T2, while still maintaining tight defence on Attacker 1 and Attacker 2.
Attackers may be passed to if defenders leave too early, and expose the attackers. Attackers move passively side to side. Gradually increase intensity.

Drills for Interception

A. Triangle 4's - 1 ball *

- * Defence in middle - Pita- pata
- * Defence attempts to intercept ball from T1 to either T2 or T3.
- * Always throw back to T1 to start again
- Progress:
 - * Ball is passed between ground triangle by T1 , T2 ,and T3.
 - * Defence must attempt to intercept the ball. See how many she can get within 30 secs.

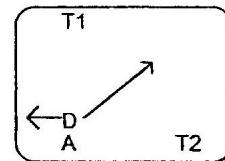


B. Pig in the Middle

- * T1 and T2 stand 4m apart.
- * Defence in the middle tries to intercept the ball
- * Try arms over the ball
- * One arm over the ball and the other ready to intercept and pass to one side

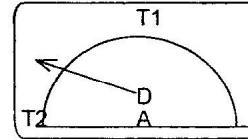
C. 2 Intercepts

- * Attacker drives to left receive pass from T1
- * Defender intercepts ball and passes back to T2, and then must Drive in pathway between T2 and T1 to intercept pass back from T2 and T1



D. Circle Interception

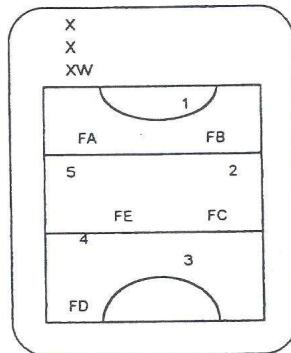
- * Defender must shadow attacker so that T1 cannot throw to her.
- When no options, T1 passes a high ball into corner for T2.
- * Defender comes out and intercepts.
- Progress:
 - * Have T2 from half way in attack third press to T1 as she lands on the circle edge T2 travels on down to deep corner. Try both sides.



TEAM DRILLS

Continuous Ball Circuit

Great for Fitness, Ball Handling and Enhance ball skills and Team co-operation.



* 10 girls 5 Feeders 5 Workers

W starts with ball at base and passes to FA.

W then:

1. Drive across ring- receive pass at stretch and pass off to FB.
2. Drive down court between FB and sideline for lob and pass off to FC.
3. Drive to top of ring (watch ball at all times) and then lunge back to receive ball.
Pass off to FD.
4. Drive towards FD, then back up court for lob.
FE moves down court to receive ball.
5. Double play with FE-(give to FE and drive up court and receive off FE again.)

W2 drives to sideline and back to take ball at stretch from W1 - W2 must time it to lead out and drive back.

Circuit repeats. W2

W1 - jogs full length of court for recovery.

Team Games

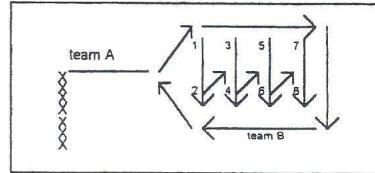
1. BALL PASSING vs TEAM RUNNING

(one ball or bean bag)

Teams line up as in diagram.

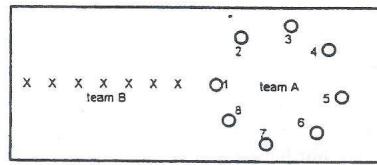
Method of playing

Each player in Team A runs around the course. In the other team, on the starting signal. No 1 passes the ball across to No 2, who in turns passes it to No 3, and so on. The ball describes a zigzag course down the lines and back again. The ball passing continues until the last player in the opposing team has reached "home". As the ball travels from player to player, the passes are counted. A pass that is dropped does not count. Team B notes its score, then the teams change places. The team scoring the most wins.



Variation

One team (A) makes a circle, the other (B) a straight line as in diagram. B run around while A pass a ball around the circle, counting the number of times it passes the leader (No 1). When No 8 of Team B has run around the circle and touched No 1, the leader of Team B calls out "stop!" whereupon A announce number of rounds and number of players over, for example, eight rounds, three players. Places change and game is repeated. Highest score wins.



(2) CAPTAIN BALL

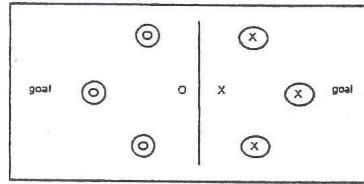
The ground is marked out as shown. The bases are circles 1 metre in diameter, spaced 5-8m apart. A centre line is drawn across the area.

Method of playing:

Each team has three basemen, who stand inside the bases on one side of the ground; three guards, who stand near the opponents; and one fielder, who stands in the centre but may move anywhere on the ground. The captains should stand in the goal bases. A goal is scored when the captain catches the ball passed by one of his basemen. A ball received from a guard or fielder of the same team does not count as a goal. The guards try to intercept the passes from opponent guards or fielder to their basemen and from basemen to captain, and to pass the ball to their fielder or basemen. To begin the game the ball is thrown up between the fielders on the central line.

Rules:

1. A ball is secured by a guard or fielder when they have two hands on it.
2. After each goal is scored, and when the ball goes out of bounds, it is thrown up in the centre.
3. No player except the fielders may cross the centre line.
4. Captains and base men must always keep one foot within their bases.



team games cont..

Captain Ball - Penalties:

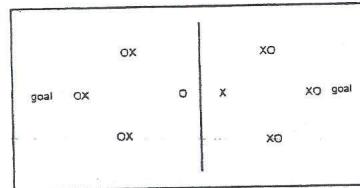
For any infringement of these rules the ball is passed to one of the opposing basemen, who has a free throw for goal, only the goal guard being allowed to intercept.

(3) FREE BASKETBALL

Teams pair off as in diagram

Method of playing:

The ball is tossed up between the centres and they jump to gain possession to pass it to a player of the same side. It is similarly put into play after each goal. The ball may be passed with one or both hands in any direction by any player, and anyone may score, but a player may not move more than one pace with the ball. There are no boundaries.



Fouls:

1. Carrying the ball while running
2. Fisting
3. Kicking
4. Knocking or pulling the ball out of an opponent's hands.
5. Laying hands on an opponent.
6. Any form of rough play such as bumping.
7. Touching post while shot is being taken at goal.

Penalties:

For fouls 1 to 4 award a free throw from the place where foul occurs. For fouls 5 and 6, award a penalty throw from any point 5 metres from the post. For penalty 7, award a goal if the ball passes through the ring, and second penalty if goal is not scored. If the post is touched by an attacker the goal is disallowed and a free throw is given to the defenders.

Scoring:

A goal scored from play counts two points. If a goal is scored from a penalty one point is added.

(5) KEEP THE BALL UP.

Each team with a ball, forms a group in its own half of the area. The opposing captain stands near, ready to count the score.

Method of playing:

One member of each team throws the ball in the air by hitting from one player to another. The opposing captain counts the number of hits.

Rules:

1. The ball must be hit with the open hand, not caught.
2. No player may hit the ball twice in succession.
3. Scoring ceases when rules 1 and 2 are broken or when the ball touches the floor.
4. Record the number of consecutive hits in five contests. Teams with the highest aggregate wins or count the best of five.