








Attacking / Session One


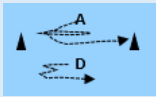
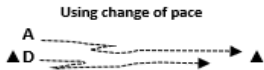
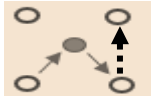
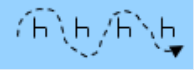
NetSetGO

ACTIVITY	EQUIPMENT				
Cone Dodge	6 – 8 Cones 5m x 5m area 	Run in and around the area, when meeting a cone, use dodging movements to get around it Work for 10 seconds, rest for 5 seconds <i>(Repeat 5 times)</i>	Both players run in the area, avoiding the cones by changing direction (not jumping them) when they meet the cone. One is the tagger, the other is being chased. When tagged swap over <i>(Work for 20 seconds rest 5 seconds Repeat)</i>	Add more cones, to make the dodging movement shorter and quicker	Use drink bottles or plastic milk bottles for cones
Figure Eights	Netball 2 Cones 	Place cones 2m apart. Use quick feet to move in a figure 8 pattern around the cones. Keep looking forwards. <i>(Repeat 2 times each direction, rest 5 seconds = 1 set. Do 5 sets)</i>	Passer with ball, worker moves around the cones in a figure 8, as they get to the middle of the cones, they receive a pass, return it & keep moving. After 10 passes swap over	Place the cones closer together for quicker footwork	Try different footwork in figure 8 e.g. skipping, sideslipping
Rob the Washing Basket	4 markers - 3m square Washing basket 16 socks – 8 pairs 	Place socks in the basket. Start at a marker, run to the basket, find a pair, join them and take them to a marker, repeat until there are 2 pairs of socks at each marker Time how long it takes to complete, try to beat your time	Each choose 2 diagonally opposite markers;16 socks are in the basket. Each start on their marker, run to basket, find a pair, take back to your marker. Markers can have more than 2 pair on them. Repeat until all the socks are on markers, who has the most pairs?	Use more pairs of socks	Use different size balls Allocate points e.g. small = 1 pt larger = 2 pts Count points
Put the laundry away	Same as for Rob the Washing Basket	Keep everything set up as above as in Rob the Washing Basket and shoot the paired socks from the marker back into the laundry basket.	Compete with a partner to see who can get the most goals	Make the square bigger	Make the basket in the middle smaller
Follow the Leader	Open space – back yard	Run around an area, at various places stop e.g. clothesline, garden, footpath, shed etc perform 5 different footwork patterns e.g. astride jumps, ski jumps, single leg hops, 2 feet jumps, running on the spot etc Complete 1 circuit, rest 10 seconds <i>(Repeat 3 times)</i>	Face each other, one leads, the other copies the footwork pattern by leader. e.g. astride jumps, ski jumps, single leg hops, 2 feet jumps, running on the spot etc Leader repeats the footwork at least twice before changing Swap over	Keep head up and use full vision - don't look down to copy the lead's footwork pattern	Add some arm movements as well e.g. arm circles

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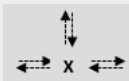
Junior



ACTIVITY	EQUIPMENT				
Cone Dodge	Cones 4m apart	Stand in middle of cones. Use 2 -3 quick dodging movements before finishing by touching a cone. Start back in the middle, go again mixing up the number of dodges and the cone to touch.  Work for 20 seconds, (repeat 5 times)	Stand in the middle of cones facing your partner. Attack: A, Defence: D A uses quick dodging movement to trick D and be first to touch either cone. 5 turns before changing A & D 	Bring the cones closer together, to make the dodging movement shorter and quicker	Put a ball on each cone – first to pick it up
Change Pace	Open space 2 markers 20m apart	Start jogging forwards, after 2 - 3 steps, start sprinting, then go back to a jog, continue changing pace for about 20m, walk back to the start (Repeat 5 times)	A & D start jogging side by side and stay this way until A changes pace to sprint. A aims to be first to the marker using a change of pace to confuse D  Have 5 turns before changing A & D	Increase the distance between the markers	A has done a great job at tricking D, if there is big the gap between A & D when A reaches the marker.
Up to Go Back	Netball/s Box Cones	Start 2m from a ball on a box. Sprint up and lightly touch the ball, angle run back for 2 - 3 steps, run forward again to touch the ball, run back on another angle. Always keep vision to the ball (Work for 10 seconds, rest 5, repeat 5 times)	Passer holds the ball out in front, worker starts 2m away facing the passer and sprints to touch the ball, stops, angle runs back 2 – 3 steps, to receive a pass. Work for 20 seconds, swap over x 5	Put the ball further away so the up to go back movements are longer.	Vary the pass given to worker when they are going back e.g. high, flat, bounce
Square Run	4 markers set out in a square 3m x 3m 1 marker in the middle 	Corner start, sprint to the middle, push off and sprint out to next corner, jog side of square to next corner, turn and sprint to middle and out as before. Repeat in the other direction Repeat 3 times, rest 20 seconds = 1 set (Complete 3 sets)	Both start in the middle back to back. Begin at the same time, each player must complete the Square Run as before aiming to get back to the middle before the other. (Repeat 5 times)	Make the space smaller to challenge the movements	Use dodges and quick footwork to avoid contacting each other when working with a partner
Chair Chase	4 chairs – 1m apart	Start at one end, use quick feet to move around each chair.  (Repeat from the other end rest then repeat 3 times)	When you get to the end of the 4 th chair, sprint forwards 3m to receive a pass. (Repeat 10 times)	Return through the chairs to the start using backward moves	Receive a pass each time you pass a chair

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Senior

ACTIVITY	EQUIPMENT				
Turning in the Air	Open space	Two small 2-foot jumps on the spot, turn in the air 90 degrees and land, 2 jumps, turn back to the start, 2 jumps, turn in the air 180 degrees, land etc Practice turning in both directions <i>(Work 20 sec, rest 5 Repeat 5 times)</i>	Worker jumps on the spot; partner calls out direction and how far to turn e.g. Left 90, Right 180 etc <i>(Work 20 sec, rest 5, Repeat 5 times)</i>	Make a full 360 degrees turn in the air before landing	Turn the head first and then the body will follow
Sharp Moves	Open Space Netball	In an open space about the size of a 1/3 of the court, move around at speed as if on attack, replicating the same moves e.g. leads, dodges, jumps sprints, change of pace etc <i>(Work 10 sec, rest 5 sec, repeat 5 times)</i>	Passer with the ball, at various times gives a variety of passes and loose balls for the worker to quickly pick up return to the passer and keep working. Work 10 seconds, swap over <i>(Repeat 5 times)</i>	Increase the work periods	Spread obstacles or cones out in the area, to make it cluttered, worker avoids the cones when moving around.
Seesaw	Cones Netball	Place cones about 3m apart, start in the middle, <u>side slip</u> left, touch cone, <u>run</u> back to middle, <u>side slip</u> right, touch cone, <u>run</u> back to middle. Work for 20 seconds, rest 5 seconds <i>(Repeat 5 times)</i>	Passer stands opposite the middle of cones, releasing the ball to the middle space, worker runs quickly to catch it, passes it back to the passer and continues movements as in Flying Solo. Work for 20 seconds, rest 5 seconds <i>(Repeat 5 times)</i>	Make the distance between the cones wider – 5m	Change the footwork e.g. run backwards from middle out to cones
Loose balls	Open Space Netballs Partner work – 2 netballs 	Place 4 – 5 netballs around an area. Start in the middle, sprint out and pick up one ball, bring it back and repeat until all balls are collected in the middle. Reverse the order by replacing each netball 1 at a time. <i>(Repeat 5 times)</i>	Passer holds netballs as in diagram worker is 3m away facing the Passer. Passer drops 1 ball, worker sprints to collect, returns it to passer. Just before the 1 st ball is collected, 2 nd ball is tossed into the air, worker catches it on the full and returns it to passer. Resume starting position <i>(Repeat 10 times)</i>	Vary the distance the balls are spread out - Flying Solo. In partner work, passer is further away from the worker	Worker with back to the passer. Passer calls GO, drops the 1 st ball, worker turns quickly to pick up the 1 st ball and then goes for the 2 nd ball
Out and Back	Open Space Netball	Start in the middle - X, sideways run 2m to right, return to middle, angle run back 2m, run forwards to middle, sideways run 2m left, return to middle  <i>(Repeat, rest 5 seconds, Complete 5 times)</i>	Passer stands 3m in front of worker, Worker receives and returns a pass each time they go out and then when back at the middle Repeat and then swap over <i>(Complete 5 each)</i>	Increase the distance to 5m when moving out and back	Change the types of passes given to the worker e.g. bounce, high, etc

