

## Footwork Activities

### Equipment Needed

- x1 netball
- x7 markers
- Wall

There are eight footwork activities, choose one or two activity per session. Rest between each round. Aim to complete 2-3 sessions per week.

### Key

△ Cone / marker / plastic pots / ice cream container/ water bottle

————— → Direction of running step

.....→ Small dotted line – indicates direction of ball

-----→ Large dotted line – indicates side step / slip step / side shuffle – (all the same foot work)

Drive Sprint very fast

## Activity 1

Perform 4 or 5 small dodging movements on the spot – no more than ½ metre wide on a command of GO – quickly jump in the air with a 2 foot take off and land, then drive (run very fast) forward to a cone which is approximately 6 – 8 steps in front of you. Walk back to starting point repeat x 5 times



**Progression** Place the cone on a 45° angle from the starting point, then sprint off to the right and left. Lead left, take off left, lead right, take off right.

### Coaching Points

- Keep eyes up
- When you land from the two foot jump – land on both feet before sprinting forward.
- Keep the arms in a tight / ready / 1<sup>st</sup> gear position - don't let the arms flap around while sprinting
- In progression – if you drive right, take off first step with right foot / drive left, take off first step left foot

## Activity 2

Sidestep between 2 cones (approximately 3 – 4 metres apart), then drive forward 6 – 8 steps. Walk back to starting point. Repeat x 5 times



**Progression** Place the cone on a 45° angle from the starting point, then sprint off to the right and left.

### Coaching Points

- Keep eyes up
- Keep the arms in a tight / ready / 1<sup>st</sup> gear position - don't let the arms flap around while sprinting
- In progression – if you drive right, take off first step with right foot / drive left, take off first step left foot

### Activity 3

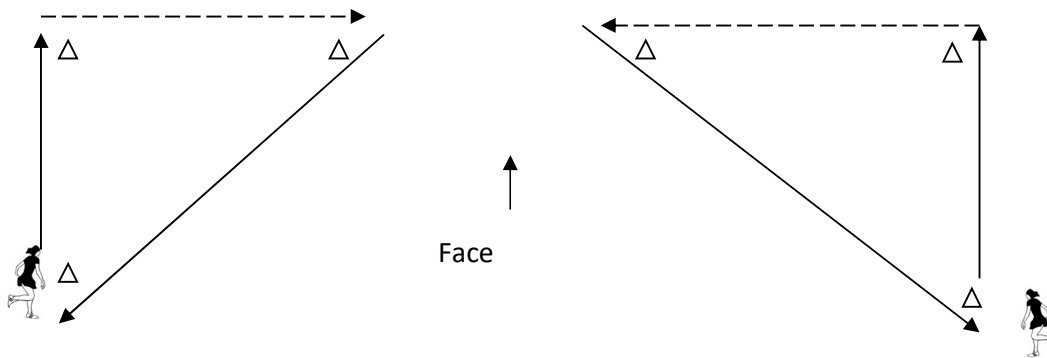
Use of forward, side and return runs. Complete the activity 5 times each on left and right sides. 30 second rest between each repetition and 1 minute rest between right and left sides. Each of the cones are placed 5 metres apart.

**Footwork sequence** sprint forward – slide step across – return run back to start.

**Return run** have your feet, knees, hips and chest running and facing the direction you are going BUT keep your head and eyes facing the front (looking over your shoulder)

#### Coaching Points

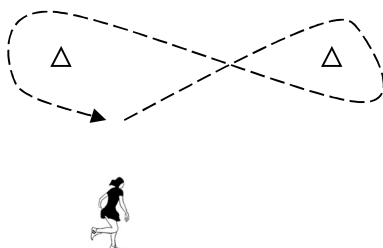
- Work around the outside of the cones, to prevent short cutting the movement patterns.
- Also make sure you step past the cones, so your footwork can be completed correctly – if you cut short you will step over cone – this is not correct
- (visualise Keep eyes up
- Keep the arms in a tight / ready / 1<sup>st</sup> gear position - don't let the arms flap around while sprinting each cone is a body and you must work around the cone quickly and efficiently without contact.



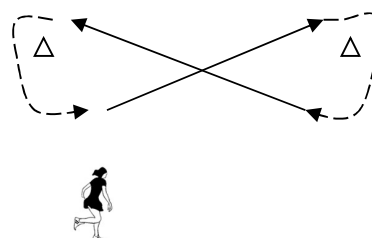
### Activity 4

Sidestep and run combination. Complete the activity – 3 repetitions of 5 full times through the activity. Eyes and body are always facing forward.

**A**  
Cones 2 metres apart  
Short sharp slide step through the cones in a Fig. 8 pattern

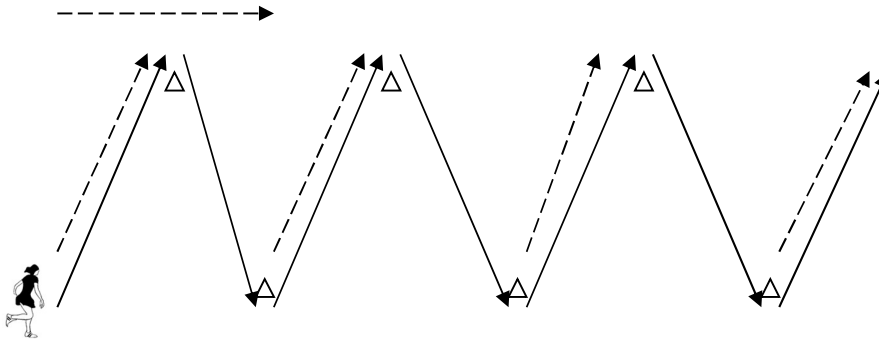


**B**  
Cones 3 metres apart  
Short sharp slide step around the cone and sprint hard between the cones



## Activity 5

Change of direction. Complete the activity 6 times, with a walk back to the starting position. Cones placed approximately 3 metres apart.



**Progression** slide step to the left, sprint right, slide step left, sprint right – reverse

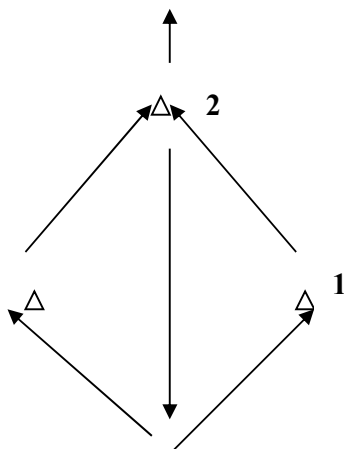
### Coaching Points

- Drive past each cone by 1 step – hips / feet must be facing the way you're running
- Push off strongly with the outside foot – if you're driving to the left then the left foot is the outside foot – if you're driving to the right then the right foot is the outside foot.
- Keep your eyes and head up – hips, feet and shoulders should face the way you are running – head angled so you are looking forward to the end
- In the space of 3 metres you should be able to complete 5 or 6 steps – lunging at the cones is incorrect
- Arms working hard in the ready position. – short sharp 1<sup>st</sup> gear

## Activity 6

Diamond and elevate. As per diagram. Rest and repeat whole pattern x 5

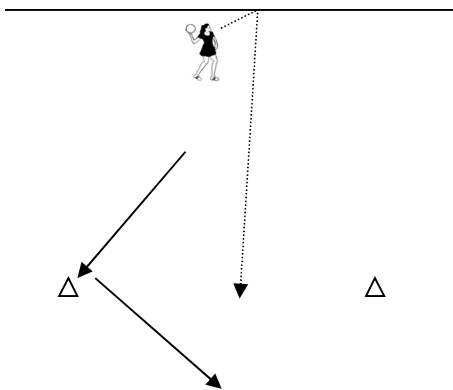
- Sprint to cone 1
- Push off to change direction and accelerate to cone 2 where you jump for a high (pretend) ball.
- On landing, jog backwards to the starting position and repeat immediately to the left.



## Activity 7

### Reaction footwork with ball

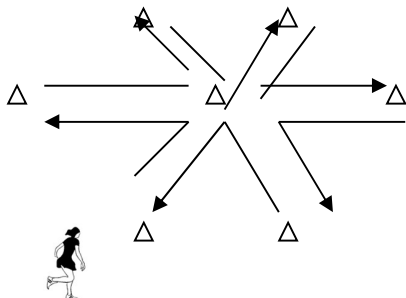
- Starting with your back against a wall, throw the ball over head with 2 hands hard onto the wall.
- Drive out to marker (either right or left) approximately 3 metres away, push off, change directions and sprint forward to catch the ball after the first bounce.
- (if you can challenge yourself in not allowing the ball to bounce twice).
- Walk back, rest 15 seconds - then repeat x 10 times to the left 10 to the right.



## Activity 8

### Pinwheel push off

- Starting at cone 1, sprint to centre cone, push off strongly to cone 2, push off to centre cone, then to cone 3 etc.
- After full circuit, rest 30 seconds
- Repeat, going in the opposite direction
- Repeat 3 times each way



**Progression** slide step into the middle then explode with a sprint out – vice versa – sprint in, slide step out.