

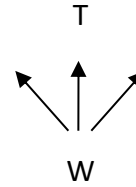
Basic Skills & Activities

<p>SAFE LANDING When landing on one leg it is important to teach the players which leg they should be landing on. This will depend on which way they are leading.</p>	
<p>Teaching Points</p> <p>Two Feet</p> <ol style="list-style-type: none"> 1. Land with feet shoulder-width apart to give a firm support base 2. Keep body upright, bend at hips, knees and ankles on impact to cushion landing. 3. Continue to bend knees after impact to assist with a balanced soft landing 4. Body weight over both feet with shoulders even and weight on both feet <p>Right/Left Foot</p> <ol style="list-style-type: none"> 1. If player leads to the left, they should land on the left (outside) foot; if player leads to the right, land on the right foot. 2. Body weight over the outside foot with shoulders even and weight on the outside foot 3. Place other foot on the ground quickly to help absorb impact and provide balance 	<p>Common Errors</p> <ol style="list-style-type: none"> 1. Landing with feet too close together 2. Not continuing to bend knees, ankles and hips on and after impact 1. Landing on incorrect foot 2. Not bending knees, ankles and hips on and after impact to cushion landing 3. Second foot not landing quickly and overbalancing on the first 4. One shoulder is dipped – usually same side as landed foot
<p>Activity 1</p> <ol style="list-style-type: none"> 1. As Activity 2 but remove the pass 2. Two foot land only <p>Variation:</p> <ol style="list-style-type: none"> 1. Jump and land in hoop, over a line or rope 	
<p>Activity 2</p> <p>Two Foot Land</p> <ol style="list-style-type: none"> 1. Run 2m towards thrower (T) 2. Catch and land on two feet 3. T passes ball to enable worker (W) to land on both feet (a bounce pass would not be suitable) 	

Activity 3

One Foot Land

1. Run 2 metres towards thrower (T)
2. Catch and land on one foot, bring other foot down to balance
3. Repeat:
 - Land on opposite foot
 - Leading at 45 degree angle to right and left



<p>TAKE – OFF Stride length should be short on take-off; therefore the feet are on the ground more frequently which allows more force to be applied and more speed to be produced.</p>	
<p>Teaching Points</p> <ol style="list-style-type: none"> 1. Arms/legs move in opposition 2. Lean body forward 3. Start with small steps and gradually move to bigger steps 4. Arms drive forward in relaxed style, elbows bent 5. Keep head erect and eyes up 6. If leading to the right take off with the right foot and vice versa 	<p>Common Errors</p> <ol style="list-style-type: none"> 1. Initial step back before driving forward 2. Same arm and same leg 3. Arms at side of body not driving or swinging across the body 4. Stride length too big 5. Eyes looking down
<p>Activity 1</p> <ol style="list-style-type: none"> 1. On command, sprint forward 2. Use small step for take-off 3. Avoid a “step back” <p>Variation:</p> <ol style="list-style-type: none"> 1. Take off with prescribed leg 	
<p>Activity 2 Take –Off</p> <ol style="list-style-type: none"> 1. Stand behind line with stance described at beginning of footwork and movement segment 2. Sprint at 45 degree angle to right (first step should be with right) 3. Repeat to left, take off with left leg 4. Avoid “step back” movement 	

PIVOT

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

Teaching Points

Pivoting must always be on the landing foot

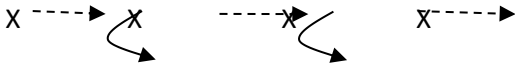
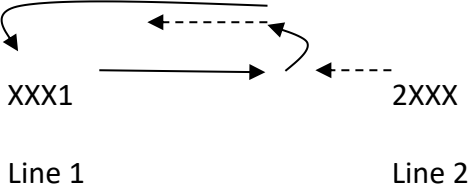
1. Bring weight over grounded foot
2. Bend knees slightly
3. Turn on ball of the pivot foot, pushing off with the other foot to provide direction and balance
4. Players must be able to turn quickly after receiving a pass and face the play down court
5. Keep ball close to body and positioned ready to throw

Remember:

1. When leading to the right, land on the right foot and pivot to the right
2. When leading to the left, land on the left foot and pivot to the left
3. When leading straight, balance and pivot on the first landed foot away from the defended side

Common Errors

1. Landing on incorrect foot
2. Pivoting before the ball is securely caught
3. Pivoting into opponent
4. Dragging the pivoting foot on the pivot action
5. Pivoting with the leg straight
6. Weight not over grounded foot
7. Grounded foot is lifted and re-grounded during pivot
8. Weight of grounded foot is moved from heel to tow during pivot
9. Ball not brought into body after catch

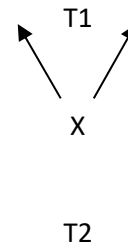
<p>Activity 1 Pivot Ball</p> <ol style="list-style-type: none"> 1. Group of players in a line three metres apart 2. Players jump as catch ball, land on two feet, pivot and pass to next player in line 3. Reverse direction back to start, change positions and repeat <p>Variation:</p> <ol style="list-style-type: none"> 1. Beat the ball – Add a runner who runs a loop around group (or markers) and attempts to beat the ball as it is passed along line and back to start; thrower calls stop once ball is caught whilst runner attempts to beat ball 2. Type of pass <p>Activity 2 Two Foot Land and Pivot</p> <ol style="list-style-type: none"> 1. Pass ball to thrower (T) 2. Run 2 metres towards (T), catch and land on two feet, select a pivot foot and pivot to turn and pass ball back to line 	
<p>Activity 3 Shuttle Ball</p> <ol style="list-style-type: none"> 1. Two lines facing each other 2. Worker (X1) leads forward from line 1 and receives pass from line 2 3. X1 lands on two feet, pivots and passes back to their line and returns to end of own line 4. Sequence continues with alternate leads from line 1 then line 2 <p>Variation:</p> <ol style="list-style-type: none"> 1. Type of pass 2. Distance between lines 	

Activity 4

1. Straight lead to left or right at 45 degree angle
2. Land on outside foot, pivot and pass to other thrower (T2)
3. Continue to pivot and pass
4. Reverse direction so land other foot

Variation:

1. Add preliminary move eg dodge before lead
2. An easier option is to add pivot to one foot land drill using hoops



BALL HANDLING SKILLS

Players need to develop the basic skills of each of the throwing techniques

Teaching Points

Two Hand Catch

1. Eyes on the ball
2. Move towards the ball
3. Extend hands forward with finger spread and thumbs behind the ball (W formation)
4. Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs

One Hand Catch

1. As for two hand catch
2. Extend arm to meet and snatch ball, bring the ball towards the other hand and body to control it with both hands.

Common Errors

1. Eyes not on the ball
 2. Catching with the palms of the hand
 3. Thumbs not behind ball
 4. Arms bent and close to body
 5. Not taking the ball while on the move
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1. Not bringing the ball into the other hand in order to control it

Activity 1

1. In pairs pass ball between each other concentrating on catch

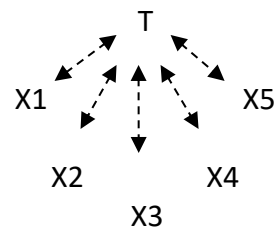
Activity 2

Corner Spry

1. Semi-circle of five players with thrower (T) standing 2-3 metres in front
2. T begins with ball and passes to each player in turn in semi-circle
3. When last person (X5) received pass they move to take T's place and T moves towards X1 and others shuffle to new position

Variation:

1. Teams can compete against each other
2. World record time – time how long it takes to complete drill and then try to beat this time
3. Work catch on the move



SHOULDER PASS

One hand pass used for speed and accuracy over long distances. Pass should be directed in front of receiver.

Teaching Points

1. Opposite foot to the throwing arm forward
2. Feet shoulder width apart, with weight on back foot at start of throw
3. Ball held with two hands initially then in one hand with arm back behind the shoulder
4. Arms extended with elbow slightly bent, shoulders turned
5. Fingers spread wide behind the ball
6. Transfer weight forward as throwing arm comes through
7. Follow through with throwing arm till almost extended, fingers and wrist extend in the direction of the pass
8. Rotate hips and shoulders towards target
9. Direct pass to space ahead of receiver

Common Errors

1. Same foot as arm forward
2. Throwing hand resting on shoulder
3. Weight on front foot initially – little weight transfer resulting in loss of power
4. No transfer of weight from back foot to front foot
5. Ball held in palm
6. Elbow not bent when taken back
7. No shoulder rotation as ball taken back – stab pass
8. No hip/shoulder rotation at ball comes through
9. Arm taken back too high and the ball travels down on release
10. Hand under ball causing spin on release
11. Pass not directed to space in front of receiver

Activity 1

1. In pairs, 3 metres apart
2. Shoulder pass ball between each other
3. After 10 successful passes both players take small step backwards

Variation:

1. Throw for distance using bean bags
2. Throw for accuracy, hit a target on wall

Activity 2

Shoulder Pass

Pivot Pass

1. Make straight lead towards T1's left shoulder
2. Land on outside foot, pivot and shoulder pass to T2 - Repeat towards T2
3. Change direction so land on other foot



CHEST PASS

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

Teaching Points

1. Stand front-on with the ball in two hands at chest height and elbows down
2. Spread fingers around the ball with thumbs behind
3. Step forward with weight transferred onto front foot as you push the ball with wrist and fingers
4. Ball comes out evenly from both hands
5. Head up – eyes looking forward

Common Errors

1. Elbows at shoulder height
2. Hands at the side of the ball with thumbs upwards
3. No weight transfer, use upper body only
4. Ball pushed from palm – lack of touch on pass
5. One hand dominates pass
6. Head down looking at ball

Activity 1

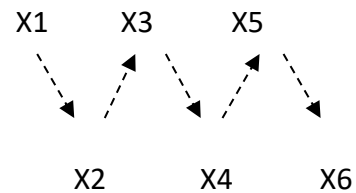
Chest Pass

Cross Ball

1. Set up cross ball formation with each player at a marker
2. Pass ball diagonally down line in zig zag patten to each player
3. End player passes ball back in reverse direction

Variation:

1. Teams can compete against each other
2. Continuous Cross Ball – After passing ball, player runs to end of cross ball formation ready to receive next pass. Continue for set distance such as length of netball court



BOUNCE PASS

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

Teaching Points

1. Step forward and bend/lunge on opposite leg
2. Push ball forward and downwards
3. Release ball between the hip and knee
4. The path of the ball is lower – under the outstretched hands of the defender
5. The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height

Common Errors

1. Step is across the body
2. Pass not directed downwards
3. Ball released at shoulder height
4. No weight transfer
5. Bouncing the ball too close to the thrower
6. Bouncing the ball too high

Activity 1

1. Start in pairs 3m apart
2. The set up as shown in diagram - In fours, 2-3 metres apart
3. One pair bounce pass ball diagonally across square and one pair chest pass
4. After 10 passes pairs swap over type of passes

