

# Attacking Skills

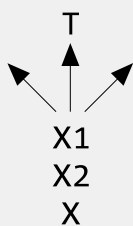
The following activities use the **CHANGE IT** principle. The activity in the centre has a simpler step preceding the activity and a harder progression following the activity.

These activities are examples only should be taught in combination with the corresponding teaching points and common errors. Further information can be found in the **Netball Australia Coaches' Manual: Foundation**

## STRAIGHT LEAD

### CHANGE IT

- X1 passes to T then makes a straight lead left or right (at a 45-degree angle) or forward
- Receive a pass from T, pivot and pass to X2
- Return to end of line



### Straight Lead Lines

- Six players form a line, three metres apart
- X1 starts with ball, throws to self (for timing), X2 makes a straight lead forward to receive pass, pivot and pass to X3 on lead
- Work ball up and down court
- Change straight lead to left or right
- Repeat other side, then give players choice of which lead they perform



### Variation:

- Use preliminary moves before leading, e.g. dodge

### CHANGE IT

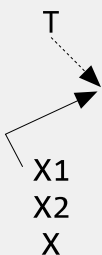
- Add defence to every second attacker
- Increase number of defenders until all attackers are defended

## SINGLE DODGE

All movements when dodging should be quick and decisive. Good balance, footwork and quick decision making help to execute this skill.

### CHANGE IT

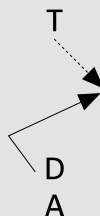
- X1 passes to T then makes single dodge left then right (or vice versa), receives pass from T, pivots and passes to X2
- Return to end of line



- A cone may be used initially to ensure first move is definite

### Dodge

- Work in groups of three
- Player with ball stands in front of other two who take role of an attacker and defender
- T throws ball to self (for timing), then passes to attacker (A) who uses a dodge to free themselves from the defender



### CHANGE IT

- Eight players divided into two teams
- Playing area should be divided into four with a player from each team in each square
- Team in possession of ball passes to any of their teammates in other squares, trying to avoid an interception
- Players must remain in own square and should use dodges to get free from defender
- If a defender intercepts or tips ball they become attacking team



- It is easier for As if area is bigger and easier for Ds if area is reduced

Can make it competitive:

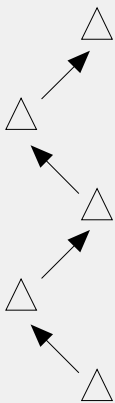
- Most number of consecutive passes
- Longest time to retain possession

## CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

Being able to change direction quickly will assist the player to create space for themselves or teammates. The initial move must be convincing enough to elicit a response from the defender.

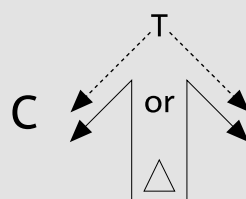
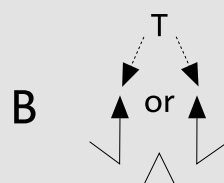
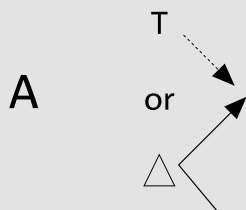
### CHANGE IT

- Players drive through cones focusing on a strong change of direction



#### Change of Direction

- Drive to cone, change direction, receive pass
- Complete a variety of movements and ensure type of pass selected is appropriate

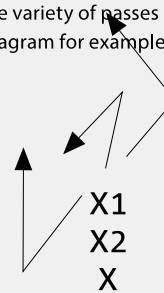


#### Variation:

- Add second cone to indicate to players which direction to lead. A should lead in front of second cone to receive ball. B should lead beside the second cone, C should lead outside the second cone

### CHANGE IT

- X1 makes an initial lead, changes direction and makes a second lead to receive a pass T
- Complete variety of movements and receive variety of passes  
See diagram for examples



#### Variation:

- Add defence
- Could use Shuttle Ball from two foot land and pivot, but add change of direction before player receives pass