Movement/Footwork 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

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.

CHANGE IT

- As middle drill but remove the pass
- Two foot land only

Variation:
- Jump and land in hoop, over a line or rope.

Two Foot Land
- Run 2m towards thrower (T)
- Catch and land on two feet
- T passes ball to enable worker (W) to land on both feet (a bounce pass would not be suitable)

T
↑
W

CHANGE IT

Continuous Captain Ball
- Player (T) stands in front of the line
- Worker (X1) leads forward and receives pass from T
- Worker lands on two feet, balances and passes ball back to T
- X1 runs to stand behind T
- Repeat until one player (X4) remains. This person does not move but receives a pass from T
- X4 becomes T, drill repeated until all players have taken role of T

T   X1, X, X, X4
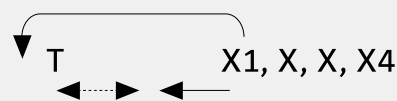
Variation:
- Types of passes
- Angle lead left or right

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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.

CHANGE IT

- On command, sprint forward
- Use small step for take-off
- Avoid a 'step back'

Variation:
- Take off with prescribed leg

Take-Off
- Stand behind line with stance described at beginning of footwork and movement segment
- Sprint at 45-degree angle to right (first step should be with right leg)
- Repeat to left, take off with left leg
- Avoid step back' movement.

CHANGE IT

- Prior to players taking off, forward or to right or left:
  - Face another direction, e.g. face back down court
  - Complete another movement, e.g. jump, fast feet, side step etc

JUMPING AND LEAPING

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed. If running straight at the thrower then a two foot take off is preferable. But if running on an angle to the thrower, a one foot take off should probably be used.

CHANGE IT

- As middle drill but remove pass
- Jump only

Two Foot Jump
- Stand behind line with stance described at beginning of footwork and movement segment
- Step over line with quick left, right or right, left - step pattern so both feet over line
- Jump into air to receive pass.

W

Variation:
- Step back over line prior to jump

W

- Step to right or left prior to jump

W or W

CHANGE IT

- Add three to four steps prior to take-off steps either forward, backwards or sideways

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PIVOT

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

CHANGE IT   **CHANGE IT**

Pivot Ball

- Group of players in a line three metres apart
- Players jump as catch ball, land on two feet, pivot, and pass to next player in line
- Reverse direction back to start, change positions and repeat

X ····▶ ⌢X ····▶ ⌢X ········▶ X

Variation:

- Beat the Ball – Add a runner who runs a loop around group (or markers) and attempts to beat ball as it is passed along line and back to start; thrower calls stop once ball is caught whilst runner attempts to beat ball
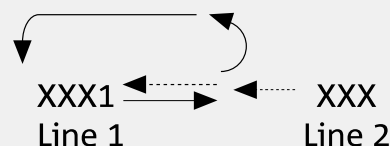- Type of pass

Two Foot Land and Pivot

- Pass ball to thrower (T)
- 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

T
▲
|
|
X
X

Shuttle Ball

- Two lines facing each other
- Worker (X1) leads forward from line 1 and receives pass from line 2
- X1 lands on two feet, pivots and passes back to their line and returns to end of own line
- Sequence continues with alternate leads from line 1 then line 2

XXX1   XXX
Line 1   Line 2

Variation:

- Type of pass
- Distance between lines