

NetSetGO

COACHING RESOURCE



Run



RUN (INCLUDING DODGE)

Progressions

Progressions for the fundamental skills of run/dodge are as follows:

- Run.
- Stop.
- Change of direction.
- Combine 2-3 different movement types.
- Add a ball after each of above.

COACHING POINTS

Run

- Eyes looking forward.
- Push off the ground with the front part of the foot.
- Extend back leg.
- Knees bent at right angles when they move forward.
- Legs and feet move in a straight line.
- Arms bent at right angles at the elbows.
- Arms and legs move in opposition.
- Contact ground with front part of foot.
- Body leans forward.

Dodge

- Eyes looking forward.
- Shoulders in direction of movement.
- Push off outside foot.
- Body lower on change of direction.

ACTIVITY 1 – HAND SLAPS

Objective:

To increase the speed of running without making body contact.



What to do:

One player stands with one hand raised, their partner runs around as many times as possible in 15 seconds, slapping hands each time. Compare the number of slaps.

Change it:

EASIER – No competition.

HARDER – First player to a specific number.

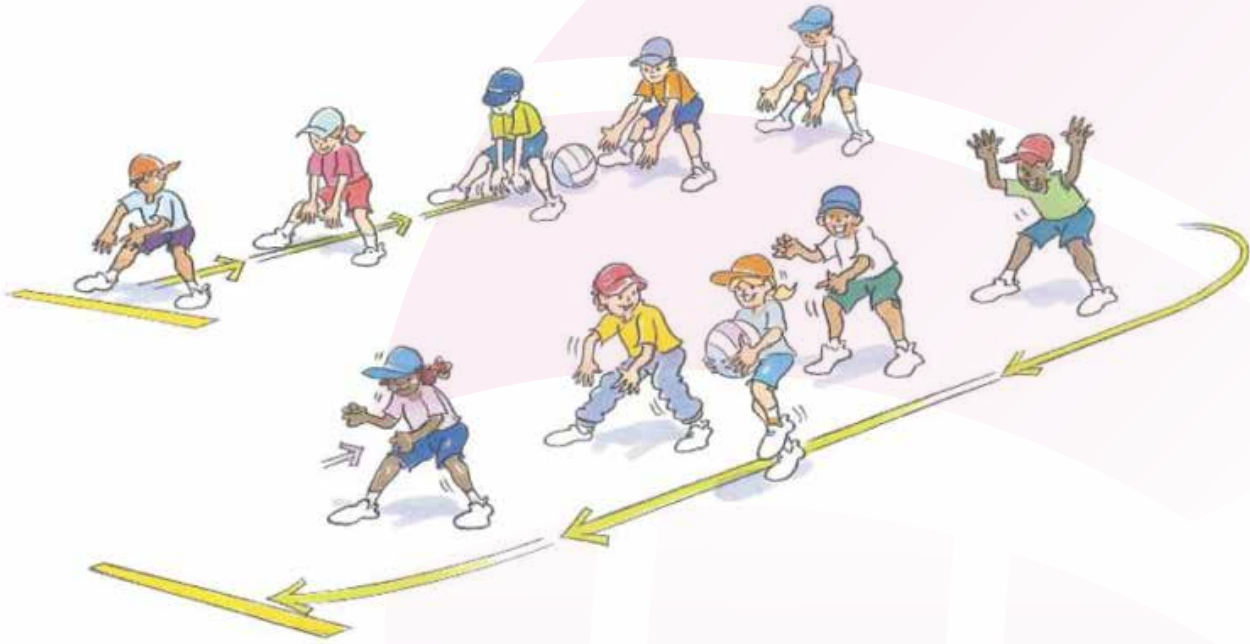
What you need:

Partner.

ACTIVITY 2 - TUNNEL BALL

Objective:

To gather the ball and run quickly to the beginning of the line.



What to do:

- Players line up in teams of five or six.
- The ball is passed to the end of the line between the legs of all team members.
- The last person then runs to the front of the line and starts passing the ball again.
- The winning group is first back to their original position.

Change it:

EASIER – No competition.

HARDER – Pass the ball over the heads of the players; Pass the ball in an over and under pattern; Pass the ball twisting to the left and right; Combine the different variations in one race.

What you need:

Balls.

Group of players.

ACTIVITY 3 – RELAYS

Objective:

To run as quickly as possible and perform ball skills under pressure.



What to do:

- The first person in each team runs with the ball to the nominated spot and bounces the ball three times, they then run back to their line and pass the ball to the next person.
- Repeat with different activities e.g. 3 catches, 1 bounce and 1 catch.

Change it:

EASIER – No competition; Place ball in front of the group so players do not have to run with the ball.

HARDER – Make the ball activities more challenging e.g. 3 balls in the air and clap and ball in the air and turn around.

What you need:

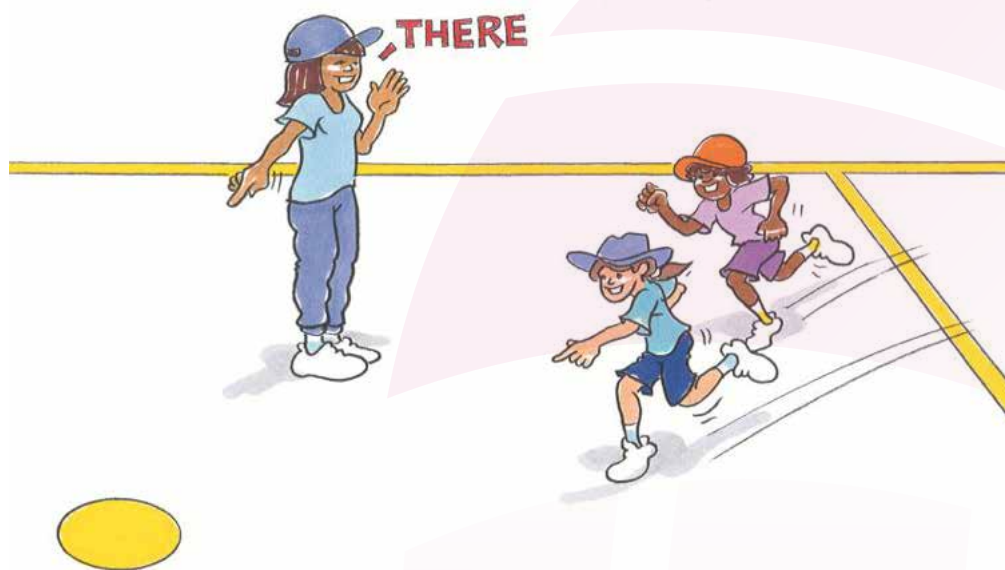
Balls.

Teams.

ACTIVITY 4 - HERE, THERE AND EVERYWHERE

Objective:

Start to develop space awareness and change of direction on call.



What to do:

- The coach calls one of the three words, “here”, “there” and “everywhere”.
- Here – run towards the coach.
- There – run towards where coach is pointing.
- Everywhere – run in any direction.

Change it:

EASIER – Reduced number of commands.

HARDER – Change the type of movements e.g. skip, hop, jump, leap.

What you need:

No equipment.

ACTIVITY 5 – NUMBERS

Objective:

Develop space awareness and team work.



What to do:

- All move around in random directions avoiding body contact with others.
- The coach calls a number and the players form groups of that size as quickly as possible.

Change it:

EASIER – Move in a uniform direction e.g. in a circle.

HARDER – Change the type of movements e.g. skip, hop, jump, leap; Change movements to mimic an animal or object e.g. monkey, floppy like a rag doll, stiff like a soldier.

What you need:

A group of players.

ACTIVITY 6 - BEAN BAG TAKE-OFF

Objective:

Develop a strong take off technique.

What to do:

- Players stand behind a line.
- On command sprint forward 5m to pick up a bean bag.

Change it:

EASIER – No competition; Remove the bean bag so players only need to cross the line.

HARDER – Take off from different starting positions e.g. lying down, facing backwards/sideways.

What you need:

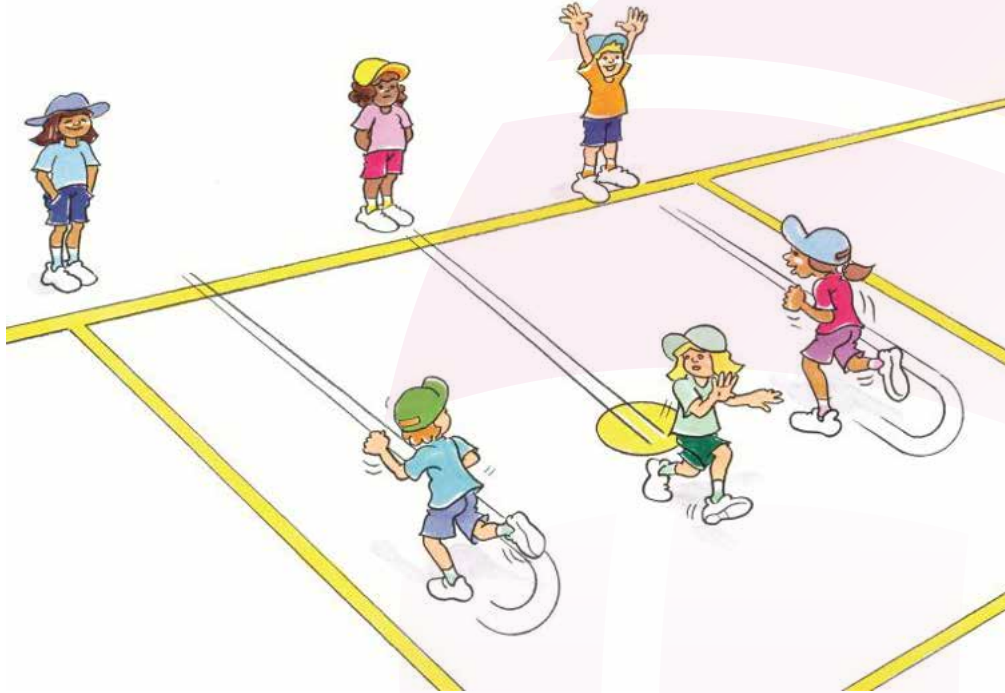
Bean bags.

Teams.

ACTIVITY 7 - STRAIGHT LINE PARTNER TAG

Objective:

Develop change of pace and react to team mates.



What to do:

- In groups of two or three with one nominated leader.
- Start behind the sideline and jog towards the opposite sideline, at any point between the sidelines, the leader turns and sprints back to the start line.
- The other players in the group aim to beat the leader back to the side line.
- Repeat then change roles.

Change it:

EASIER – Players change direction at a designated spot.

HARDER – Add a further change of direction e.g. before the player reaches the start line they change direction and sprint back to the other sideline.

What you need:

A group of players.

ACTIVITY 8 - SLAP TAG

Objective:

To change direction quickly and avoid being tagged.



What to do:

- In pairs, one player stands on the transverse line with their back to their partner and their hand outstretched behind.
- Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point.
- Swap roles and repeat.

Change it:

EASIER – Start behind player so they do not have to sneak across.

HARDER – Both stand in the middle of the third, perform a rock, paper, scissors competition, the loser is chased over the transverse line.

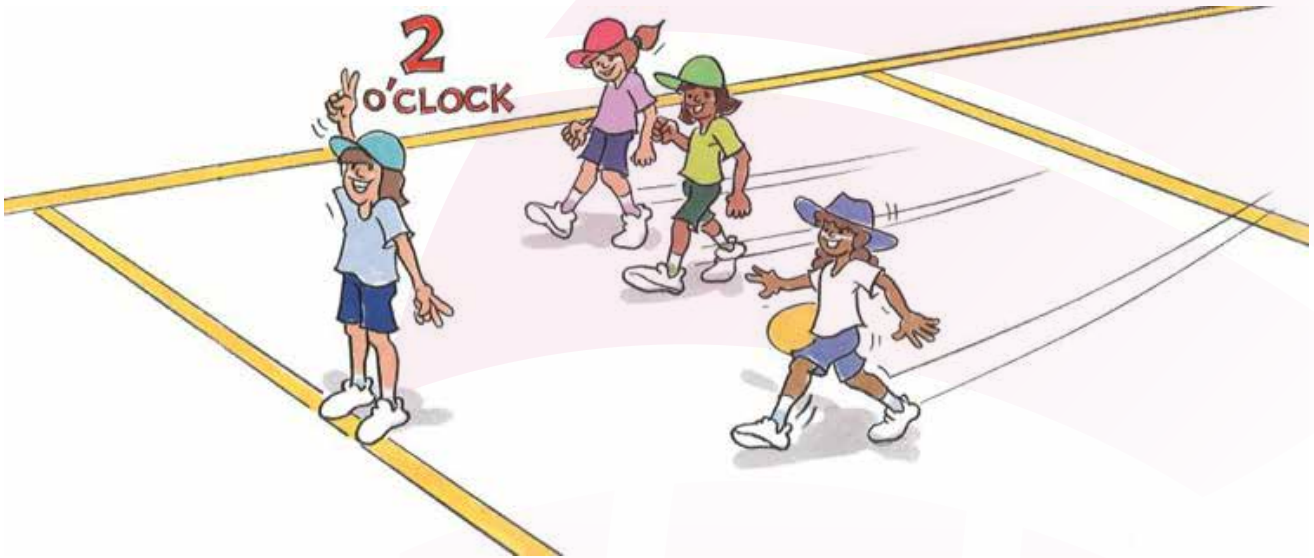
What you need:

A group of players.

ACTIVITY 9 - WHAT'S THE TIME MR WOLF

Objective:

Develop take off and speed to avoid being tagged.



What to do:

- The players line up behind the transverse line with one player, the wolf, standing at the next transverse line.
- The players say 'What's the time Mr Wolf', the wolf answers with a number.
- The players then take that number of steps closer to the wolf.
- When the wolf answers "dinner time" instead of a number, the wolf turns and chases the players back to their transverse line.

Change it:

EASIER – Players play in pairs.

HARDER – The wolf must turn and catch a player moving before they can chase them back to the transverse line.

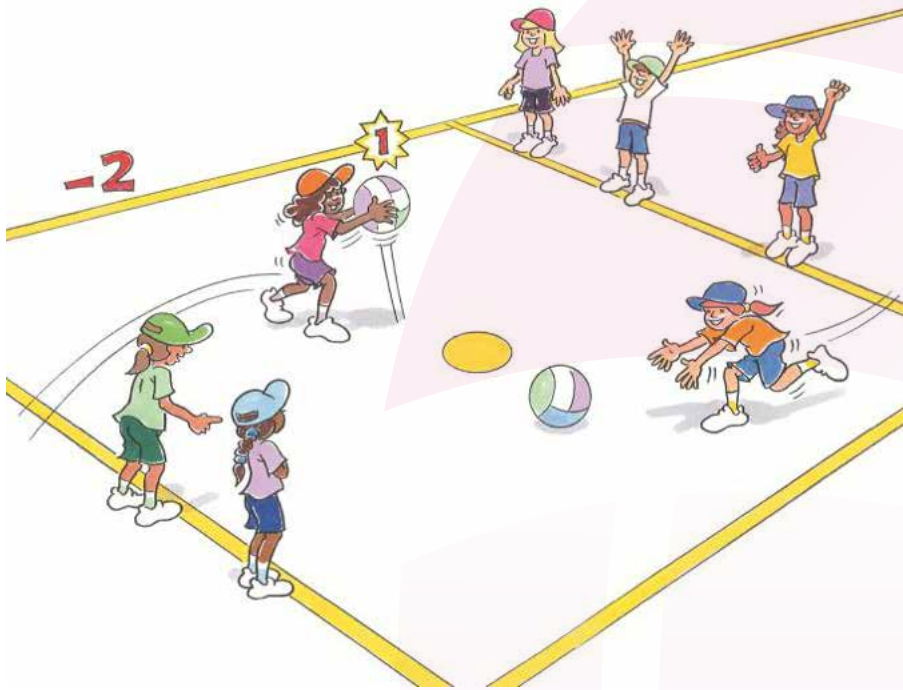
What you need:

A group of players.

ACTIVITY 10 - BALL PICK UP RACE

Objective:

Develop take off and speed.



What to do:

- Groups form two lines and stand facing each other across one third, each player in each group is numbered consecutively.
- Two balls are placed in the middle, designate one per group.
- When the coach calls a number, the corresponding player from each group runs in to pick up their ball.
- The first player to pick up their ball scores a point for their team.

Change it:

EASIER – Make a circle of five players, number players one to five, when a number is called only one person has the number.

HARDER – Once the player picks up the ball they must complete an activity with the ball e.g. three bounces; Once the player picks up the ball they must pass to three team mates.

What you need:

Balls.

ACTIVITY 11 - CAT AND MOUSE

Objective:

Develop space awareness and team work.



What to do:

- Players join hands to make a circle.
- One player stands inside the circle (mouse) and another outside the circle (cat).
- The cat must try and catch the mouse as the players in the circle raise their arms to let the cat and mouse in and out.
- Rotate roles.

Change it:

EASIER – The coach calls the arms up or down.

HARDER – Add a second cat or mouse.

What you need:

A group of players.

ACTIVITY 12 - NUMBER EXCHANGE

Objective:

Develop space awareness, speed and take off.



What to do:

- Stand ten players in a circle and number them 1 to 10.
- Another player stands in the middle of the circle.
- The player in the middle calls two numbers and these two players must exchange places.
- The middle player tries to run to one of the vacated places before the other players.
- The player left out stands in the middle and calls two numbers.

Change it:

EASIER – The coach calls the numbers out.

HARDER – Change the activity so that more than two players can go at once e.g. players who have on a blue skirt, players who barrack for a certain football team.

What you need:

A group of players.

ACTIVITY 13 - PAIRS CHASEY

Objective:

Develop space awareness, speed and change of direction.



What to do:

- Players stand in pairs with arms linked.
- One pair is separated, with one player chasing their partner.
- The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased.
- If the player being chased is tagged, the roles are reversed.

Change it:

EASIER – Reduce the number of pairs; Decrease the size of the area.

HARDER – Increase the size of the area.

What you need:

A group of players.

ACTIVITY 14 - GOLDEN RIVER

Objective:

Develop space awareness, speed and dodge.



What to do:

- All players wear a bib of varying colours and line up on one side of the area.
- One player stands in the middle of the area and plays the role of the wolf.
- The group asks the wolf, "Mr Wolf, may we cross your golden river", the wolf responds, "Yes if you are wearing yellow".
- Players wearing a yellow bib can cross the area safely, players without the yellow bib aim to run across without being tagged.
- Players caught join the wolf and assist in tagging other players.
- The players then ask to cross again and the wolf responds with a different colour.

Change it:

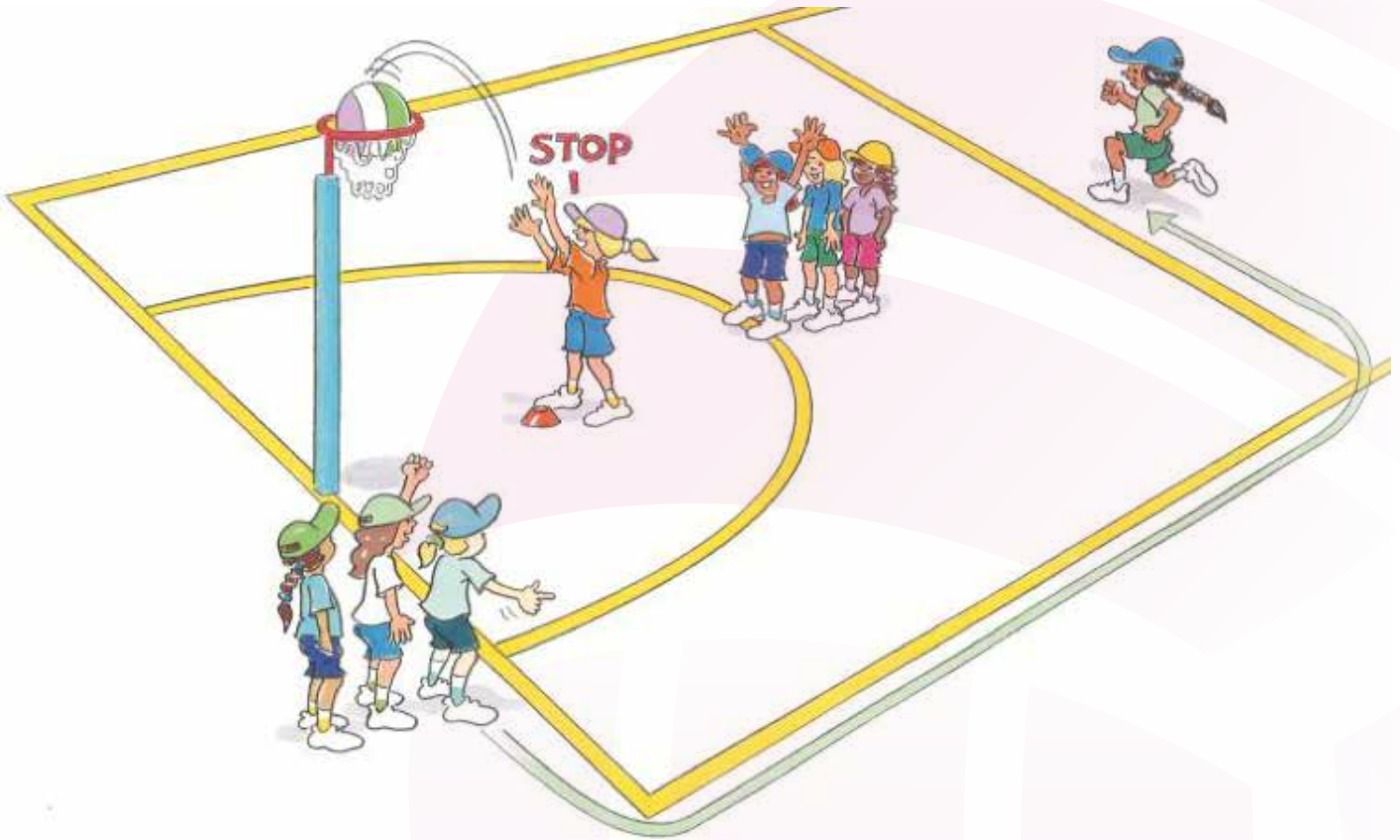
EASIER – Reduce the size of the area to make it easier for the wolf and increase the size of the area to make it easier for the players.

HARDER – Increase the size of the area to make it harder for the wolf; Decrease the size of the area to make it harder for the players.

What you need:

Multiple sets of bibs.

ACTIVITY 15 - GOLDEN CHILD



What to do:

- Two teams of five to six players; running team line up on the goal line and the shooting team line up behind a marker.
- The shooting team takes turns to have one shot at goal and call “stop” each time they score a goal.
- If a runner has not completed running one third they must STOP and remain at that point.
- The next runner begins after a call of “stop” or when the previous runner is back at the start.
- The running team scores one point when a runner finishes.
- The last runner (golden child) can ‘free’ any player stopped on the circuit by tagging them.
- Each time a runner completes the remaining part of the lap the team scores one point.
- If a goal is scored while the ‘golden child’ is running the game stops and the teams change roles.

Change it:

EASIER – Decrease the distance of the running.

HARDER – Increase the running or shooting distance.

What you need:

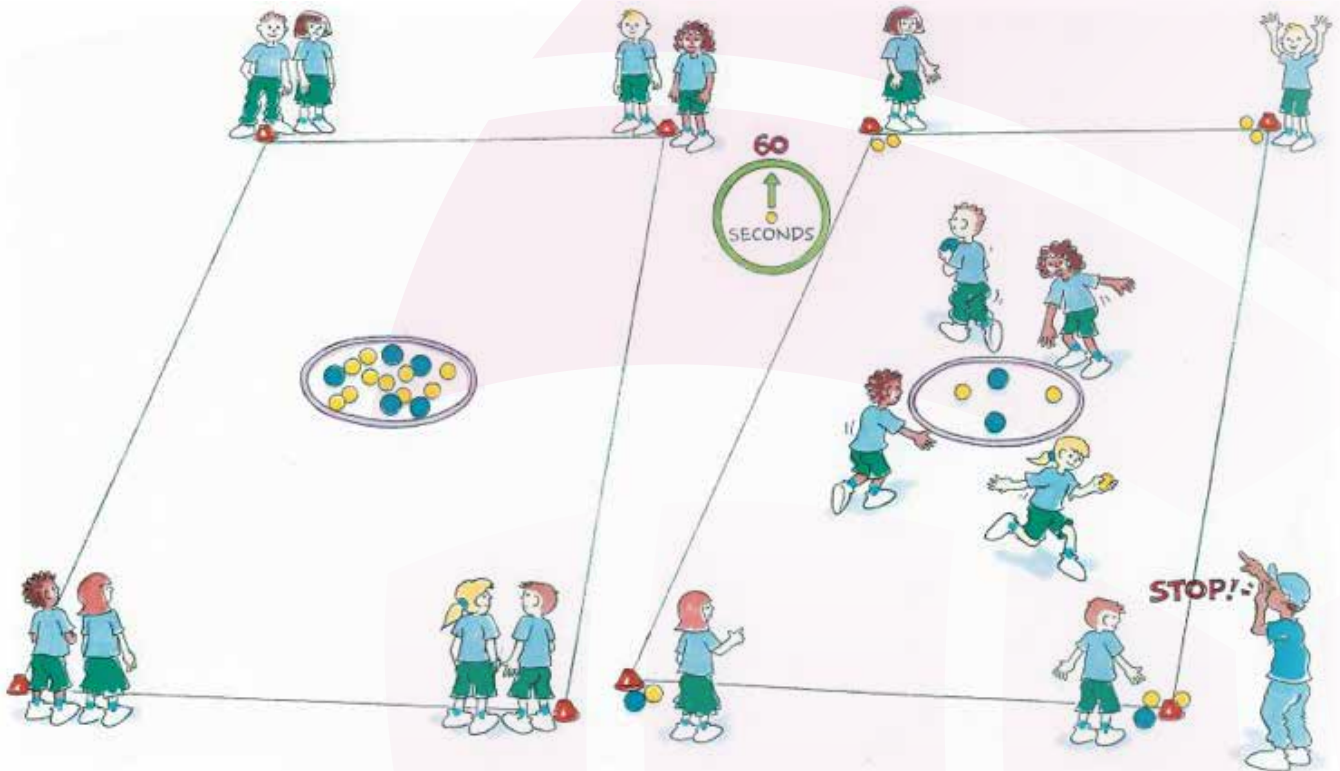
Ball.

Goal ring.

ACTIVITY 16 - ROB THE NEST

Objective:

Develop speed, take off and team work.



What to do:

- Place a hoop at each corner and one in the middle of the area, put six-eight netballs/beanbags in the middle hoop.
- Divide the players into four teams which line up at the four corner hoops.
- Each team sends a runner to rob an egg (netball) from a nest; they return the egg to their nest, the next person in line then goes to rob an egg.
- Collect eggs from the middle or from other nests; teams cannot stop others stealing their eggs.

Change it:

EASIER – Decrease distance of running; Increase the number of netballs/beanbags.

HARDER – Increase distance of running; Winner is the first team with three eggs.

What you need:

Bean bags/balls.

Hoops.

ACTIVITY 17 – RATS AND RABBITS

Objective:

Develop speed, take off and team work.

What to do:

- Players line up in pairs one metre apart, one line is nominated the rats and the other the rabbits.
- The coach calls either “rats” or “rabbits” – the team called run to their sideline with their partner chasing them.
- Teams receive one point each time a player is tagged.

Change it:

EASIER – Increase the starting distance between the teams.

HARDER – Coach extends the ‘r’ sound so players unsure of the call; After the first call e.g. “rabbits” and prior to them reaching the sideline, the coach calls “rats” who then have to turn and reach their sideline before being tagged.

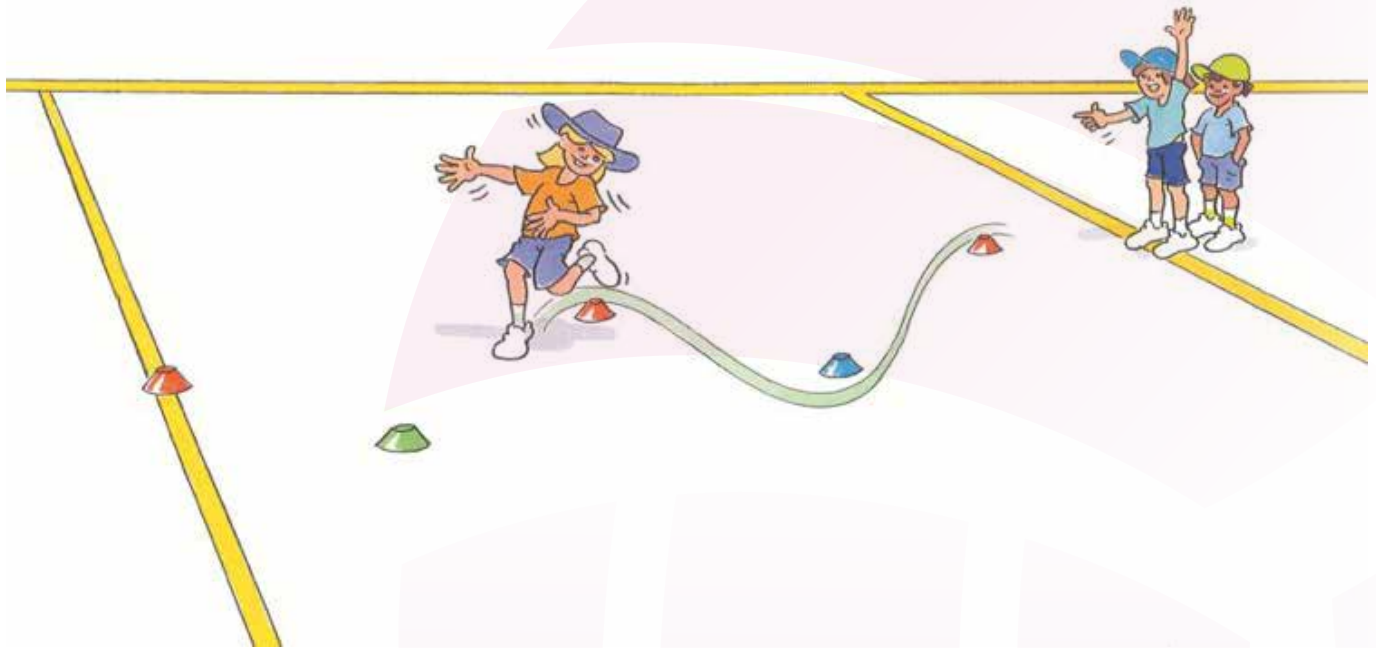
What you need:

Two teams.

ACTIVITY 18 - CHANGE OF DIRECTION

Objective:

Develop take off speed and change of direction.



What to do:

- Lay out markers in a zigzag formation in front of a line of players.
- Players run through changing direction at each marker, at the end of the line pivot and repeat back down the line.

Change it:

EASIER – Reduce the number of markers.

HARDER – Introduce a competition between teams; After the last marker the player leads for the ball.

What you need:

Markers.

ACTIVITY 19 - MARKER DODGE

Objective:

Develop take off speed, change of direction and space awareness.



What to do:

- Place four-six markers of each colour in one third of the court.
- Divide players into groups of three and allocate them a colour.
- The first player from each group moves into the area and dodges each time they reach a marker of their colour.
- On a call from the coach or after a set number of dodges, the player goes back to their team and the next player repeats the activity.

Change it:

EASIER – Reduce the number of working groups in an area.

HARDER – Introduce a competition between teams; After the last marker/each marker the player leads for the ball from their team.

What you need:

Different coloured markers.

ACTIVITY 20 - FOLLOW THE LEADER

Objective:

Introduce different movement patterns.



What to do:

- In groups of four-five with one player nominated as the leader.
- The leader alternates between running, skipping, hopping, jumping, leaping and walking on tip toes anywhere around the court.
- Change leaders regularly.

Change it:

EASIER – Coach calls the activity; Players run along the lines.

HARDER – Call a change of leaders and the front person goes to the back and the second person is the new leader with no break between activities.

What you need:

Group of players.

ACTIVITY 21 - KNEE TAG

Objective:

Develop change of direction and dodge.

What to do:

- In pairs, partners face each other.
- Partners try to tag each other's knees while avoiding being tagged.
- Players cannot turn and run away from their partner.

What you need:

Pairs.

ACTIVITY 22 – TOE TAG

What to do:

- In pairs, partners face each other with hands behind their back.
- Partners try to step on each other's toes while avoiding the other player standing on theirs.

Change it (Activities 21 – 22):

EASIER – Allow players to have arms out for balance.

HARDER – Introduce a competition between pairs.

ACTIVITY 23 – PARTNER TAG

Objective:

Develop dodge and peripheral vision.

What to do:

- In pairs, one player uses a variety of attacking moves to try to evade their partner and 'shake the shadow'.
- The partner tries to stay within arms length so when the coach blows their whistle they can touch their partner.
- Players change roles and repeat.
- Players cannot turn and run away from their partner.

Change it:

EASIER – Decrease number of pairs working within an area; Increase distance the partner should be on the whistle e.g. 2 steps to touch partner.

HARDER – Increase the number of pairs working the area.

What you need:

Pairs.

ACTIVITY 24 - FOX AND GEESE

Objective:

Develop dodge and team work.



What to do:

- Three players form a circle (geese), with another player (fox) standing outside the circle.
- The fox aims to tag a nominated player in the circle.
- Players keep the circle intact and aim to reposition to protect the goose from being caught by the fox.
- The fox cannot go under the arms of players protecting the goose.
- After a designated time frame or after tagging the goose, players change roles.

Change it:

EASIER – Two players in the circle can be geese and the fox can touch either one.

HARDER – Introduce a time limit.

What you need:

Four players per group.

ACTIVITY 25 – TRAIN TAG

Objective:

Develop change of direction, dodge and team work.

What to do:

- Three players stand in single file (train) holding the waist of the person in front with another player standing facing the line.
- The person in front aims to tag the player at the back of the train.
- Players keep the train intact and aim to reposition to protect the back carriage of the train from being caught by the person in front.
- After a designated time frame or after tagging the back carriage, players change roles.

Change it:

EASIER – Two back players in the line can be tagged.

HARDER – Introduce a time limit.

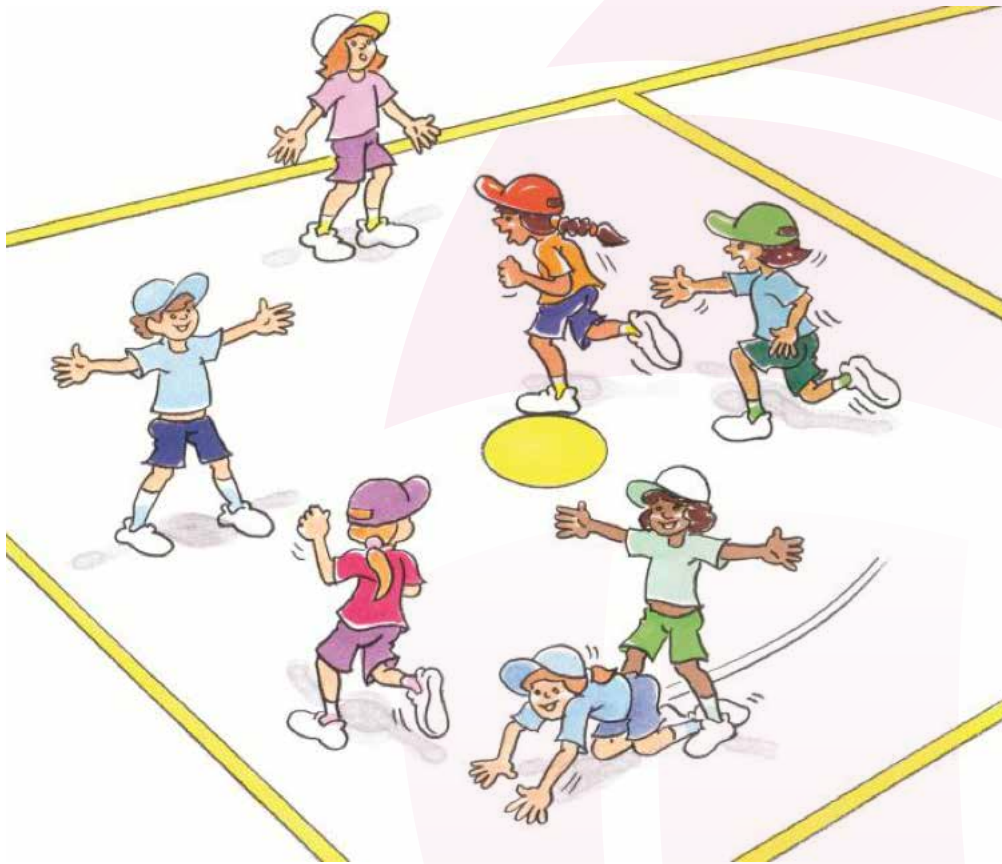
What you need:

Groups of players.

ACTIVITY 26 - SCARECROW TIGGY

Objective:

Increase take off speed, change of direction and space awareness.



What to do:

- One person is nominated as the tagger.
- When the tagger catches the other players they become 'scarecrows'.
- Scarecrows are released when another player crawls underneath the legs of the player captured.
- Limit space depending on numbers.
- Variation: Change the type of movements e.g. skip, hop, jump.

Change it:

EASIER – Increase the size of the area; Increase the number of taggers.

HARDER – Increase the size of the area.

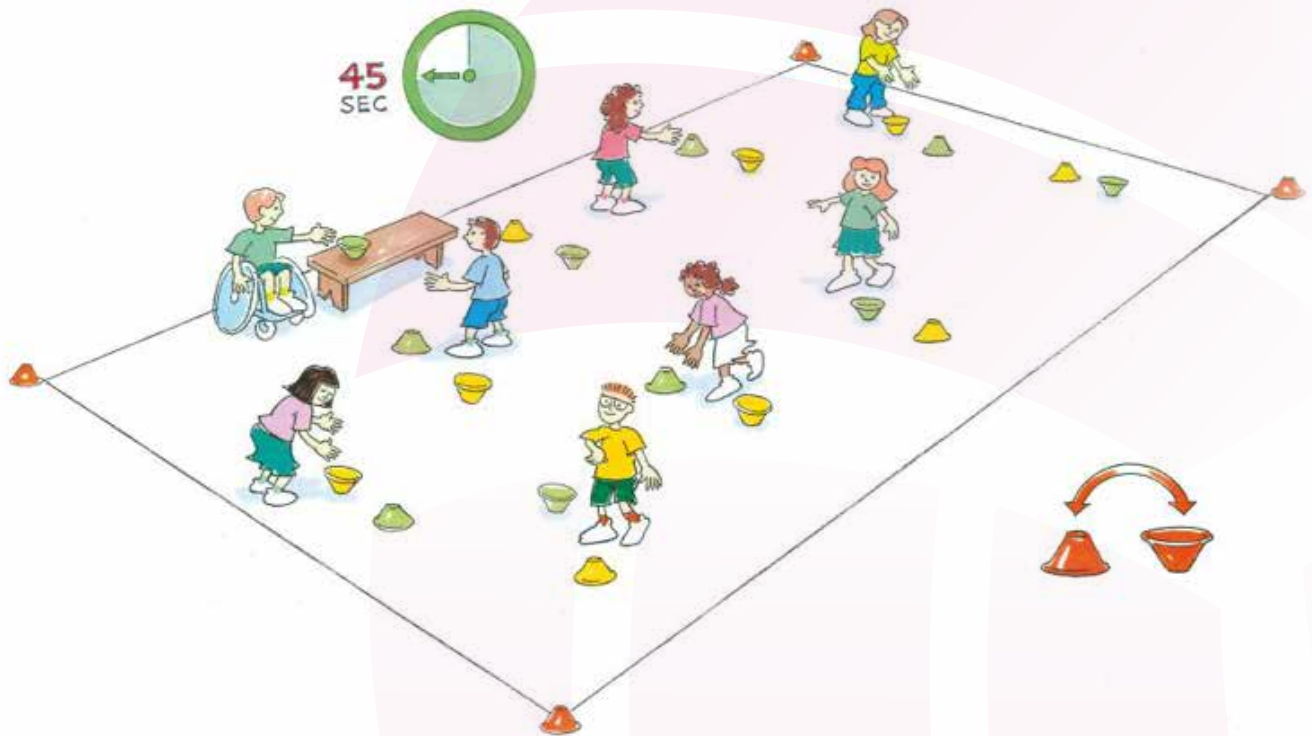
What you need:

Groups of players.

ACTIVITY 27 - FLIP IT

Objective:

Increase speed, take off and space awareness.



What to do:

- Split the group into two teams.
- Each player has a marker, one team places them correctly on the ground and the other team places them on the ground upside down.
- On command players run around to try and turn the other team's markers over to match their own.
- After a set period of time, the team with the most markers the same wins.

Change it:

EASIER – All players are on the same team, they stand outside the area, on command they run in and flip all markers over.

HARDER – Player must run to a corner after each flip.

What you need:

Two teams.

Markers.

ACTIVITY 28 - CHAIN TAG

Objective:

Increases speed, take off, space awareness and team work.



What to do:

- One player is designated the tagger and chases the other players.
- Once another player is caught, they join hands and then continue to chase remaining players extending the line after each additional tag.
- Only players on the outside of the chain are able to tag players.

Change it:

EASIER – Begin with more than one tagger.

HARDER – When the chain has four players, they split in half and form two separate tagging groups.

What you need:

Groups of players.

ACTIVITY 29 – POSITION TAG

Objective:

Increase speed, take off and space awareness.

What to do:

- Each player wears a bib and stands on the court.
- The coach calls out a position and the player whose position is called becomes the tagger and chases the other players.
- When tagged the player freezes on the spot.
- When another position is called everybody is 'free' and the new tagger begins the chase.

Change it:

EASIER – Before the tag game begins, ensure the player knows their position has been selected.

HARDER – Two teams on the court and therefore two players chasing at any time.

What you need:

Positional bibs.

Netball court.

ACTIVITY 30 - TAIL TAG

Objective:

Increase speed, take off and space awareness.

What to do:

- All players tuck a bib or band into the back of their shorts/skirt.
- Players grab as many tails as possible whilst protecting their own tail.
- Players cannot hold onto their own tail.
- The winner is the one with the most tails after all have been stolen.

Change it:

EASIER – Work in pairs so you can only steal your partner's tail.

HARDER – Divide the group into teams, players can only steal the tails of the opposition players, team with the most tails wins.

What you need:

Bibs.

Illustrations – Glenn Robey