

Title: **Defending Principle: Limit and Deny Space**

Date:	Venue: Netball Court	Duration: 1hr 15 Minutes	No of Players: Minimum of 14 players	Ability / Level: Intermediate	Equipment: Bibs, cones, whistle and netballs
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<p>Session Goals: This session looks to develop your players existing defending skills and links to the key defending principles of denying space and limiting attacking options. Players will hone in on their stage 1 defending; shadowing, tracking and limiting space for their opponents. This session takes players through a series of fun but challenging and competitive practices to challenge and drive players to further develop their essential defending skills for the up and coming season. The session provides progressions to stretch and challenge your more able players and conditions to aid your developing players.</p>	<p>Personal Coaching Goals: To effectively get your players to thinking about their own defensive skills and develop their stage 1 defence to deny space and limit the attacking options.</p>
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Warm Up

Time	Task / Activity / Session Content	Coaching Points
	<p>Tag Ball</p> <p>In one third of the court any number of players work with one ball between them. The aim of the game is for players to pass the ball to each other, whilst one player attempts to catch the player in possession of the ball. Once the player in possession has been caught players swap roles, with the player who was caught becoming the next catcher. You can increase/decrease the size of the area to make the drill harder/easier respectively for the catcher.</p> <p>Variation: Have more than one catcher in each third.</p> 	<p> Coaching Points</p> <p>The players in possession of the ball must try to tag the catcher with the ball itself (promoting fast passing to get the ball close the catcher). Quick passing, quick thinking! All players need to be ready, on their toes and their weight leaning forwards ready to drive to take the ball and beating their opponent. Encourage players to use their change of pace to beat their opponent.</p>
	<p> Progression</p> <p>For the Less Able (LA):</p> <ul style="list-style-type: none"> • Make the area smaller therefore easier for the defender to track and shadow the attackers • Attackers start off passive, gradually build up to fully active 	<p> Progression</p> <p>For the More Able (MA):</p> <ul style="list-style-type: none"> • Make the working area larger therefore harder for the defender to cover the area and increases decision and reaction skills • Overload the attack

Skill Development Practices

Shadow Stance

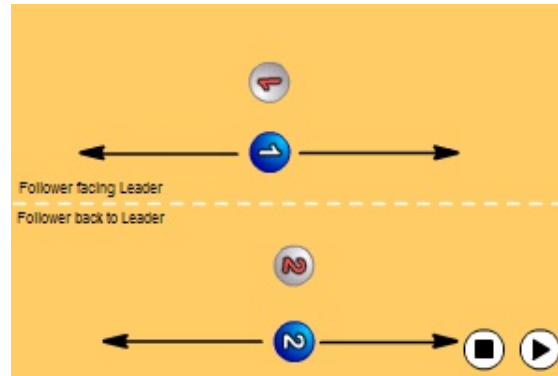
Keep the players in pairs, no ball is needed to start with.

Label players A (attacker) and B (defender). Player A moves quickly from left to right, using small side steps while their partner tries to keep up by shadowing them.

Both players are facing each other to start with, then after a few goes the defender (player B) should have their back to the attacker. Then after another few goes then stand on. Then switch roles.

Question your players be asking what stance was more effective for the defender - which stance was more successful.

Then allow players to have a few more goes standing side on as this is the correct and most successful way to shadow mark in stage 1 defence.



Notes

This practice is a good tool to get your players thinking for themselves to understand the most effective way to mark and shadow their player. This is why the questioning is so important to allow players to experience the 3 different players may mark and finding out which one is the most effective for themselves.

You can also add a static player in front of the two players who could hold 3 coloured cones up randomly and the defender must then call the colour out to ensure the defender is watching the ball and the attacker - using their peripheral vision!



Progression

For the LA:

- Place cones down opposite each other to ensure only a short distance for the attacker to drive side to side - gives the defender less distance to cover
- Attacker must start passive



Coaching Tips

Players need to light on their feet, head up watching the player and the ball in order to delay and limit the attacking option.

Encourage players to be ball side and in between the ball and the player.

Players need to pushing off their outside foot to change direction and keep up with the attacker.

Stage 1 Defence - Shadowing:

POSITION

1. Defender half covers attacking player
2. Body slightly angled to attacking player's uncovered side
3. Position close and within arm's reach of attacker
4. Back to player
5. Focus - watch ball and player

STANCE

1. Feet shoulder width apart, weight balanced and on balls of feet
2. Arms flexed at front or side of body
3. Head up



Progression

For the MA:

- Place cones opposite each other to map out a longer distance for the attacker to move - defender has a longer distance to cover therefore needs to react and be on the ball
- Allow the attack to start making attacking drives forwards - defender must change their body position to face the attacker to the direction they want them to go and not give the attacker the upper hand
- Add a static feeder/player in front of the 2 players either with a ball for players to try and delay the play or coloured cones for the defender to call out to ensure they are watching both the player and the ball.

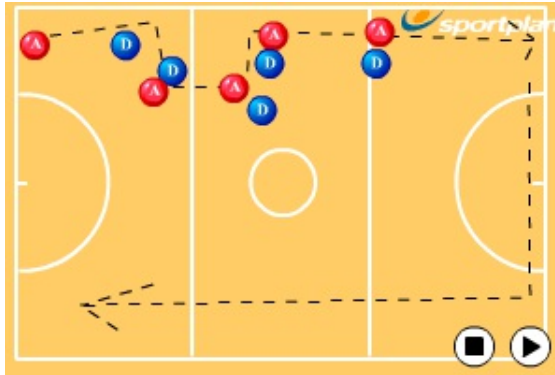
Channel Shadow Runs

Players stay in pairs and is an extension of the warm up practice.

Players run in pairs along the length of the court.

The defender runs alongside the attacker, trying to keep the attacker on the outside edges of the channel by turning their body as the attacker jogs/ changes direction.

Do this four times and then swap roles.



Notes

This practice follows on really well from the warm up practice as is an extension of the forward drive shadowing.

Players need to be on their toes and using their outside foot to change direction.



Progression

For the LA:

- Only use half the court instead of the full court
- Attacker is passive then builds up to full strength gradually



Coaching Tips

The defender should be forcing the attacker onto the outside as this helps prevent them from cutting in and creating a dangerous attacking opportunity.

Players need to be adjusting their body to shield and force their opponent to the outskirts of the court. Whilst keeping their eye on the ball and their player. This will limit the attacking options and hopefully force errors for the attack.

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Progression

For the MA:

- Add feeders to the inside of the court and they can feed the ball to the attacker at anytime and the defender must anticipate the feed and make sure they are on ball side, between the ball and the player and make sure they can see the player and the ball at all times

Follow your player

Players continue to work in pairs (one defender, one attacker).

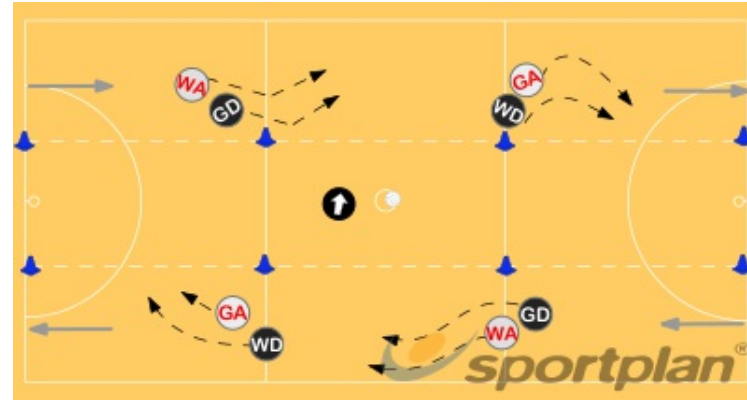
The court is divided into 3 channels along the length of the court. The ball is placed in the centre court channel.

Players must jog, sprint and dodge their way through each outside channel - with the defender trying to stay between the attacker and the static ball in the centre of the court.

Defender shadows the attacker, keeping her on the outside of the channel.

Start slowly and build up pace gradually. On the coach's whistle players must stop where they are and the defender should take up a static position,

Repeat a few times and then switch over roles.



Notes

This practice links nicely together with all previous practices as they all focus on delaying play and limiting the attacking options, but this one gets your players thinking about how they would do these during an actual game and why it is important to force their players to the outside of the court and be ball side.



Progression

For the LA:

- Use two thirds of the court only - to keep attention of the defender for a shorter period of time and allows more recovery time
- Attacker starts passive then builds up to full strength when defender feels comfortable



Coaching Tips

Players need to ensure they put themselves between the player and the ball at all times if they want to delay play and limit the attacking options.

Encourage players to think about the area they want to protect and where they want to force their attacker to go - outside of the court to hopefully force the ball out of court.

Players need to stop the attacking player from driving into the circle and stop them from getting an attempt on goal.

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Progression

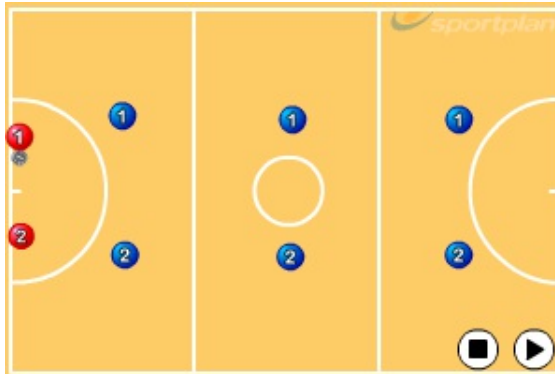
For the MA:

- Attacker starts at full strength straight away
- Add extra static feeders in the centre of the court to keep the defender on their toes and anticipating the ball

Modified Game

Running the Gauntlet

Split players into groups of 8 using the whole netball court.
2 defenders stand in each section of the court.
2 attackers work their way down the court passing the ball between them.
They must make a given number of passes in each third before progressing to the next third.
Defenders must stay within their own third.
Then the 2 attackers become defenders and the 2 defenders become attackers.



Notes

This practice gives the players the opportunity to start to link the stages of defence together i.e. shadowing their player to apply pressure through the 1 metre mark to block the player from driving forwards towards goal.



Progression

For the LA:

- Add an extra defender to overload the defence makes it harder for the attack and gives the defence a chance to gel.
- Start without a ball so defence are just trying to force the attackers to the desired areas without worrying about the ball for the time being - add the ball when players feel confident.



Coaching Tips

Encourage your players to keep talking to ensure they cover the space and work together to force an error, deny the space and limit the attacking options.

Encourage defenders from the other areas to talk as well to create a link all the way down the court.

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Progression

For the MA:

- Add an extra attacker - by overloading the attack it increases the intensity for the defence
- Add an extra ball

Other Comments:

Evaluation: