

Title: Developing Circle Rotation whilst maintaining Shooting Accuracy!

Date:	Venue: Netball Court	Duration: 1 Hour	No of Players: Minimum of 14 Players	Ability / Level: Beginners- Intermediate	Equipment: Net balls, cones, bibs and whistle.
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Session Goals:
This session looks at building upon your players current shooting ability. Players get to develop circle rotation and look at holding their defence in the circle. The session takes players a series of fun and competitive practices to challenge and drive players to further develop their shooting ability.

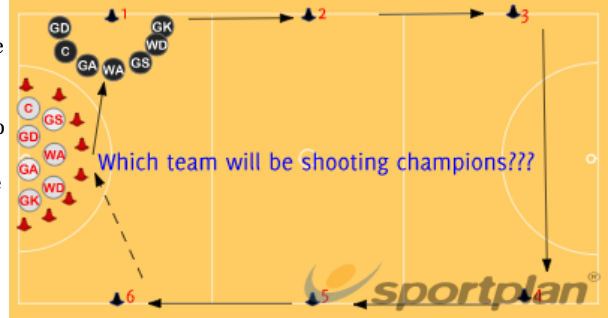
Personal Coaching Goals:
The session develops players shooting technique and teamwork within the circle, whilst exploring how to hold the defence to ensure they create and penetrate space to maintain possession of the ball.
Players will have a better understanding of their own shooting ability and what they need to do to improve their technique in order to compete at their optimum level of performance.

Warm Up

Time	Task / Activity / Session Content	Coaching Points
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Pairs Shooting

Split players into pairs with one ball per pair.
You need at least 4-6 posts to make this practice worth while. If indoors can use basketball nets too.
Players are working together in a partnership to be shooting champions.
The aim of the game is for both members of the pair to shoot in all goals and get back to the red coned area first.



How to Play:

1. Decide who is number 1 and 2 in the pair. Number 1 starts with the ball at post 1 alongside all other number ones from all pairs.
2. Players shoot in the posts - players get 3 attempts to score and if they do not score after the 3rd attempt they move to the next post. If you score first time you move on so aim is to score as soon as possible in each net.
3. When the coach blows the whistle all the number ones shoot into the basket. Remembering that if you score you move to the next post but if you haven't scored after the 3rd attempt you just move on.
4. Player 1 moves through the posts in order, running between each post as this is a race. When number 1 is at post 6 and has scored/or attempted 3 shots they pass the ball to their partner who then has to complete the same circuit.
5. This first pair back wins!

Coaching Points

Players need to be working together as a partnership and encouraging each other throughout.
Players need to draw upon their knowledge of the correct shooting technique from previous sessions.

Notes

This is a fun and competitive practice to use once players have developed their shooting technique. Players are not only working on their shooting but also they speed and endurance.
Different shooting orders can be created to challenge the players and keep it interesting.



Progression

For the Less Able (LA):

- Only use 3-4 posts - shorter distance to run
- Can move on after 2 attempts at goal



Progression

For the More Able (MA):

- Add extra posts (if you have any available)
- Add floating defenders at each post to apply extra pressure on the ball
- Have to stay at post until they score, then they can move on to the next post
- Change order of posts i.e. diagonal

Skill Development Practices

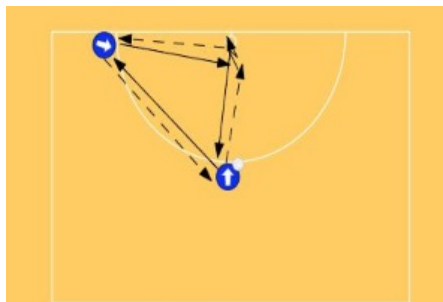
Give and Go Shooting

Split players into pairs with 1 ball and 1 post.

The player at the top of the circle starts with the ball and passes it to the other player to receive it back under the post to take a shot.

After the shot the other player moves to the top of the circle to receive the ball and the shooter moves wide out of the circle.

The practice then starts again.



Coaching Points

Players should move out wide quickly, performing a sharp turn on the spot with a definite change of pace before driving back into the circle to receive the ball and shoot.

Although players are working on their speed they should also focus on getting their shots in - you could get players to count their partner's points and see which pair got the most points at the end of the practice.

Shooting Coaching Points:

Height
Flight
Flick
Finish

1. If the ball is not higher than the ring - you will not score.
2. Modern post rings are made of material where if the ball touches the ring the ball is likely to bounce away. The older metal rings were very forgiving and if the ball made contact it was more likely to drop in than bounce off. So FLIGHT is very important. We want the ball to swish through the net.
3. To get the flight right we have to hold the ball correctly and flick with our fingers.
4. The hand should finish at right angle with the wrist.

The stance.

1. Feet - even and width of hips. The heels should not come off the floor until the shooter is in the rising position.
2. Arms should be extended above the head (not projected in front of the head)
3. Arm should be flexed from the ELBOW - do not bring the whole arm down or drop the shoulder.
4. Controlling hand should be under the ball with free hand balancing side of ball.
5. Last finger to say goodbye to the ball should be the middle finger i.e. not the thumb or small finger. This will affect the direction of the ball.



Notes

This follows on nicely from the warm up practice as gives players plenty of opportunities to shoot and simulates circle player and player rotation.



Progression

For the LA:

- *Players can re-bound the ball and take a second shot if needed before passing to their partner*
- *Start passive gradually build up to full speed*



Progression

For the MA:

- *Players can only have 2 seconds on the ball instead on 3 seconds*
- *Add a floating defender in the circle to apply pressure on the ball*

Circle Rotation

Three players perform this drill with two balls.

Two players stand by the post with a ball each, while the third player is stood outside of the circle.

Player one shoots and then collects the ball, before player two passes the ball to the players who is outside of the circle, who then returns the ball to player two outside of the circle.

Player three then moves in towards the post to receive the final pass in the sequence, and shoots before collecting the ball.

Player one in the mean time, starts the same pass sequence with player two, who is now the new player outside the circle, and the drill continues in this fashion.



Coaching Points

Players really need to think about their timing with this practice and reading off one another to ensure they are not standing still waiting to receive the ball as if they do a defender could fly in and intercept the ball.

Encourage players to drive on to the ball and attack the space.

Players need to focus on their shooting technique and coach to reinforce the key coaching points.



Notes

It will help if the players doing the passing sequence count "1-2-3-shoot" out loud with each pass.

This practice follows on from the one previous by adding an extra attacker which links to a real life game situation.



Progression

For the LA:

- *Start passive and build up to full speed*
- *use to mark out angle of drives and pathway of movement - remove when confident*



Progression

For the MA:

- *Add a defender/s into the shooting circle to apply pressure on the ball*
- *Only allowed one second on the ball*

Holding Defence

Set up:

Split players into groups of at least 7 with 1 ball using the goal third. Number 1 starts with the ball.

The Practice:

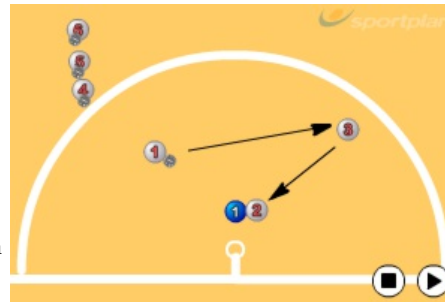
Player 1 passes the ball to number 3. Meanwhile number 2 holds her defence and turns to receive the second pass and shoots at goal, with number 1 moving in for the rebound.

Player 3 can call as she receives the ball for number 2 to turn.

Player 2 must hold firmly and try to remain directly in between the defence and number 3.

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Player 2 must hold firmly and try to remain directly in between the defence and number 3.



Coaching Points

Players need to communicate with one another throughout the practice in order to maintain possession of the ball.
Encourage players to drive onto the ball and attack it to gain advantage over the defence.
Players need to cut sharp angles to commit the defending players.



Notes

This practice builds upon skills learnt and developed in previous practices. It looks at circle rotation and now how to hold your defence to create space.



Progression

For the LA:

- Defender starts passively and gradually build up to fully active
- Use markers to show movement patterns until confident
- Defender has to mark from a 1.5m away



Progression

For the MA:

- Add an extra defender to apply more pressure on the ball - increase intensity for the attackers
- Only allowed 1 second on the ball
- Overload the defence

Modified Game

7 v 7

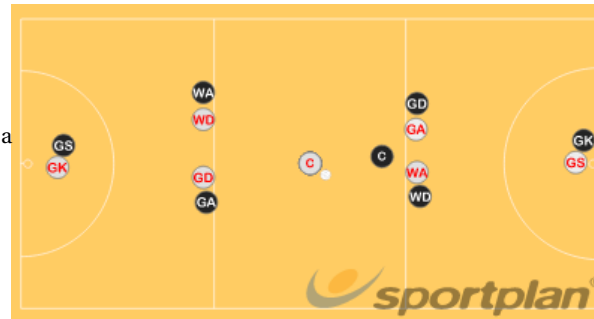
Split players into 2 even teams.

Normal netball rules apply.

Full court game.

Shooters - get 1 extra point for successfully using the correct shooting technique on top of a 1 point for a goal scored.

Coach to encourage players to try different positions and combinations during the game - pre season is all about trying new things and refreshing existing skills.



Coaching Points

Players need to communicate with one another throughout the game in order to get the ball successfully to their shooters.
Keep reminding players to use the correct shooting technique to boost their chances of success.



Notes

Always good to end with a full 7 V 7 game to allow players to put into practice what they have learnt and developed throughout the session.

Other Comments:

Evaluation: