

# Changing Direction - Fast Running

Date:                      Venue: **Netball Court**                      Duration: **1 Hour**                      No of Players:                      Ability / Level: **All ages and abilities**

**Session Goals:**  
This high intensity running session will not only improve players' fitness levels but will also focus on their ability to accelerate from a standing start and change direction quickly.

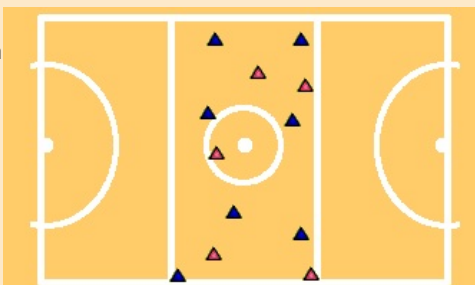
**Personal Coaching Goals:**  
Although speed is important it should never come to the detriment of the skill - make sure all players are able to make their passes accurately before upping the speed of the drill - *More haste and less speed!*

**Equipment:**  
Balls, Bibs and Cones

## Warm Up

### Run, rebound and change direction

**Description:**  
Cones are placed at random inside the center third.  
Players must jog around the area and every time they reach a cone they should change direction.

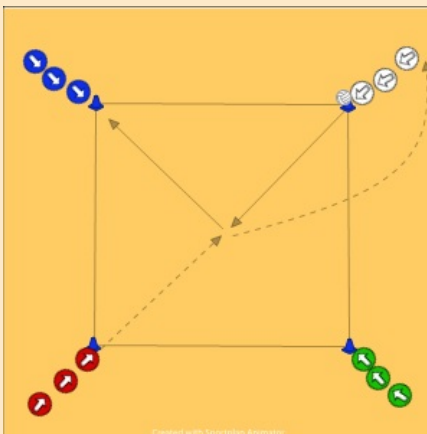


#### Coaching Tips

Gentle jog ensuring correct change of direction (Think of the 2 Ps - plant and push.)  
Plant the outside foot, turn foot, knee, hip, shoulder and head to face new direction.  
Sharp turn with clear change of pace - no curved runs (banana runs)

### Fast hands cross-over

Two lines stand about 5 meters apart with another two lines stood perpendicular so that players are stood in an 'x' formation.  
As one player runs out without the ball they receive a pass from directly in front of them.  
They must immediately pass the ball to the player on their left and then run to the back of the line opposite their starting line.



#### Coaching Tips

Look for fast, driving runs to meet the pass - with a quick stop and a fast rotation to find the pass to your left.

**Variation:**

Here's another fast hands warm-up drill you might like to try, ideal for pre-match or pre-training routines.



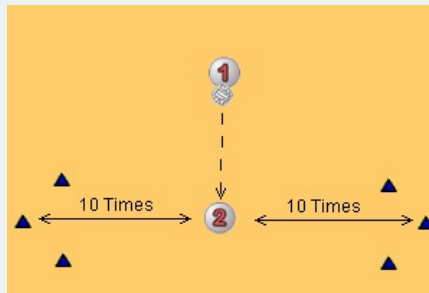
Working in a continuous way players from one side run out to meet the pass and then, without stopping pass to the next player in front of them.

All players follow their own pass and run to the back of the opposite line, ready to keep the drill moving smoothly.

### Skill Development - Meeting the pass

#### Drive to receive

**Description:**  
 2 players; 1 feeder and 1 worker standing a metre apart.  
 The worker must drive to the left before changing direction and running back to receive the ball in the middle where they pass back to the feeder.  
 Repeat 20 times in total (10 times to the left and 10 to the right) before changing over.

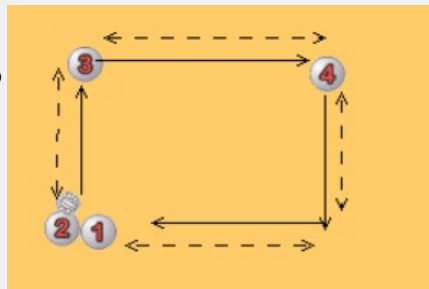


#### Coaching Tips

Head up and eyes always on the ball.  
 The worker should indicate when and where they want the ball - Both vocally and through their body language (hands up, make eye contact).

#### Pass follow and return

**Description:**  
 4 players are working inside a square (cones can be used to simplify positions.)  
 Players must pass the ball clockwise around the 4 corners of the square.  
 After each pass the player follows the ball to the next corner and then turns to return to receive the ball by the original corner when the ball comes round again.



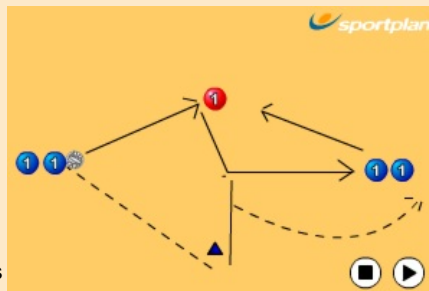
#### Notes

All players should be moving before they receive the ball.  
 If performed correctly players should be just arriving as the ball is passed to them. If they are stood waiting on the cone for the ball the grid is too small and the drill should be made harder by all players picking up their cone and taking one step back.

### Skill Development - Cutting to meet the pass

#### Touch, cut, receive and run

**Description:**  
 Working in groups of 6-8, with 1 ball and 1 feeder per group.  
 In turn players pass the ball to the feeder before then driving to the cone with a clear change of pace and direction.  
 From the cone players then turn and meet the fast and flat pass from the feeder before finally passing the ball to next player who should then repeat the exercise the in opposite direction.



#### Coaching Tips

Look for fast and flat



passes (ball should be released at chest height, with fingers spread around the ball in a W shape. Players should transfer their weight forward and push the ball).  
 Definite drive and change of direction

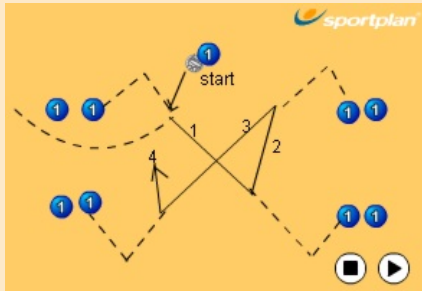


#### Progression

Add a passive defender(s) who will gradually become more active.  
 Attacker may then have to make several changes of direction to receive the flat and fast pass.

### Cutting runs - In and Out

**Description:**  
 Each player at the front of the line (in turn) moves out to then drive in on the fast, flat pass before then passing the ball on to the next player in the sequence.  
 Each player, after having passed the ball, goes to the back of their original line.



To simplify this drill you could use cones, alternatively explain to your players that although it seems complicated all your players need to do is cut out and cut in before receiving the pass.



### Coaching Tips

**Definite drive (no dithering).**  
**Sharp change of direction as the ball is received by the player intending to pass to the you.**



**Passing pattern:**  
 This can be a little tricky at first so if you number each cone players might find it easier to visualize.

Player 1 (top left) to player 2 (bottom right) to player 3 (top right) to player 4 (bottom left) back to player 1 - repeat.

### Game

#### Half Court - Full Court

**Description:**  
 Finish with a small sided game.  
 4 attackers vs 2 defenders in each final third of the court.



### Coaching Tips

**Emphasise movement! Each attacker must change direction before receiving the pass.**



### Progression

All the players in each end who were playing against each other now become a team. Finish this session with a full court game against the other side.

Enforce the condition that players may not use overhead passes. This will reinforce the change of direction.