

Netball

Attacking skills

Theme: Receiving

Lesson 1

The rule that states you can only handle the ball for three seconds means that you only have a very short space of time in which you have to catch the ball, control it, and make sure you send it safely on its way. This is known as decision making and therefore you only have a short period of time (3 seconds) to make a decision in a particular passing situation.

It is important that you can catch the ball consistently as it is the first step in handling a netball, so it is appropriate that this is the first step to practise in becoming a netballer.

When receiving the ball netball players should let their fingers do the work. The fingers drive out to meet the ball, make contact and pull it in quickly.

There are two kinds of catches within the game of netball:

- Two-handed catch
- One-handed catch

The two handed catch is the safest and allows for greater control, while the one-handed catch is less safe but gives you greater extension to the ball. In match play, the correct choice of catch is crucial. When your opponent is closely contesting the ball, use both hands to catch. When you are soaring high, unopposed, use one hand.

Two handed catch

Preparation

- The body must be well balanced
- Watch the ball
- Drive out arms to meet the ball
- Extend arms to take the catch
- Bend elbows slightly

Execution

- With thumbs behind the ball and fingers outstretched, take the catch with the fingers
- Firmly grip the ball with your fingers

Follow through

- Pull the ball quickly into the chest
- Prepare to make your pass

One handed catch

Preparation

- The body must be well balanced
- Watch the ball
- Extend the arm to meet the ball

Execution

- Fingers are extended fully as they drive out to take the pass
- The ball is taken into the middle of the hand, with the fingers gripping it tightly.
- The wrist bends behind the ball to absorb the impact.
- Balance ball on fingertips

Follow through

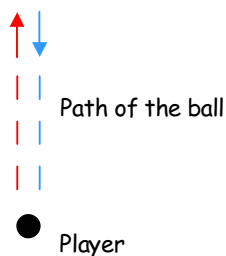
- Quickly pull the ball into the body using the other hand to protect it as you prepare to throw.

Attacking skills - receiving

Warm up before beginning the tasks (netball related, see page)

Task 1 - Progression 1

- The skill of receiving is introduced in an unpressurised and static situation. (Isolated practise)
- Take a ball each
- Toss the ball up in the air and catch and snatch



Coaching points

- Snatch the ball into the chest (safe hands)
- Wrists and hands should move quickly
- Fingers should strike the ball
- Eyes on the ball
- Thumbs should almost touch behind the "catch"
- Take the ball from the highest point in the air - as the less time the ball is in the air, the less **chance** of interception.
- Full stretch to reach the ball

Progression 2

- Take a ball each
- Toss the ball up into the air; jump, snatch and land (apply the footwork rule when landing)
- This is within your own area

Progression 3

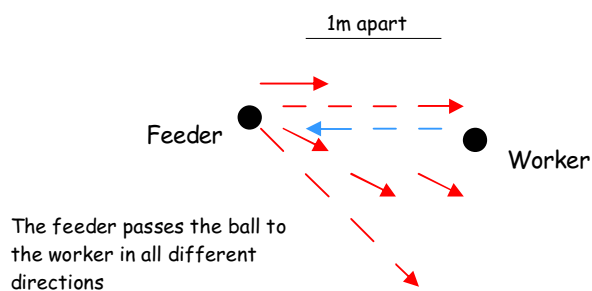
- To increase the complexity and realism, movement is introduced into the practise. Take a ball each
- Toss the ball up in the air but this time whilst moving
- Move in the direction of ball's flight
- Jump; snatch the ball quickly into the chest and land
- Play the ball behind the body, to either side of the body; high in the air and also allowing it to drop low to the ground. The reason for the ball being played out of the receivers reach is so that the player can adjust from their optimum catching position.
- This is performing the task in a game situation as players must be able to adjust to different flight patterns and speed.

Coaching points

- Eyes should be on the ball at all times
- Full stretch to reach the ball
- Snatch quickly the ball into the chest

Task 2 - progression 1

- This is a simple exercise but it is related to a game.
- You and your partner stand about 1 metre apart.
- One person plays the part of the feeder while the other person is the receiver.
- The feeder; feeds passes to the receiver and the receiver has to react to the ball and send it back.
- The ball can be fed high/low, fast/slow, hard/soft, bouncing etc
- This demonstrates and practises the receiver reacting to the ball in different situations (which may occur throughout a game.)



Coaching points

- Be on your toes at all times - ready to receive the pass
- Fully extend the fingers
- Grip the ball firmly
- Knees bent
- If the pass is a high ball, stretch, extend and reach for the ball - get up off the floor
- Where possible - the body should be behind the ball
- Eye contact on the ball at all times

Task 3 - progression 1

- Toss the ball over your head
- Turn 180 degrees
- Catch the ball

Progression 2

- Toss the ball over your head
- Turn 180 degrees
- Jump and catch the ball (when landing apply the footwork rule.)

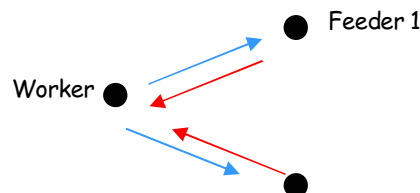
Jumping up and stretching for the ball, means that the ball is in the air for less time, so there is a less chance of the ball being intercepted.

Task 4 - progression 1

- This task is called the "pepper pot"
- Three people are needed, with two balls
- There are two feeders and one worker

The feeders pass the ball alternatively to the worker.

The exercise begins simple as the workers only pass the ball at a moderate pace, also the distance that the ball is being passed to the worker, is only short. This means that the workers vision is only quite narrow and is therefore able to see where and when the ball is being passed.

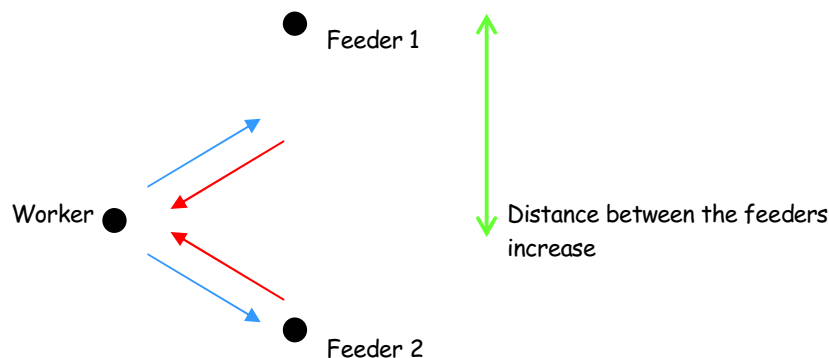


Coaching points

- Keep eyes on the ball at all times
- Concentrate
- Release an accurate chest pass back to the feeders
- Catch the ball with safe hands - snatch the ball into the chest

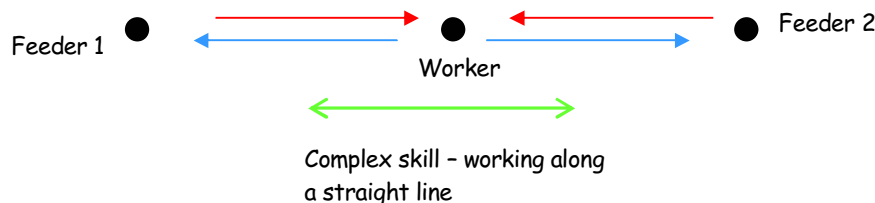
Progression 2

To make this task more difficult, the feeders would increase the speed of their passes. Also the distance between the two feeders would increase. By doing this the task becomes more difficult as the feeders vision is made wider, so it is harder to see when the balls are being passed.



Progression 3

This progression makes the task more competitive as the player is not only limited with their vision but also their time they have possession of the ball. This exercise will help to improve your ability to catch and release the ball in a very short period of time. This relates it to a games situation as there will be many times throughout the game where you have to release the ball very quickly and besides that, the rule of netball only allows the ball to be in your possession for 3 seconds. The distance between the feeders increases further, so much that the two feeders are on the same horizontal line as the worker. This means that the worker must be fully focused and aware of the passes coming towards her and also the pace at which they are travelling.



Progression 4

The feeders feed the ball, but the receiver must only receive/catch the ball with one hand and then returns the pass back to the feeder.

Again to progress this task further you would make it more difficult by increasing the distance the feeders are from each other. The more confident you are in catching with one hand the better your game will be come as you are more likely to be able to receive and catch various different (height, speed etc.) passes coming towards you. Also catching with one hand gives you a greater extension to reach the ball.

- For this task the passes must be accurate.

- For this task the feeders could vary the passes that they throw, e.g. the distance they throw the ball, height, speed. Varying these passes will help the worker to develop their catching and receiving and will be easily able to adapt that into a game situation.

Coaching points

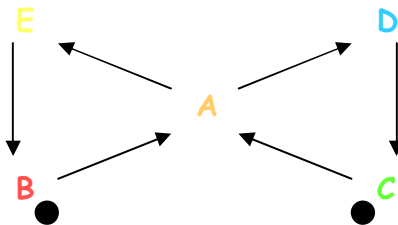
- Be ready with your weight on your toes
- Be focused and full attention should be given to the exercise
- Gain the greatest possible extension to reach the ball so that the ball is in the air for less time. During a game situation, this will result in less time for an opponent to intercept the pass.

Task 5 - Progression 1

The aim is to increase pressure by the receiver.

The task requires 5 players and 2 balls. Player **B** feeds to **A**, who then lays the ball off to **E**. Player **C** immediately feeds the 2nd ball to **A** who lays it off to **D**. Player **B** should then be ready to start the process again.

To increase the difficulty of the task the type of passes that are used throughout the task can be varied, for example varying the height, strength and direction of the passes.



Progression 2

D moves just as **A** receives from **C**. Player **A** has to react and send the ball ahead of the moving player. Player **E** can also move and indicate for the ball as **A** receives from **B**.

Progression 3

The whole group of players could carry out the task as they progress down court, keeping their formation the same and obeying the footwork rule. This progression helps to develop peripheral vision.

This task develops players, such that they become versatile and adaptive.

Progression 4

If players are receiving from the right they must land with the right foot and receive the ball with the right hand. This is the same for players receiving the ball from the left. They must land with the left foot and receive the ball with their left hand.

Coaching points

- All players must be fully focused on the task
- Passes should be accurate
- Move at a constant pace throughout the drill
- Make sure you work as a team, i.e. communicate

Strengths and weaknesses

Throughout this lesson we concentrated on the skill of **receiving**. I carried out various tasks which all began at a basic level but then eventually progressed so that the skill became more complex and related specifically to a game situation. I analysed my performance throughout the lesson and I have identified the strengths and weaknesses within my performance.

Strengths

- I can catch the ball consistently
- I snatch the ball into my chest quickly
- I have safe and sure hands when catching the ball with two hands
- I always watch the ball until I take the catch
- I have fast wrist action
- My body is always well balanced when receiving the ball
- My judgement of the speed of the moving ball, flight and height of it

Weaknesses

- My fingers are not always stretched out to make contact with the ball
- Pulling the ball into my chest quickly in a game situation, where pressure and time are factors that affect your performance.
- I could improve my control when catching with one hand