

Progressive practises to develop my passing skills in netball

Passing is an essential skill in netball as to play netball you need to pass the ball. No matter what position you play in netball whether you are a mid-court player (centre) or on the goal line as goal defence, you have to pass the ball. There are a variety of passes used when playing netball and it is important that netball players can use them all as each of the different passes have their advantages and disadvantages according to the situation the player is in. For example, the shoulder pass is appropriate when a player needs to pass the ball over a far distance as this pass is a long, straight pass that covers the distance well.

The aim is to develop a variety of passes as to make players less predictable to the opposition and to use the appropriate pass in any given situation.

To introduce passing to a beginner, I would begin by using a fixed practise which is simple and one which does not require a lot of processing of information.

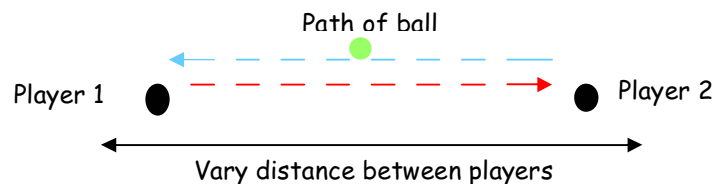
To begin the learner will do a few warm up activities and this will help them develop a good feel for the ball.

- Throw the ball from one hand to the other across the body.
 - Progression - Try doing it above your head.
- Throw and catch the ball to yourself. Use two hands to begin with.
 - Progression - Use one hand
- Throw the ball above the head, behind your back so you have to turn to catch it. Do this to your right side and then to your left side.
 - Progression - Now clap before you catch it
- With your feet astride, place the ball between your knees, with one hand to the back of the ball and the other hand to the front. Change hands without allowing the ball to fall to the ground.
- With a ball in each hand, throw and catch them simultaneously, first with the same hand, then with the opposite hand.

Practise 1

Pass the ball between to stationary people and the specific passing movement is practised repeatedly (use the different types of passes). For this task the practise is static with no defenders or pressure placed on the players passing the ball. Passing in netball is an open skill as the type of passed used, speed/power, distance etc changes according to the environment. Therefore, I would initially pass the ball in a fixed situation but then progress it to a practise situation which is more open. The progression of this practise would be to vary the distance that you were passing also the ball must be passed within 3 seconds (as this is the rule in netball.) The final progression for this task is that defenders are placed in the path of the learners (throwers) and they put pressure on the throwers (by marking) and so the practise becomes adapted so it is like a situation within a game.

When passing the ball throughout this practise make sure you: grip the ball with your fingers, propel the ball with your arms and wrists, guide the flight of the ball with your fingers and release the ball quickly.



Practise 2 - Target ball

Target ball is a versatile drill to help develop your aim using a variety of target locations, distances and passes. This practise should be carried out correctly such that when you release the ball you follow through and that you release the ball quickly propelling the ball with your arms and wrists.

Draw 5 targets at various heights on a wall with chalk. Take 3 steps from the wall to begin your practise. Using a shoulder pass, see how many throws it takes to hit every hand in order once. Now use the two handed chest pas and repeat the exercise.

Mark chalk lines on the ground at varying distances from the wall. Try to hit one target with one pass from each line. Then try and hit all targets from each line.

Use targets on the ground for high ball practise. Mark 3-4 large crosses on the ground. Release the ball high above the head and see if it can land

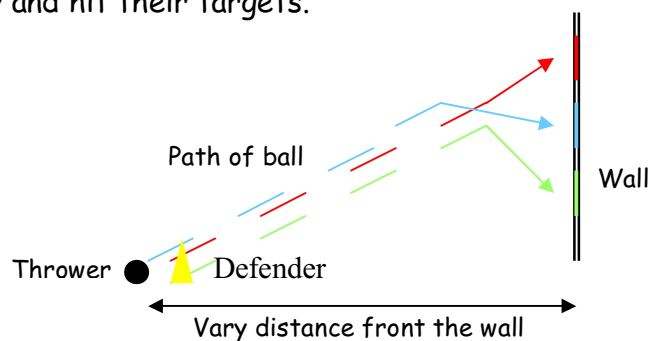
on the targeted cross. Use both the one hand and two handed passes when practising.

To progress this practise change hands and try passing with the other hand.

Increase the number of steps you take from the wall.

Repeat the drills from the reverse position. Start the practise with your back to the wall. Throw the ball into the air above your head. Jump to catch it and turn to face the wall as you land.

Also to progress this practise so that it is adapted to a game situation add a defender into the practise, where they mark and put pressure on the thrower making it more difficult for the thrower to throw the ball accurately and hit their targets.



Practise 3 - Cut the cake

Requirements: 3 or more players (8-10 is a good number), 1 ball.

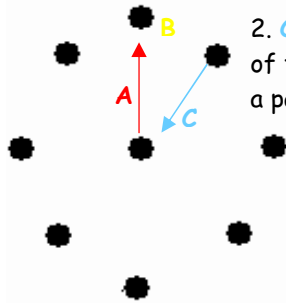
The players stand in a circle. One player starts off in the middle with the ball, passes to one of the people standing around in the circle, and runs and defends the person they threw the ball to. The person next to them runs into the middle of the circle and catches a pass from the person on the outside.

They then throw the ball to the person next to them and run in and defend that person who throws it to their neighbour who runs out to the middle.

Keep on going around until there are no drops, intercepts, bad passes. Ensure full concentration.

Points to remember: Concentrate on good passing technique!

1. **A** - passes to **B** and runs to defend **B**

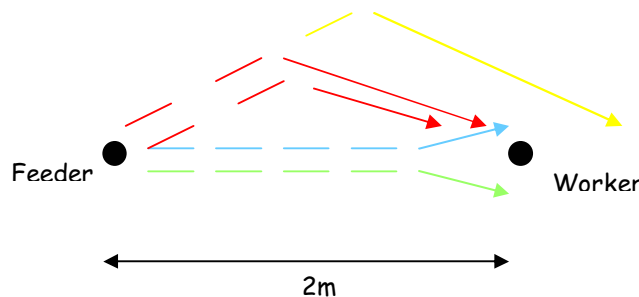


2. **C** runs to the middle of the circle to receive a pass from **B**

Practise 4 - "Left, right, up and over"

Two people are needed, the worker and the thrower and one ball is required. The thrower and the worker stand about two metres apart and facing each other. The thrower delivers a pass to the left then right then up and up again and finally over the head and behind. The worker must return the passes via a chest pass as quickly as possible and drive through to receive the final pass before it hits the ground.

To increase the difficulty of this task the thrower could increase the speed at which (s)he delivers a pass or introduce a defender to contest the high ball. This progression relates to a game situation and therefore helps you to develop your skills in a game situation.



Key - path of the ball

- 1st pass - left
- 2nd pass - right
- 3rd & 4th pass - up
- 5th pass - over

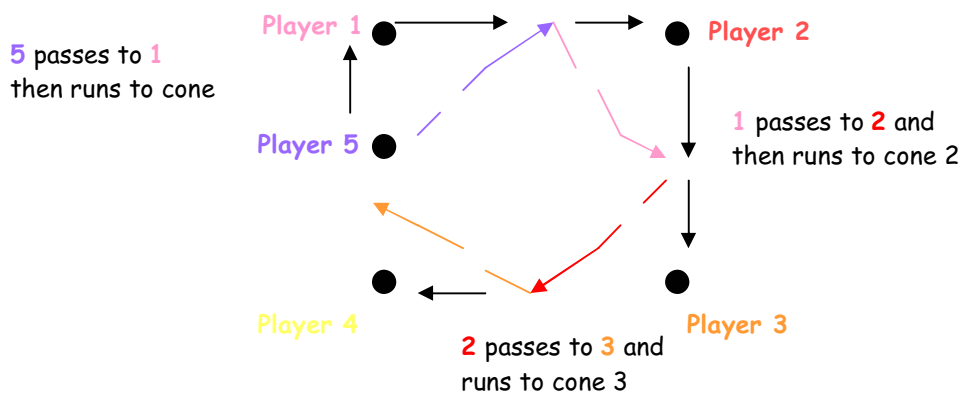
Practise 5 - "Box drill"

Five players, four cones and one ball are required. Place cones in a square, 10 metres for each side. Each player stands at a cone in order (player 1 at cone 1, 2 at 2 etc), except Player 5 who starts midway between cones 4 and 1, with the ball. To commence the exercise, player 1 runs towards cone 2 and player 5 passes ahead of him/her so that the pass will be received at the mid-point between the two cones. Player 5 runs to cone 1 immediately on releasing the ball. As soon as player 1 receives the ball, player 2 runs towards cone 3, and player 1 passes to him/her in a similar fashion, to be received at the midpoint between the cones, then runs on to cone 2.

As soon as player 2 receives the ball, player 3 runs towards cone 4 and player 2 passes to the midpoint and runs on to cone 3, etc. When player 1 has returned to cone 1 this is one rotation. This exercise should be walked through at first.

Gradually build up the pace of the exercise until each player performs the exercise at full speed. Increase the difficulty of the task by varying the types of passes that you use (e.g. start with chest pass, then overhead, and then shoulder pass.)

Give a target number of successful complete rotations at full speed, and then reverse direction of players.



The practises above will help to develop the skill of passing as the practises work on all elements of passing. For example it begins with a simple practise to introduce the skill and then develops into improving accuracy of your passing and using different passes in different situations (i.e. on the move). The practises have started static and then have become more difficult, this is done by adapting the practise so it relates to a game situation, i.e. including a defender into the practise to put pressure on the worker, in the same way that defenders pressurise attackers within a game.