

Coaching points on chest passing

To be able to play netball you need to pass the ball; to play successfully you have to pass the ball accurately. Netball is very much a passing game and therefore it is essential that players can use a variety of passes for the different situations that they may find themselves in.

Throwing a ball is a **motor skill**. However more specifically it can be categorised as a gross, open motor skill. It is a gross skill in that it involves movement and large muscular control with a set goal. But also passing the ball may involve elements of fine muscle movement, such as putting a spin on the ball when passing. Looking at the skill of passing in netball, I can identify the characteristics of the skill. It is an open skill as it is affected by the environment, the throw is constantly changing, how hard, speed, distance the ball is thrown changes depending on the environment. Analysing the skill of passing has identified that it is a discrete skill that has a clear beginning and end; it would appear to be an externally paced skill as the environment controls the rate of performing the skill. I would recognise the skill of passing to be a relatively complex skill as it involves many decisions to be made, for example who to pass to, the type of pass to use etc.

There are three important parts of the skill of passing that a netballer needs to develop:

- The technique of the various throws.
- How to place a pass accurately
- The ability to select the most appropriate throw, during play.

I am going to analyse the chest pass to identify the major coaching points of this skill. It is a two handed pass where you use both hands to execute the pass. Your hands sit either behind the ball or above and below it. Your wrists and fingers guide the ball, and your elbows, arms and body weight generate speed and distance on the pass.

Chest pass

Preparation

To execute the two handed chest pass hold the ball firmly with the fingertips of both hands. Place your thumbs behind the ball and your wrists cocked. Hold the ball close to your chest, elbows to your sides. Your body weight should be easily distributed between both feet, which are usually shoulder width apart. Your knees should be slightly bent and your eyes should be on your target (receiver). This is because you need to make quick decisions on the direction

and speed of the ball before you release it. Train yourself to focus on the target.



Execution

The body should be well balanced, and then you step forward (towards your target) with your non-preferred leg and transfer your weight. Straighten your elbows in order to move the ball and keep the elbows down before and while the push is made. Watch for balance and proper use of feet on landing/push off . Flick the ball from your hands, using your wrists to initiate the pass and your fingers to direct the ball. Use your arms and body weight to provide more power and distance.



Follow through

Follow through with your fingers, wrists and forearms.



Recovery

Resume an upright position and get ready to receive the next pass

Result

The chest pass is used when quick, short passes are needed and there is no opponent in between the thrower and the catcher. With quick reaction to the situation the ball is able to be released quickly because of the small of the

small movement of preparation to throw after catch. Pass should be to space into which receiver must run.

- The ball should have a quick, direct flight
- Travel from chest to chest
- Ball placed into his or her fingertips

Overall efficiency

The chest pass is very useful in situations where a quick, accurate pass is needed. The chest pass can be used to pass the ball at a long or short distance. When passing the ball over a short distance, you release the two handed pass with minimum pressure. When the receiver is some distance away you need to release a powerful ball. Chest passes can also be easily controlled. Also with quick reaction to the situation the ball is able to be released quickly because of the small movement of preparation to throw after the catch.