

NETBALL

Success

1. Pepper Pot Passing Drill

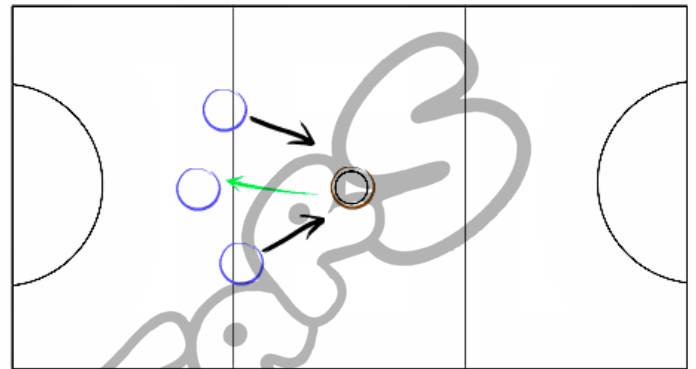
Skills Trained: Passing

This fun exercise teaches players how to pass with speed and accuracy.

Setup

- Start by dividing the team into groups of four players each.
- Have three of the players in each group stand in a semi-circle while the fourth player stands in the middle.
- Give two of the outer players in the semi-circle a ball each.

Pepper Pot Passing Drill



How to Do the Drill

1. To perform the passing drill, the first player passes the ball to the player in the middle.
2. The middle player then passes the ball to the next player who doesn't have a ball.
3. The sequence continues, with the middle player always receiving the ball and passing it to the next player without a ball.

Tips and Variations

Though the kids may appear clumsy in the beginning, they will soon learn to pass with greater accuracy and speed. Ensure that you alternate the player in the middle with the ones in the semi-circle. You should also vary this training drill by asking the kids to move faster and by using one ball instead of two.

2. Shooting Shuttles Drill

Skills Trained: Shooting

This shooting drill teaches kids how to make accurate shots at goal while on the move. The players will also learn how to make quick decisions while focusing on the target (the net).

Setup

- Just like in the previous drill, divide your players into groups of four for effective management of the exercise.
- Mark three positions at varying distances from the netball post. These marks should be in a straight line, one behind the other.
- Assign a score to each position according to the distance from the post —the further it is, the higher the score. For example, you could assign a score of one for the position nearest to the post and three for the position that's the furthest away.

How to Do the Drill

1. To perform the drill, each player selects the position that they want to shoot from and makes an attempt at goal.
2. If successful, the player earns point depending on the position that they shot from. For example, they could score three points if they made a goal from the furthest position.
3. The next player does the same, and the process repeats for a predetermined length of time. See which player has earned the most points at the end!

3. Hoop Balls Drill

Skills Trained: Shooting and passing

The hoop balls drill combines the two skills learned in the previous drills: shooting and passing. You can use this drill to continue building and expanding those skills.

Setup

- Divide the team into two, and mark out an area around the netball court where you will put two sets of three hoops on opposing sides.
- Position the two teams of kids on opposite ends of the court. (Each team will have a set of three hoops behind them.)

How to Do the Drill

1. The aim of the drill is for a team to make its way to the other side, then bounce a ball into the hoop. Neither side is allowed to run with the ball. The team scores one point for each goal they make in this fashion.
2. When the ball has crossed the line on the opposite side, the other team starts trying to move the ball in the opposite direction. The defenders must try to get the ball without making contact with the other players.
3. If, in the course of the game, a team causes the ball to cross the side lines, the other team wins the ball.

Tips and Variations

Organise the game into two halves of 10 minutes each, and have the teams swap sides at the half.

4. Skittle Netball Drill

Skills Trained: Shooting and chest passing

This drill will help your players work on their shooting aim and accuracy, and it's made more challenging by using a variety of ball types. The second part of the drill helps players work on their speed and skill with chest passes.

Setup

To perform this drill with kids, you will need a few things to be in place, as well as some extra equipment.

- Mark out a large square area and place a skittle in the middle.
- Divide the kids into two teams and have them stand on opposite sides of the square
- Gather two benches and a set of different balls, such as footballs, rugby balls and tennis balls. Place the benches at opposite ends of the area.

How to Do the Drill

This game has two sections: aiming for the skittle, then racing to perform chest passes between team members.

1. Each team starts by aiming at the skittle. If they miss, the other team wins the ball.
2. The teams continue with the drill until they hit the skittle. They then race to the benches placed on opposite ends of the area.
3. Each team splits into two and makes chest passes until they pass the ball through the whole group.
4. The team that completes the drill first is the winner.

5. Zone Passing Drill

Skills Trained: Attacking and defending

This timed, high-energy drill emphasises intercepting the ball and making effective attacking passes.

Setup

- Divide the players into two teams.
- Divide the playing area into four equal quadrants.

How to Do the Drill

1. The first team is the attacking team. They must try to pass the ball to each of their members without any team member moving from their quadrant. The attackers are not allowed to move from their positions; in fact, the only movement they can make is to pivot themselves using only one foot.
2. The second team is the defending team, and they must attempt to intercept the ball from the opposing side.
3. This is a timed drill, and you need to count the number of passes that the attacking team manages to make within the predetermined time. If the defending team manages to intercept the ball, the attacking side must start over.
4. Once the allocated time is over, have the teams exchange roles. The attackers are now defenders, and the defenders are attackers.

Tips and Variations

You can vary the drill in any way you like in order to break the monotony. Kids are fast learners, and they will likely get bored after some time, so variety is important!