

## Session - Author's Notes



### Coaching Tips

#### High Intensity

Continue to encourage players to train with the high intensity that you established in the first sessions, so it becomes automatic to your players and to you.

Players are better to work at a high intensity for a shorter period of time, than a low intensity for a long period of time. So, if you're doing an activity for 2 minutes with each player having a turn, you're better to have each player work for 20-30 secs and then repeat again, rather than each player working for one minute straight.

#### Maximise participation

Ensure group sizes are small, so players aren't waiting in lines instead of being kept active and learning.



## PIVOTING Training Session

Focus	Quick Passing Pivoting	
Time Length	Players	Equipment
60 minutes	10 players	10 Balls 1 Set of Bibs 10 Markers

Training Outline	
Time 60 mins	Activity
10	Warm Up <ul style="list-style-type: none"><li>• NA KNEE Program</li><li>• Relays</li></ul>
10	Ball Handling <ul style="list-style-type: none"><li>• Quick Passing</li><li>• Side to Side</li><li>• Surprises</li><li>• Peppers Pot</li></ul>
15	Pivoting <ul style="list-style-type: none"><li>• Stride forward &amp; pivot</li><li>• Pivoting in 3s</li><li>• Post drill</li></ul>
10	<ul style="list-style-type: none"><li>• Down &amp; Across</li><li>• Down &amp; Across in 5s</li></ul>
5	Shooting Technique
5	Rule: Footwork/Stepping rule
5	Cool Down



## WARM UP

### SET UP

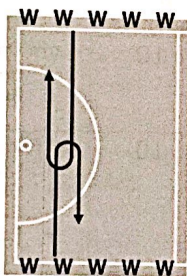
- Spread players out down both side-lines facing a partner.

## NA KNEE Program

- See Appendix 1
- Be sure to watch the videos of all NA KNEE Program activities so you are sure how to instruct each activity and what to look for when coaching players. <https://knee.netball.com.au/junior/>

### Running Activities

- Sideline jog forwards and backwards
- Butt flicks forwards and backwards
- High knee march and high knee skip
- Side skipping
- Forwards and backwards shuffle over the line



### Strength

- Quadriceps  
2 x 12



- Gluteal/Hamstrings - Bridge  
2 x 12



### Single Leg Balance Activities

- Partner push  
30 secs each leg



## Training Session

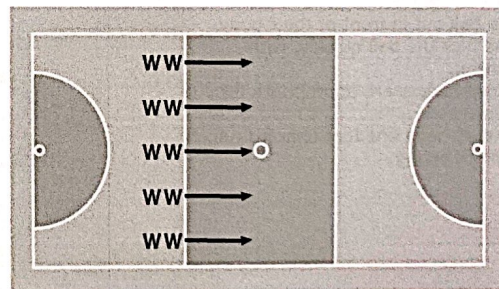
### SET UP

- Players stand on one transverse line facing the centre third, in lines of 2.

### RELAYS

- Each line, in turn, completes the following activities across the centre third and back to their starting line.
- Complete the 10 activities below twice.

- |                      |                      |
|----------------------|----------------------|
| 1. High knee running | 7. Sprint            |
| 2. Butt flicks       | 8. Side stepping     |
| 3. High knee running | 9. Walking on toes   |
| 4. Butt flicks       | 10. Walking on heels |
| 5. Sprint            |                      |
| 6. Side stepping     |                      |







## BALL HANDLING

### SET UP

- Groups of 3, 2 balls.
- Each group in half a third, 2 throwers on the side-line about 3m apart.
- 3 players stand in a equilateral triangle.

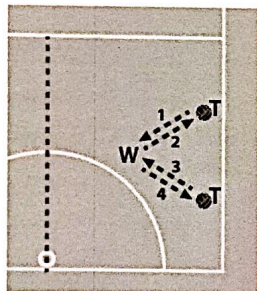
### QUICK RELEASE

Skill: Quick chest passes.

- The worker alternately receives passes from each thrower and returns the ball to the thrower who passed them the ball.
- Throwers gradually pass the ball faster and faster so the worker continually has a higher work rate.

### Coaching Points

1. All players need to try to catch the ball out in front of their body and flick the ball quickly, with control.
2. Chest passes are appropriate for this activity.
3. Always have one foot forward when passing.



### SIDE TO SIDE

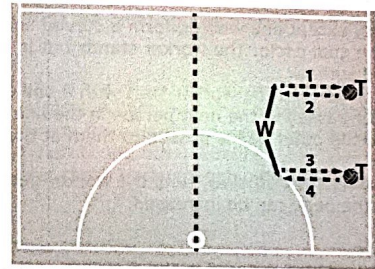
- The worker moves from side to side receiving passes alternately from each thrower.



## Training Session

### Coaching Points

1. Worker needs to push off strongly with their outside foot.
2. 'Attack' the ball by moving forward to the ball if possible, and catching it as early as possible.
3. As soon as the worker passes a ball back to a thrower they quickly move across to receive the next pass.
4. Throwers need to pass ahead.



### SURPRISES

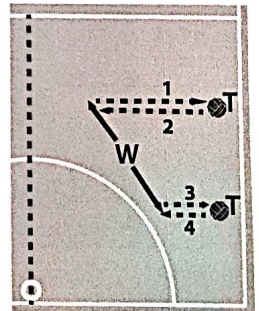
- Throwers vary the type of pass they alternate throwing to the worker, making them move from side to side but also forward and back in a 3-4m square. Bounce, high & straight passes.

### Coaching Points

1. Encourage catching the ball before it hits the ground.
2. Emphasise 'attacking' the ball by moving feet quickly and catching the ball with two hands as early as possible.
3. Move feet quickly to the next ball.
4. Balance when passing back to the throwers.

### Key Words

- Pass Quickly
- Fast Feet





### SET UP

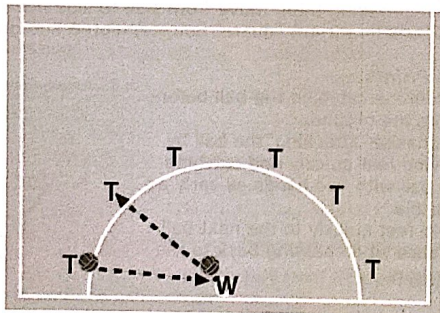
- Make groups, no smaller than 5 players.
- Each group has 2 balls.
- A great activity to have players encourage each other.

### PEPPER POT

- All players, except one worker, form a curved line, maybe around the goal circle. The worker stands out in front of the line, see diagram.
- One end player and the worker start with a ball each.
- The worker passes to the next person in the line without a ball, while the other ball is passed to them at the same time, and so on.
- Passes should start off slow, until the worker gets the idea, and then the pace can be increased.

#### Coaching Points

1. Players should step forward in the direction of the pass.
2. Players should push each pass quickly.



## Training Session

### SET UP

- Groups of 3, 2 throwers, 1 worker, 1 ball.
- Throwers position only half a third apart.
- Each group in half a third.

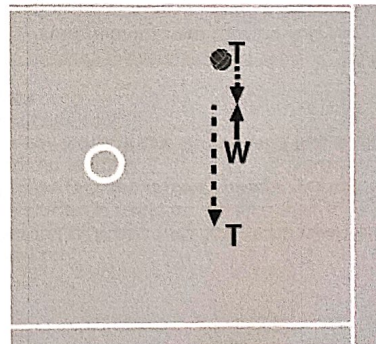
### STRIDE FORWARD & PIVOT

Skill: Start teaching the pivoting skill by landing 1 foot after the other.

- Throwers pass the ball to the worker who then strides towards the ball to receive, landing 1 foot after the other.
- If they land on their right foot, they pivot forwards and to the right and pass to the other thrower.
- Each worker has 6 passes landing on their right foot and then 6 landing on their left.

#### Coaching Points

1. Spin head around quickly, this helps the turn become quicker.
2. It's essential workers pivot forward. Land on the right foot, pivot to the right, this will help the pivoting skill and the next activity.







### Teaching an Outside Pivot

- If you run to your Right, land on your Right foot and pivot to the Right.
- If you run to your Left, land on your Left foot and pivot to your Left.

### Reasons for pivoting on your Outside Foot

- Balanced, fast turn.
- Players are looking down court as soon as they pivot.
- Less stress on knees and ankles.
- Players turn moving with their momentum.



## Training Session 3

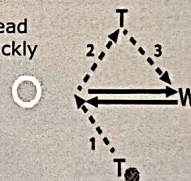
### PIVOTING IN 3s

Skill: An outside pivot, a skill all players need to master.

- Two throwers stand 4-5 metres apart with a worker in between them. The worker leads to the side and receives a pass, lands on their outside foot, pivots outwards and passes onto the other thrower.
- They lead across again to receive from this thrower.
- After about 8 passes swap over. Make sure players have another turn, going in the other direction.

#### Key Words

- Pass Ahead
- Turn Quickly



#### Coaching Points

1. Land on outside foot.
2. Catch the ball while in the air and land with a little knee bend to cushion the landing.
3. It's very important the thrower passes in front of the worker.
4. When the worker is using an outside pivot they will be turning away from the direction they just came from. Again this is very important.

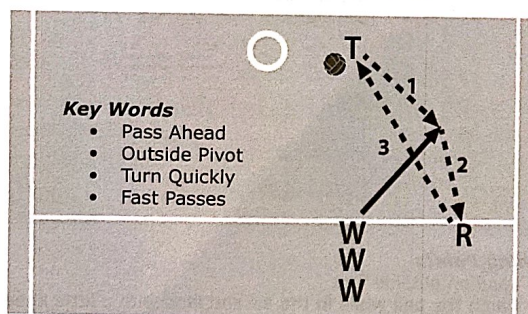


### SET UP for Post Drill

- Divide players into 2 groups, about 4-5 in each group. 1 group on each side of the court.

### POST DRILL

- The first worker leads out at a 45 degree angle, receives a pass, lands on their outside foot, pivots outwards and throws onto the receiver.
- The receiver returns the ball to the thrower.
- The receiver goes to the end of the line while the worker now becomes the receiver.
- After a short time swap sides and the thrower.
- Once players can pivot correctly sharpen up the quality and the speed of the pivots and the passes. Make the drill snappy!
- To make the turn quicker get players to spin their heads around quickly as soon as they catch the ball.



### Coaching Points

1. It is very important the thrower always passes in front of the worker. You can't pivot outwards if the pass is behind.
2. Be in the air to catch.
3. Land on outside foot with slight knee bend to cushion the landing.
4. Pivot outwards.



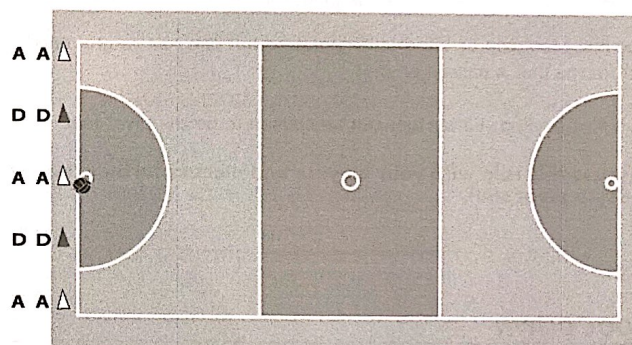
## Training Session

### SET UP

- Now have 5 markers on the base-line.
- 3 are attackers & 2 defenders - have bibs on the defenders.
- The 3 attackers can now use the whole width of the court.

### DOWN & ACROSS in 5s

- Revise Down & Across, not passing over defenders.
- See Session 2.







## **SHOOTING TECHNIQUE**

Each player with a ball shooting with the correct technique, even for players who don't consider themselves shooters. Everyone might need to be a shooter at some stage.

### **RULE: Footwork/Stepping Rule**

One foot landing: The first foot to touch the ground after catching the ball is called the pivot foot. The other foot can move as many times as you want as long as the pivot foot is on the ground.

The pivot foot can be lifted off the ground but can't be re-grounded before the ball is passed or shot.

Two foot landing: Either foot can be chosen to be the pivot foot.

**Discuss this rule with your players and discuss further the outside pivot skill.**

## **COOL DOWN**

- Stretch



## **Training Session**

### **Coaching Tip**

When you arrive at training

1. Have a smile on your face.
2. Have the training session organised, ready to start on time.
3. Have equipment ready for the whole session.