



KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

SPACE AWARENESS

The 'Change It' Approach

As a coach, it is important that you cater for individual skills and abilities - which in a team sport can be quite difficult. Every player in your team should have the opportunity to take part in every activity. One way to do this is to follow the major concept behind the 'change it' approach. Each time you plan an activity or drill, keep in mind how you can make that drill a bit easier and how you can make it a bit harder. In that way the same drill can meet the needs of all players.

Ways that you can change a drill to vary the difficulty include;

- make the playing area larger or smaller
- alter distances between players or targets
- vary the number of players involved in teams
- change the rules - make it easier or harder to score points
- use different equipment - softer balls, shorter goals, smaller balls
- introduce time limits

Space Awareness

Netball is a game that is all about space. Attackers try to create space and defenders try to shut down space to get an intercept.

The netball court should be balanced at all times. There needs to be enough room for all players to make effective breaks. If you are not actually making a break for a ball, then you should be creating space for someone else to use.

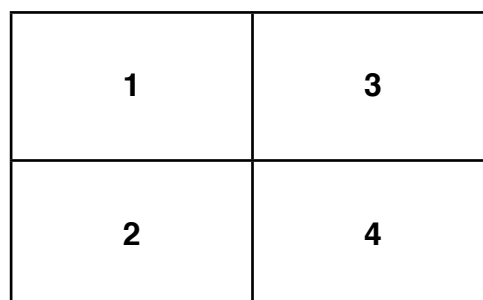
Teach netballers early on where each position should play and ensure that they stick to this plan for the most part. A player who tries to be involved in everything often just takes up everyone else's space so that they cannot play to the best of their ability.

Space Awareness Drills

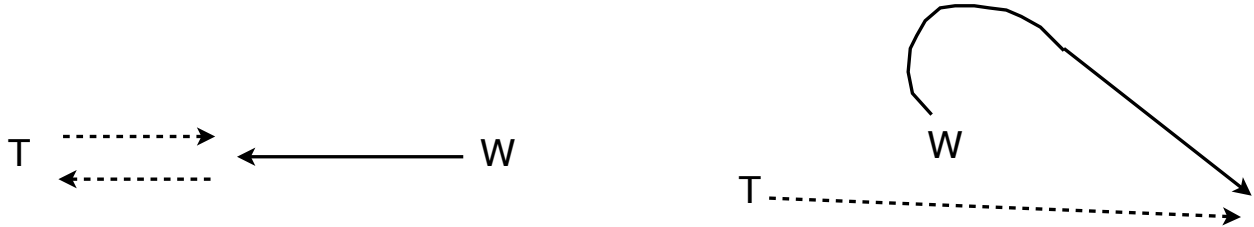
- 1. Find Your Cone.** Ensure each player in the team has a cone. Have them place their cone in a clear space within one third and stand next to it. On “go” the players should start jogging around the third. When the whistle blows, they drive hard back to their original cone. Have players move the position of their cones after 5 or 6 tries to keep it mixed up a bit. Once the players have good space awareness, add the following extensions;
 - On the whistle players run to somebody else’s cone. They cannot go to a cone that another player is heading for.
 - On the whistle they drive to one cone, then push off and immediately drive to another cone.
 - Add a passer outside the third. The passer can throw to anybody who is driving to a cone.
 - Add two passers to outside of third. They can throw the ball in at any time.

- 2. Pairs Passing in Small Grid.** Work in pairs. Have players mark out a grid sized approximately 5m x 5m (one quarter of one third). Players pass 10 passes amongst themselves, driving and using all of the space on offer to them. Ensure that they use change of directions and pass in front to where their partner is running. Repeat 3 or 4 times in total. Insist on high intensity movement and passing for the short burst of activity. They rest for approximately half a minute between each repetition.

- 3. Four Zone.** Split one third of a court into 4 zones. Have a player stand in Zone 1, Zone 2 and Zone 3. The 4th Zone remains empty. When the coach gives the signal, the players move to a new zone. They should move to the empty zone (there will always be one empty zone). Ensure that they do not just run in circles. They will need to adapt and change direction when they see where other players move. Once their movement is good, add a ball into the drill. Players then pass to another player as they move into the empty zone.

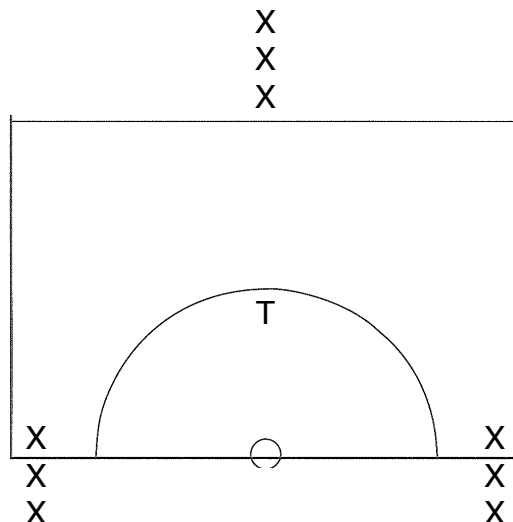


4. Clear and Re-offer. Work in pairs. Pairs stand about 8m apart across the court. The worker offers a straight lead towards the thrower and receives a pass. They then pass the ball back. The worker then does a clearing run out to the side, then drives back to the start to receive another pass. Repeat 5 times to each side then change roles.

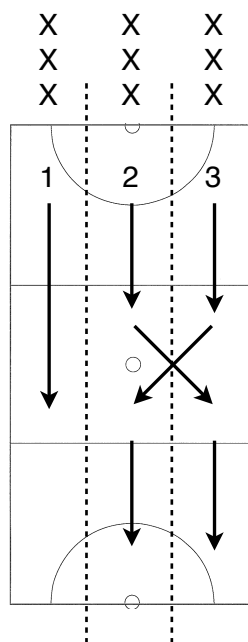


5. Number Chasers. Assign each team member a number from 1 to 8 (or however many people you have). Work in one third. Players are to move around the third passing in sequence from 1 to 8 and then back to 1. Keep working for a set period of time. Players must drive for the ball when it is their turn to receive. When they are not receiving the ball, they should be clearing space and creating space for others. Nobody should be standing still. Ensure that the space remains balanced at all times. Extend the drill by changing the number order (e.g. go from 1,3,5,7,2,4,6 etc). You can also gradually add defences so eventually it is one team against the other.

6. Triangle Leads. Form 3 groups of roughly equal players. Two groups start at the corners of the goal line, one group starts at the centre of the transverse line. One player starts with the ball at the top of the goal circle. The front person from each line breaks forward - the thrower can pass to any of them. The other 2 players must continue to re-offer breaks until they have received a pass. The last player to catch the ball can pass to any of the next 3 players to break from each line. Continue until you reach a target of consecutive passes (e.g. 12).



7. Progressive Keepings Off. Split into 2 equal teams and work in one third. The first team begins by passing 10 consecutive passes using all of the space in the third. When they make 10 passes without dropping the ball, they progress to have 1 defender from the other team against them. They again try to make 10 consecutive passes using all of the space. Each time they make 10 consecutive passes, 1 more defender is added against them. If the attacking team drops the ball or the defence makes an intercept, the other team comes in and has a turn. The winning team is the one that first makes 10 consecutive passes with full defence against them.
8. 3 Lane Highway. Divide the court into 3 imaginary channels. Players line up behind each channel at one end of the court. One player from each lane moves down the court, one in each channel. The coach calls out a number and the player in that lane must move to another lane. Players must then move to re-balance the court. Continue calling out numbers for players to change as they move down the court. The next 3 players then start the drill again.



9. Find the Space. Split one third of a netball court into 3 lanes. You are playing across the court in this game. There is one Defence in each lane and they must stay in their own lane. The Attackers have to pass three passes in each lane before they progress to the next lane. They try to get to the other side of the court without the ball being intercepted. They get one point for each successful 3 passes in a lane. The defence gets one point for each tip they get, 2 points for a clean intercept. To extend the game, allow the defenders to drop back into the nest lane once the work in their own lane has been completed. By the time the attackers reach the last lane, it is 3 v 3.

