

NETBALL TRAINING TIPS



Week 6 Positional Skills:

Below are position specific tips provided by our Netball Head Coach at Lincoln University.

Goal Shoot

Your role

- You need to hold your space in the circle, reading the play and adjusting accordingly.
- Work to get the ball as close to the post as possible using your GA and WA.
- Take the ball strongly in the air and on the ground, moving with confidence and assertion.
- Maintain composure under pressure on the shot.
- You also need to be able to defend the goal keep with your hands over the ball or to stop them moving down the court.

Positioning

- Position yourself in the circle leaving space for your feeders to pass into, and then take that space.
- Be prepared to baulk and move to the ball in order to create space.
- Be prepared to come out to the edge of the circle to take pressure off your GA using variety to keep your opponent guessing.
- Work as a unit with your GA, you must be aware of each other's movements.

Goal Attack

Your role

- Provide strong leads outside of the circle, creating space and driving strongly into the circle to support your GA.
- Work with the WA off the transverse line at the centre pass to provide options.
- Look to guard the opposition GD and stop them moving down the court in attack.
- Be aware of your shooters movements and where the space is when entering the circle.

Positioning

- Give the WA room on the transverse line to move both ways and provide another option on the centre pass.
- Work with the WA to provide leads off the centre pass and drive up the court.
- You may need to provide a screen for the WA on the centre pass, creating space for her to move into.
- When moving into the circle, move with confidence and look to space.
- Alternatively you may need to provide a block for your GS to get into a suitable position for a shot.

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The GS and GA must be able to cover each other's roles and interchange seamlessly to provide a strong attacking unit.

Wing Attack

Centre pass options

Positioning one-on one

- Take up the inside position on the transverse line, keep away from the side lines –THE GREATER THE ANGLE OF YOUR LEAD, THE LONGER THE THROW, THE EASIER FOR DEFENDERS TO INTERCEPT. Don't walk straight back to where the wing defence is standing on the transverse line. Go to a spot from where you want to begin your next attack move. Don't allow the defender to dictate your game.
- If caught on the outside, angle your forward lead towards the middle of the court. It is unwise to keep making the same attacking leads throughout the match. Variety is the name of the game so keep changing your movements and keep the defender guessing. Determine which your opponent's dominant side is and make your leads to the other side.
- You must be prepared to work hard at all times. DONT have a rest when the opposition is on attack – **YOU THEN BECOME A DEFENDER.**

Getting out on a double defence

Move to the centre of the court approx... one metre back from the transverse line. Have your goal attack take up a position behind you so you create a one up and one back situation. Allow plenty of room to move in, with a strong change of direction work on the heads of the wing defence and opposing centre.

This preparation to "swivel" those heads as often as possible can take anything from 3-6 seconds so begin this movement before the whistle is blown. When their heads swivel trying to find you, it is to your advantage, try to make them commit to one side whilst searching for you, this is the time to lead and break to the other side.

You can also split the wing defence and centre then drive through the middle.

Moving into the circle edge

Work to feed the top of the circle as close to the line as possible, use baulks and fakes to get the WD to jump, - once the WD is in the air drive on towards the circle edge.

Positioning on the circle edge

- Always position yourself so your shooters can see you and ensure there are no defenders between you and the shooter.
- Don't run off side, it can be particularly frustrating for your shooters who have made a good position in the circle only to lose the ball because you have gone off side.

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- Don't "hide" in the corners, you will run out of space and it becomes too easy for the WD to intercept a pass going into the corner. Try to work your way back to the top of the circle.
- Be ready and alert for the shooter who may decide to pass back, stay close, and ready to receive.

Centre

Delivery of the centre pass

- Enter the centre circle confident and ready to deliver your pass, your wing attack is usually your first choice. Allow her time to get into position, don't give it away too early.
- Use multiple players to deliver the ball to, although the wing attack is usually the first choice. Mix it up a bit to keep the opposition guessing.
- Before you step into the centre circle take note of what is happening on the transverse line, where are yours and the opposition players positioned? This will affect your options.

Defending the centre pass

- Mix up whether you mark up on the WA or on the Centre. Note if you mark up on the centre; position yourself in between her and the WA.

Initial move after the pass

- After the pass take note of where the WA will go, where are the shooters? Drive a little later into the space left to create options.

Moving/attacking on the circle edge

- Use fakes and baulks to get the defender off balance, and then drive towards the circle. Work to feed the top of the circle as close to the line as possible.
- Always position yourself so your shooters can see you
- Try to position yourself around the top of the circle; don't allow the opposition centre to trap you in the corner.

Defending

- As centre you need to defend as much as you need to attack, you must be prepared to work hard all game.
- Defend in front covering the dominant side of your opponent; force your opponent's lead away from the ball so you are always between them and the thrower.
- Make sure you have your opponent and the ball in your sight at all times.
- Look for interceptions; you must have a go at the ball then work hard to recover the three foot defensive position quickly to put pressure on.

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Wing Defence

Defending the centre pass

- Take the inside position on the transverse line forcing the WA to the side line. Don't allow the WA to walk straight into her
- Work to keep the WA away from the ball, positioning yourself to force the WA towards the sideline and into the corners.
- Go for the intercept, you need to have a go at the ball and force your opponent high and wide.

Defending/repositioning

- Know the basic movements of the attackers you are playing against so you can block their drive and position yourself accordingly.
- If the WA is small use your size and positioning to block their vision.
- If the WA has a weak throw start four foot back and jump to intercept the pass.
- If the WA is quick, don't jump; keep your feet on the ground to position yourself to stop the drive forward.

Defending and positioning on the circle

- You must position yourself between the WA and the circle edge; make the WA move around you to get to the circle.
- Force your opponent into the corner and limit her workable space.
- Force your opponent to pass over your GK or GD opening them up for an intercept.

Attack

- Once a turnover is won, make sure you move the ball out of defence quickly. Looking for space and driving up the court.
- Once you have moved the ball up the court, stay on the third transverse line should your attackers wish to pass back.

Goal Keep

Your role

- Your aim is to provide close one-on-one defence of the GS, applying pressure to prevent shots and disrupt her rhythm.
- Work with the GD to shut down space in the circle, making the opposition work for the ball.
- Always looking to get into position to contest rebounds and subsequently move the ball out of the circle quickly.

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Positioning

- It is important to have a good balanced stance, allowing you to react to your opponent and defend her movements.
- Stand up on the balls of your feet; keep moving to restrict the movements of the GS.
- Look for the intercept, positioning yourself to restrict the feed of the ball to the GS.
- Position yourself so that you can see the ball and your opposition at all times, don't let them get away from you.
- Hold the top of the circle, forcing your opposition into the corners to restrict their options.

Goal Defence

Your role

- You need to work with your WD and C to achieve a successful attack off the centre pass, providing options and keeping the opposition guessing.
- Provide one-on-one defence of the GA restricting her movements and options in attack.
- Work with the GK to shut down space in the circle, making the opposition work for the ball.
- You are a link between the WD and GK on turnover ball to move the ball up the court quickly.

Positioning

- It is important to have a good balanced stance, allowing you to react to your opponent and defend her movements.
- Stand up on the balls of your feet; keep moving to restrict the movements of the GA.
- Look for the intercept, positioning yourself to restrict the feed of the ball to the GA.
- Position yourself so that you can see the ball and your opposition at all times, don't let them get away from you.
- Hold the top of the circle, forcing your opposition into the corners to restrict their options.
- Mark up on the GA blocking between the GA and the feeder to restrict her access to the ball.

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Just a couple of notes from me for the tournament:

- **Ensure you have plenty of fluids and healthy snacks available during the tournament, you may find that you are restricted for time and nutrition over the course of a tournament week is very important.**
 - **Bring a couple of warm changes of clothing to your games; you should always be prepared to wrap up between games.**
 - **If you have injuries strapped make sure you take care of this early and have your own supply of tape.**
 - **Repack your gear bag every morning well before you are due to leave for the courts (you never know what you may leave out by accident)**
 - **If you have any slight niggles or injuries get them checked ASAP, good injury management early can prevent you missing out on important games later on in the tournament.**
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- **Lastly management make sure you update your first aid kits and re familiarise yourself with all of you players medical conditions. When you get to the tournament grounds locate the first aid site and familiarise yourself with your surroundings, toilets, change rooms, officials room, parking areas, and supply shops of relevance (pharmacies, supermarkets, sports retailers, Laundromats etc..)**

I look forward to seeing you all in Nelson

Mike Stevenson, Strength and Conditioning, Lincoln University

This is a brief introductory training program provided on behalf of the LINCOLN UNIVERSITY SPORTS SCHOLARSHIP PROGRAM. For more information on our Sports scholarships follow this link

<http://www.lincoln.ac.nz/Studying-at-Lincoln/Scholarships-and-prizes/Sports-scholarships/>