



Session Four: BALLSKILLS

- CHEST PASS
- SHOULDER PASS
- BALL MOVEMENT

Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

1. WARM UP

10 minutes

2T 3



A. POISON BALL

Team 1 makes a circle, with Team 2 inside.
Team 1 to hit Team 2 players below the waist.
When hit, join outside circle. Vary No of balls.

B. STRETCHES All Body Parts

2. BALL HANDLING 5 minutes

A 5



A. MAVERIC BALL SKILLS

1. With feet stationary, move ball around feet in a figure 8.
2. With feet stationary, move ball up and down body. Work in both directions.
3. Throw ball from stomach, over the head, and catch behind back.
4. Try 1 - 3 as a continual combination.
5. Dribble ball as you astride jump, and try to push ball continuously through your legs.

3. SKILL DEVELOPMENT 25 minutes

2 1



A. 2 HANDED CHEST PASS

With players 5m apart, practice the 2 handed chest pass.

- *Spread fingers wide.
- *Thumbs behind the ball.
- *Bend elbows - ball close to chest.
- *Step forward, transfer weight.
- *Push arms / wrists to direct ball.

SKILL DEVELOPMENT CONT

2T 2



B. CROSS BALL

1 3 5

1 throws to 2, to 3, to 4, to 5, 2 4 6 etc. Once 1 has thrown to 2, she runs down behind 2, across back of line to position 6, etc.



- *Step forward to transfer weight.
- *Step fwd on preferred foot.
- *Push ball through to player.
- *Extend arms on follow through.

2T 4



C. TWO BALL CROSS BALL

As above, in Cross Ball formation:
No 1 starts with 2 balls. She passes them consequetively to No 2, then runs quickly to posn No 6, before the balls get there.
If teams find this difficult, work as one group.



- *Wait for second ball before running.
- *Step fwd to transfer weight.
- *Bend the knees when passing.
- *Flick the ball off the fingers quickly.

A 1



D. TRAMS

X1 starts with the ball.
X2 leads out to receive chest pass from X1.
X2 pivots out, and throws back to her own line (X4).
X1 then runs out to receive pass from X4.
X1 passes to her line (X3). etc.

X1	X2
X4	X3



- *Push the pass out in front of leading player
- *Pivot out, on outside foot.
- *Hold lead until player in line has caught the ball

SKILL DEVELOPMENT CONT

SKILL DEVELOPMENT CONT

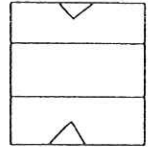
2 1 E. ONE HANDED SHOULDER PASS

Players face each other 5m apart, and practice the one handed shoulder pass.

- *Hold ball in one hand.
- *Take arm back behind shoulder.
- *Ensure elbow is bent.
- *Weight should be on the back foot.
- *Step fwd onto opp foot to throwing arm.
- *Step into the throw, transferring weight.
- *Rotate trunk as you release the ball.

2T 1 I. SKITTLE BALL

Attacking team passes ball b/w players, working up to goal circle. Players not allowed in the goal circle. Attacking team can attempt to hit the cone, from anywhere. Goal scored when cone is hit. Throw-in if misses. Netball rules apply. Use chest / shoulder pass.



2 1 B W2 F. TRIANGLES

W1 starts with the ball. W2 runs to posn A, to catch ball from W1. W2 pivots out (if lead to L, pivot on L foot), and looks to pass the ball to W1, who has lead to posn B. W2 then leads to posn C, etc. * Change direction on coach's whistle.

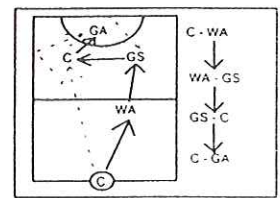
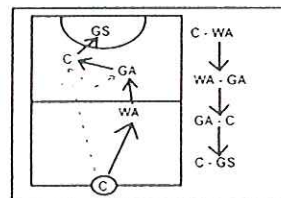
- *Push ball in front of leading player.
- *Flick the ball off the fingers with control.
- *Pivot quickly to spot next lead.

A. TEAM SYSTEMS

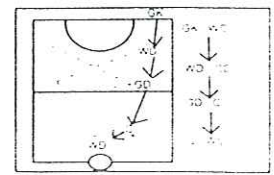
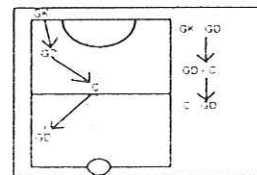
Divide team into attack and defence ends. Using chest and shoulder passes, practice the following systems (ways of bringing the ball down the court). Let players experiment with space, and options.

ATTACK SYSTEMS

→ ball movement
--> player movement

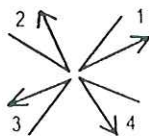


DEFENCE SYSTEMS



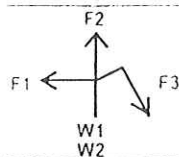
4 1 G. SQUARE BALL

W1 starts with ball. W2 sprints to the centre (facing W1), pushes off strongly to change direction, and drives back to her starting posn to catch ball at full stretch. She pivots on outside foot, to pass to W3 who runs to the centre, etc. * Change direction and pass type on whistle.



5 1 H. T BALL

W1 starts with ball and passes to F1. W1 runs to junction of T, pushes off R foot, - lead towards F1-receives pass, & passes to F2. W1 then runs back to junction, pushes off to F2, receives pass and passes to F3. W1 returns to junction, then dodges to left, leads to right to get pass from F3 on run and passes to W2. *Face feeder when leading.



B. 1/2 COURT MATCH PLAY OR FULL GAME

Today's game will concentrate on strong, direct passes, quick footwork, and using the systems learnt today.

C. COOLDOWN JOG AND STRETCH



BALLSKILLS

- BOUNCE PASS
- LOB PASS
- BALL MOVEMENT

Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

1. WARM UP 10 minutes

2T 1



A. NETBALL TAG

Third of Court

1 team passes ball b/w members, using Netball rules, to be close to an opposition player to tag her with the ball (not throw at her). When tagged, player leaves court area. Continue until all opponents are out.

B. STRETCHES All Body Parts

2. BALL HANDLING 5 minutes

2 1



A. MAVERIC BALL SKILLS

1. Lifting one knee at a time, pass ball under knees in a fig 8, using one hand.
2. Throw ball in air and see how many different activities you can do before catching again.
3. With ball on hand of outstretched arm (side), try to flick ball over to hand of other outstretched arm- watch fwd - not ball.

3 1



B. SPACE BALL

As in Session 1:2A: 3 girls pass the ball in set area, using chest/shoulder passes, change of direction, & accelerate into space.

3. SKILL DEVELOPMENT 25 minutes

2 1



A. BOUNCE PASS

Players 5m apart, practice the Bounce pass.

- *Take ball back at hip height.
- *Opposite foot fwd to throwing hand.
- *Transfer weight as step fwd.
- *Keep hand behind ball as push it down.

SKILL DEVELOPMENT CONT

2 1



B. TRIANGLES

As in Session 4, pairs pass ball in a triangle, using the skills of pivoting & the passes learnt. On Coach whistle, change direction.



- *Pass ball in front of leading player.
- *Hold lead until partner has eye contact.

3 1



C. 2 VERSUS 1

6m square.

2 Attackers pass ball b/w themselves, as defender tries to intercept. Attackers to use chest / shoulder / bounce passes.



- *Attackers to drive into space.
- *Use variety of passes to beat defender.

2 1



D. LOB PASS

Pairs, 5m apart, practice the Lob pass.



- *Take ball back at shoulder height.
- *Transfer weight, & step into pass.
- *Highest spot for ball - over defender's hands.

3 1



E. ARMS OVER THE BALL

Thrower to lob ball over defender's arms (3 ft) to receiver. Intro receiver to lead for the ball (either side /back / forwards).



- *Step fwd & push ball up & over from shoulder.
- *Aim for highest peak over defs hands.

BALLSKILLS

SKILL DEVELOPMENT CONT

4. COURT APPLICATION : 20 minutes

3 1



F. LOB TO DEFENDED PLAYER

Thrower to lob ball to attacker, who is closely defended by defender in front. Attacker to move backwards (run sideways) to get the ball.



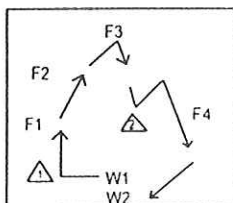
- *Pass ball over attacker's head, out of defender's reach.
- *Attacker to jump high to catch ball.

A 1



G. BALL CIRCUIT

W1 passes to F1, then runs to the left to cone 1, pushes off to R to receive pass from F1. W1 passes to F2, and continues running past, to receive a bounce pass. W1 throws to F3, runs to touch F3 foot, then back for a lob. W1 passes to F4, runs to cone 2, then dodges to L and drives R to receive pass from F4. W1 runs on to pass to W2, etc.



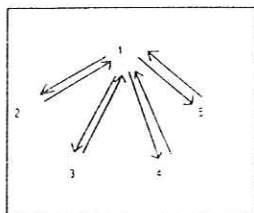
- *Push off strongly.
- *Accelerate to next feeder.
- *Try to go through faster each time.

2T 2



H. CORNER SPRY

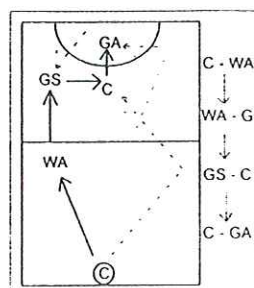
1 passes a chest pass to 2, 3, 4, & 5. 2nd time through, 1 passes a shoulder pass. 3rd time through, 1 passes a bounce pass. 4th time through, 1 passes a lob (2 to run in & back etc). Now, 1 throws ball into air and takes No 5 spot, everybody else shuffles across, and 2 becomes the leader. Repeat from the beginning. 1st team to have No 1 back to the starting position is the winner.



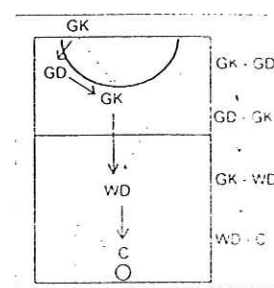
A. TEAM SYSTEMS

1. Recap systems introduced last week
2. Add the following:

ATTACK



DEFENCE



B. 1/2 COURT MATCH PLAY

OR FULL GAME

Today's game will concentrate on players driving into space, pushing strongly off outside foot, using a variety of passes, and encouraging girls to practice the systems, while exploring space and options.

C. COOLDOWN JOG AND STRETCH

BALLSKILLS

Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

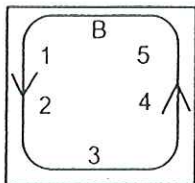
1. WARM UP

10 minutes



A. BEAT BALL

Batter on team 1 throws the ball into the playing field. Men runs around the third. Meanwhile, the fielding team fields the ball & throws to base 1, then bases pass ball around, to finish at base 5. If batter gets back to the start before the ball is caught at base 5, the run is scored.



B. STRETCHES

All Body Parts

2. BALL HANDLING

5 minutes



A. PAIR PASSES

Over a 5m distance, players recap on all basic passes, with the emphasis on perfect technique. Gradually increase the distance between the 2 players. Can they pass the length of a third?



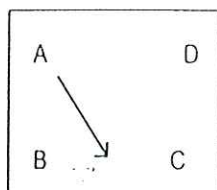
B. PERSON WEAVE

(1) 2 players run up and down court, passing ball between themselves. Use all passes.
(2) 3 players pass ball up & down court in a weave formation: Ball starts with middle person - she passes to either side, then runs around the person she threw to. Meanwhile, person on other side moves fwd to catch ball. Always run behind the person you threw to.



A. SQUARE BALL

Players in 4 corners - A starts with ball, passes to B, B-C, C-D, D-A, etc. Each girl leads from the corner to receive ball, & runs on to join the next line after passing. Change direction on coach whistle. Vary pass.

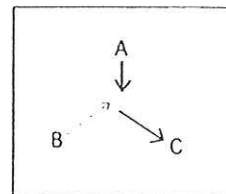


SKILL DEVELOPMENT CONT



B. QUEUE BALL

B runs fwd to receive ball from A. & passes to C. B joins end of C queue. A drives to where B caught the ball to receive pass from C. C runs to where A started, to receive ball from A. A joins end of queue where B started. Repeat.



C. DIRECT IT DOWN

W in middle jumps up to catch high ball from F1. F1 calls out a No while ball in air. W to catch & throw to No called out, before touching the ground. Continue 1 min, swap.



- *Take-off with 2 feet.
- *Flick ball off fingers strongly.
- *Cushion landing.
- *Twist in air to direct to No called



D. GOAL SHOOTING

Each girl has a ball at the post, practicing the skill of shooting.

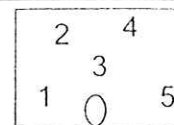


- *Feet shoulder width apart.
- *Feet facing post.
- *Ball held on fingers(not tips) of 1 hand
- *Fingers of 2nd hand support ball
- *Arm straight above head-close to ear
- *Aim at centre of ring
- *Arms - legs bend together-aligned to post.
- *Release in high arc - work from elbows



E. CONE SHOOT

Set out 5 cones around the post (fairly close to ring), & number the cones. Girls start at No1, and when 3 goals are scored in a row, she moves to No 2 etc. 1st girl to No 5 wins.





BALLSKILLS

- RECAP PASSES
- GOAL-SHOOTING

SKILL DEVELOPMENT CONT

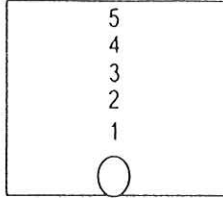
2T 2



F. FIVE'S

1 team, in a line, at post, with 1 ball. 1st girl shoots, retrieves, and passes to 2nd girl etc.

When the team collectively shoots 5 goals, they call out '5'. The game stops. Both teams must run to the opposite goal post (pass ball b/w members), & start shooting as soon as they get there. Team to call out to the most, wins.



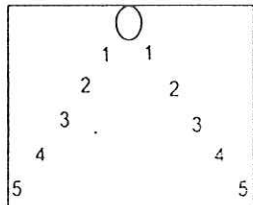
2T 2



G. V SHOOT

X1 shoots & retrieves, then runs behind team, & up to posn 5. The rest of the team shuffles down line. X1 passes to X5, to X4, to X3, to X2. X2 now is the closest to the post, so shoots, retrieves, and runs up the back of the team etc.

First team to score 10 goals, wins



COURT APPLICATION CONT

B. FULL COURT SYSTEMS

Link up a defence end system with an attack end system.

Start with a defence end throw-in, and all other players in their positions.

Let players explore space, various attacking moves, and options available.

Coach may choose to call out player positions that cannot be used in a particular passage, to encourage players to look for other options.

C. MATCH PLAY

Today's match will concentrate on acceleration into space, fast footwork, variety of passes, and allowing many players the option to play as a goaler.

Encourage use of systems, stopping game to point out space being used, especially if all girls wanting the one space.

4. COURT APPLICATION 20 minutes

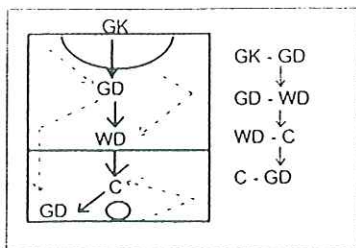
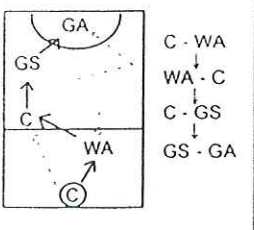
A. TEAM SYSTEMS

(1) Recap on systems previously introduced in Sessions 4 and 5.

(2) Add the following systems:

Attack

Defence



D. COOLDOWN JOG AND STRETCH

**BALL SKILLS CERTIFICATE
TO BE AWARDED**