



## Chest Pass

*This two-handed pass is released at chest height and is ideal for a short, sharp passing option.*

### Coaching Points

- ✓ Two hands behind the ball with thumbs and fingers in 'W' shape
- ✓ Elbows bent and relaxed by sides
- ✓ Transfer weight forward onto the front foot as the pass is released
- ✓ Follow through with arms and fingers in the direction of the pass
- ✓ As the player transfers weight forward, ensure feet remain shoulder-width apart

### Skills Errors

- ✗ Elbows at shoulder height
- ✗ Hands form a diamond shape on the ball
- ✗ Ball release from palms
- ✗ Follow-through not in the direction where pass should be caught
- ✗ No weight transfer
- ✗ One hand dominates
- ✗ Feet too close together

### Prompts that may assist skill development

- "What shape are your hands making on the ball?"
- "If you want the pass to travel faster or further, what can you do?"



## Bounce Pass

*To beat the defence, this pass is received below the defender's arms. Also, it is useful if the player is being marked closely; they can step forward and release a bounce pass.*

### Coaching Points

- ✓ Step forward and bend on opposite leg
- ✓ Release ball from hip height
- ✓ Push ball forwards and downwards
- ✓ The ball should touch the ground approximately two-thirds of the distance to the receiver and the follow-through needs to be in this direction
- ✓ The pass should be received lower than hip height

### Skills Errors

- ✗ No weight transfer
- ✗ Ball released from shoulder height
- ✗ Ball bounced too close to receiver
- ✗ Ball bounced too high

### Prompts that may assist skill development

- "How far between you and the receiver should the ball bounce?"
- "If the ball is bouncing too high up for the receiver, what could you change?"



## Shoulder Pass

*This fast, accurate pass is used to cover a long distance. It engages a large number of muscles within the body and this gives the ball the power to travel longer distances.*

### Coaching Points

- ✓ Ball held in two hands at shoulder height
- ✓ Elbows bent and shoulder turned
- ✓ Step forward on opposite leg
- ✓ Transfer weight from back leg to front leg as ball is released
- ✓ Feet should be shoulder-width apart
- ✓ Arms almost straight as the ball is released with fingers pointing in the direction of the pass
- ✓ Ball should be placed in the space in front of the receiver

### Skills Errors

- ✗ Same leg as shoulder
- ✗ No weight transfer
- ✗ No follow-through

### Prompts that may assist skill development

- *“Imagine that you are playing t-ball or softball. Opposite leg forward, hands on the side of the ball up by the shoulder.”*

## Overhead Pass

*This fast, accurate pass is used to cover a long distance. It engages a large number of muscles within the body and this gives the ball the power to travel longer distances.*

### Coaching Points

- ✓ Ball held in two hands near forehead
- ✓ Elbows bent
- ✓ Step forward transferring weight from back to front foot
- ✓ Arms almost fully straighten as ball is released in the direction of the receiver's space

### Skills Errors

- ✗ No weight transfer
- ✗ No follow-through
- ✗ Ball floats in an arch

### Prompts that may assist skill development

- *“Where should your follow-through go?”*



# Ball Control

**No. of players:** Whole group

**Area:** Within one-third

**Equipment:** 1 ball each or 1 ball between 2 players

**Aim:** To develop familiarity, confidence and ball control.

- Each player has a ball, or there is one ball between two, to practise the following ball control activities:
- Hot potato – push the ball across the front of the body alternating from left hand to right hand.
- Waist circles – ball circles the waist; change direction.
- Figure of eight – in a squatting position, [as identified in the warm-up] the ball is taken around the legs in a figure of eight; change direction.
- Knuckle bones – ball is flicked into the air and caught on the back of hand.
- Hop – hop forwards backwards over line bouncing ball on the line; change sides.
- 180 – throw ball into air, turn 180 degrees and catch.
- Ball over head – throw ball over head and catch behind; then throw from back and catch in front.
- The ultimate challenge – throw ball over head and catch behind, at ankle height, between your legs.



---

---

---

---

---

---

---

---

---

---

# Next Pass

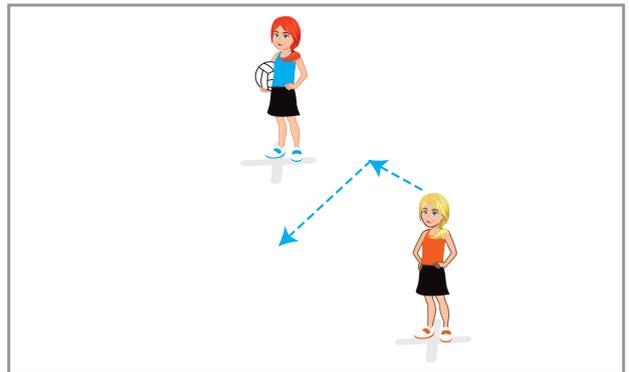
**No. of players:** In pairs

**Area:** Within two-thirds of the Netball court

**Equipment:** 1 ball between 2 players

**Aim:** To practise different pass options, passing a different pass from the one received.

- The player with the ball passes to partner and then runs to a space to receive another pass.
- Players must pass a different pass from the one they received.
- Ensure players land/stop in an SBP.
- Encourage players to experiment – which pass works best when the partner is close, and when they are running away...
- Extension – add a defence.



---

---

---

---

---

---

---

---

---

---





# Tactical Development - Centre Pass

## Centre Pass - Attack

The following game principles will assist players at the centre pass:

- Encourage the attacking players to vary their starting positions behind the line.
- The attacking players behind the line communicate so that only one player provides a passing option for the C and the other provides an option for the 2nd or 3rd pass/phase.
- The defence supports the centre pass, providing a passing option.
- C lets the ball go confidently within 5 seconds after the whistle.
- Attacking players prepare early to ensure an option is available when the whistle is blown.
- Receive the centre pass as close to the transverse line and as close to middle of the court as possible.
- At least two passing options available, ensuring the WD and GD back up.
- Receiver of 2nd pass is close to the goal circle.

## Cool-down

- Players slowly jog around on the lines of the Netball court. Two walking taggers can move around on the lines also, swapping with anyone they tag. Decrease the speed of movement to a walk.
- Food and Fluid  
Encourage players to drink some water.
- Static Stretching

## Point a Square

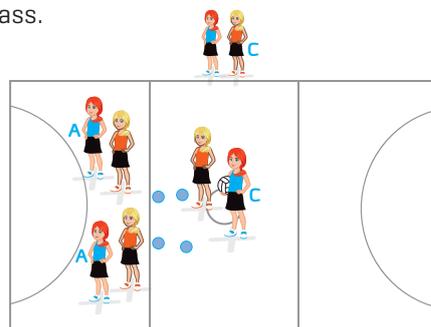
**No. of players:** Whole group with 3 defenders

**Area:** Half a Netball court

**Equipment:** 1 ball, spots/chalk, bibs

**Aim:** To develop the principles of centre pass – attack, receiving the ball close and central on the transverse line.

- Use spots or chalk to mark out a square at the transverse line as below.
- Three players wear bibs as they defend the centre pass. Other players set up as detailed in the diagram below.
- The objective is for the attackers to receive the ball in the square, close and central.
- The attackers work together to create space and only one attacking player crosses the line to receive the first pass while the other player cuts back to receive the second pass.
- If the centre pass is caught in the square, the attacking team scores one point. If it is caught outside the square, it receives no points.
- How many points can the attacking team score from five centre passes?
- Swap roles frequently with the centres swapping at each centre pass.



- Now extend the play from the centre pass to the goal circle.
- Allow the players to practice, having the centres from the sideline enter play after the centre pass has been caught.