

Junior Netball Coaching Tips

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ESCPSNA Coach the Coach Junior Workshops

Training experiences should be fun, interesting and varied. A training session for Year 2 to 3 age group should be between 45 minutes to one hour in length for Year 4 to Year 6, 1hour to 1.5hours maximum. The typical structure for a training session is as follows;

1. **Group Organisation (5 mins).** Get the group together and discuss what will be covered in the session. Gather information about any injuries and settle the group ready for action.
2. **Warm Up (10 mins).** This is important to prepare the mind and body for physical activity. The warm up should include an aerobic activity for about 5 minutes (activities which make the kids huff and puff), followed by dynamic stretches for approximately 5 minutes. Avoid static stretching (stationary stretches) in the warm up.
3. **Skill Development (25 mins).** This is where new skills are introduced and existing skills are practised and progressed. Different basic techniques need to be covered in this section during the season - passing and catching, movement, footwork, attacking and defending.
4. **Modified Game (15 mins).** Games are a fun way to practise skills. It gives those skills more of a purpose.
5. **Cool Down (5 mins).** Consists of gentle aerobic activity (e.g. walking, jogging), stretching, and a review of what was covered during the session.
6. **Evaluation.** Spend time after your session to evaluate what went well and what you need to change for the next session.

Important point to remember when coaching Junior Netball

- Have a routine for training
- Set the ground rules early
- Be organised
- Be on time set a good example
- Plan your session even if you don't have time to write down a plan go through the session in your head before you arrive at training
- Be REALISTIC, level of ability, kids away, injuries it is all part of Junior Sport
- Build a good relationship with parents so they understand your expectations and can help when you require it
- FOCUS on the KIDS when you are at training - put all your stress behind you and you will be rewarded with enthusiastic players
- Keep trainings Fun and with variety if possible, Junior players need constant stimulation and challenges
- Be Fair and consistent with regard to time on the court and positions the players play.
- Junior Netball is about building skills, learning about team work and above all they should have the chance to play every position on a netball court to really understand the game
- The Coach puts kids in positions, if they ask you for a position be fair but don't let them tell you where they should play!
- Young girls can have problems with friends or simply be having a bad day so it's important to listen to all their problems as well.
- Always have a BACK UP PLAN on game day and at training if all your players are not available.

Hand-Eye Co-ordination Drill

You need small bean bags to throw have girls stand in a circle. Start with 2 bean bags. Throw the bags to each other across the circle. Gradually add more bean bags so only 4 players don't have one.

Throw the bags to each other at about shoulder height.

Skills

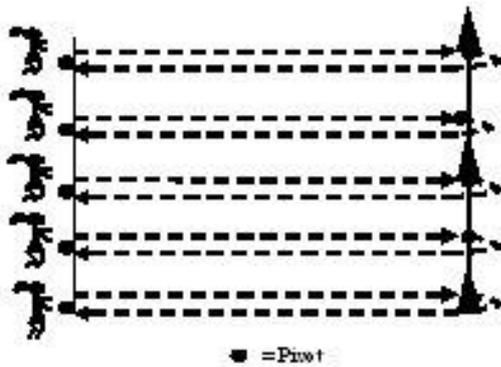
- Hand / eye coordination
- Keep eyes up
- Defending the ball (bean bag) using hands when more than one bag is thrown at them.
- Peripheral vision
- Not ducking.

Dodging and Pivoting

- 1 to 4 markers per group
- Groups of 4 or 5 Line markers up, evenly spaced (about 1metre apart)
- Players weave in and out of markers, pushing of the outside foot when changing direction.
- When they get to the end the player goes around the last marker and faces back to the group then repeats the weaving to get back to their group.
- Go to the end of the line.
- Repeat until all players have had at least 2 turns.



- All players line up in a line.
- Place markers about 10 metres away.
- Players are to run at $\frac{3}{4}$ speed to marker, pivot on one foot, run back to the start, pivot on other foot then stop and be ready to start again.



Movement and Decision Making

All players start on the base line. Coach is in the middle of the court. Coach calls out instructions for what movements players to do – left, right, forward, backward, up (jump), down (touch the ground). Players move around the court following coach’s instructions until coach says stop.

Defending

Shadow defending- This is where 2 players stand together, one player is to make the moves and the other player is to copy the movement

1. Have players face each other. One is the mover, the other is the shadower.
2. Have players facing the same way.

The player that is behind is the mover and the front player is the shadower. This builds defending skills for following their opposition players on court and to stay in a front defending position using their peripheral vision to follow opposition player.

Throwing / Catching - This is the only way Netball can work so every training you should have throwing and catching skills – challenge the girls to see how many they can do in 1 minute. Relays are also great for different ways to run the session.

- 1 ball between 2 players
- Players are to stand in 2 even lines facing each other.
- Throw the ball to each other
- Chest pass
- Shoulder pass – right
- Shoulder pass – left
- Bounce pass

Throwing / Catching - 2

- 1 Ball each Stand on the spot, toss the ball in the air as high as possible:-
- Spin around and catch
- Clap and catch
- Catch the ball before it bounces
- Touch the ground and catch the ball

Throwing / Catching – 3

- 1 Ball between two players
- Player 1 holds the ball out in front at chest height. Player 2 stands arms-length away and has hands at the side. Player 1 drops the ball, player 2 catches the ball before it bounces.

Warm up Games Ideas

- Simpsons Bull Rush
- Tail Tag
- River Bank
- Rats & Rabbits
- Base line running - side steps to first line jog middle third, sprint final third, jog back – repeat
- Change It up Running relays / time the girls over running 2/3 thirds of netball court.

Netball Fun training games ideas

- Beat the ball
- Netball Tag
- Circle Ball
- Numbers netball

Other Ideas Throwing and Passing drills are essential each training

- Shoulder / chest / bounce passes
- Challenge girls – how many can they throw in 1 minute (if they drop the ball they have to sprint the court)
- Focus on older girls year 4 and up to land well and not move feet (you need to practice footwork each session when they are young so they understand, it can take a long time !

MOST IMPORTANT

- Have fun with the kids
- Coaching Junior Sport and particularly netball is about good management
- Be organised
- Be enthusiastic
- Be fair
- Let the kids try every position, this is the best way to learn the game

Enjoy

Jodi's Netball POINTS TO REMEMBER

- Stand on your toes, ready to break or defend on either your right or left foot.
- Move to the space where you want the ball to be.
- Always step forward for the approaching ball.
- Make sure all passes are accurate – cater for the catcher's ability as well as strength.
- Break for the ball ONLY when the thrower is ready not when they are receiving the ball, otherwise this allows the defence to setup.
- Remember to use peripheral vision everywhere on court, especially in the circle for the defence.
- Chase the ball even when it's a tip for an intercept, a fumbled catch or just picking up the pieces. Its important to try to push yourself to the limits and be "Hungry" for the ball.
- When you lose the ball from an opposition intercept or even from a penalty/free pass you should recover straight away and regain possession by putting 200% into your defence.
- As much as possible back up each other. The best way to do this is by talking a lot, especially in the defence area. Centre, WA and WD also need to pay attention to this.
- Promote team spirit by giving positive feedback regardless of a mistake made by one person. For example "Everyone on defence, we need to watch out stepping". This is not directed at the person who stepped but rather as a goal for the team.

These are the basic principles of netballing, but I'm sure you have your own goals and ways of defending or attacking. If all of these are combined then it's going to make you as a player stronger and much more experienced.

GOOD LUCK!!!