

Week 1: Balance

Objective:

To develop an understanding and awareness of a stable body position (SBP).

During game time, focus and feedback should be on landing balanced in a stable body position.

Coaching Points

- Feet shoulder-width apart
- Bend at knees and hips
- Knees in line with feet
- Back straight
- Butt out, in a squat position
- Head and eyes up
- Land softly in sequence – toes, heels, knees

Errors

- Feet too wide
- Feet side by side
- One foot in front of the other
- Shoulders/weight forward
- Legs straight
- Knees not over toes

Welcome and Introductions

Welcome all Year 1 & 2 junior Netballers, parents and caregivers. Provide an overview of the **ANZ futureFERNs** programme and the structure of the session.

Some activities will require parents to help – get an indication of those who would be happy to assist.

Cover any housekeeping as required – location of toilets, payment of fees etc.; establish ground rules.



Equipment

- One ball between four (i.e. if you have 24 players you will require six balls for the session)
- Bibs
- Cones – to mark designated areas as required

Complete either the NetballSmart
Dynamic Warm-up or:

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to view online coaching videos



Warm-up: Connections

No. of players: Whole group

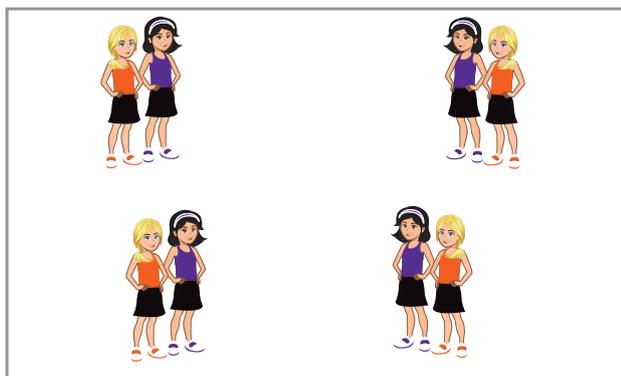
Area: One third of the Netball court

Equipment: Nil

Aim:

To see if you can connect the various different body parts.

- Players spread out in the third of the Netball court.
- Players walk around freely in the area.
- On a signal, e.g. a whistle or a clap, the players all stop and listen. The Junior Co-ordinator calls out 2 body parts each player has to connect. Examples are: elbow to knee, hand to foot, foot to foot, hand to head, knee to ankle.
- Frequently change the tempo and the way the players are moving, e.g. replace walking with skipping, change it to jogging backwards, marching, high knees, butt flicks. These movements ensure that the player is preparing for Netball.
- Now change the activity to encourage the players to work together and on the signal of stop, call out, e.g. 5 shoulders. The players must quickly move to get 5 shoulders touching. Other examples are: 3 ankles, 2 elbows and 2 knees, 3 hips. Once players have connected, must balance on one leg for count of 3.
- During the activity, include dynamic preparation - demi squats and blow the whistle. On each whistle, players must stop and freeze.



Tiger Tiger

No. of players: Whole group [2-3 players to be T = Tigers and remaining players are M = Monkeys]

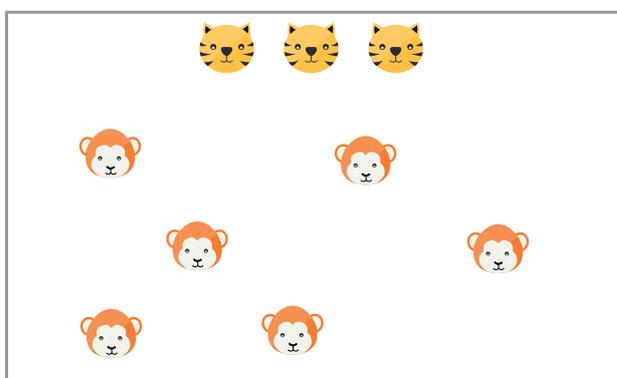
Area: One third of the Netball court

Equipment: Nil

Aim:

To be a 'Monkey' for as long as you can by landing balanced so that the 'Tigers' can't 'eat' you.

- Hold a roaring competition to see who will be Tigers [T].
- The Tigers stand facing away from the players at the edge of the area.
- The remaining players become noisy Monkeys who will leap, landing balanced [feet, knees, back, butt, head].
- The Tigers roar and quickly turn around. The Monkeys must remain still in a stable body position.
- The Tigers assess all the Monkeys and any Monkey that they see moving or is not balanced, e.g. feet too close together, they provide the reason and then get to 'eat' the Monkey - the Monkey then joins the Tigers.
- The activity then restarts.



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The Orchard

No. of players: Whole group with 4-6 parents as ball holder [fruit trees – apricot, peach, plum, nectarine, apple]

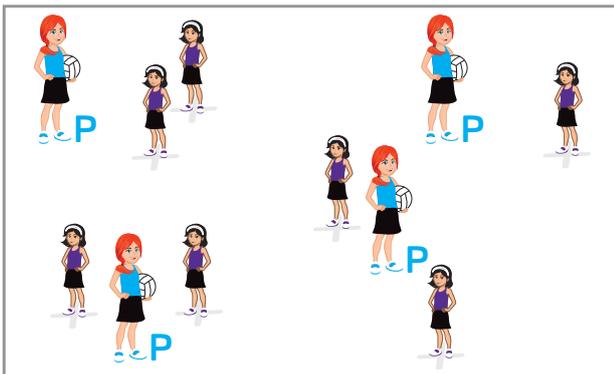
Area: One third of the Netball court

Equipment: 4-6 balls per group

Aim:

To jump high, pluck the 'fruit' and then land balanced in an SBP. See how many times you can land balanced after 'plucking the fruit' – grabbing the ball.

- Parents [P] hold the balls up and out at a height, just high enough to make the players jump. Encourage the players to think of the parents as fruit trees in the orchard and that they want to pluck an apricot, peach, plum, nectarine, apple, etc. from the tree.
- Players space themselves out in the area and run around plucking the fruit from the tree and landing balanced.
- The players then hand the ball back to the parent and run to pluck a 'fruit' from another tree.



Weave Ball

No. of players: In groups of 4-6 players with 1-2 parents as passers

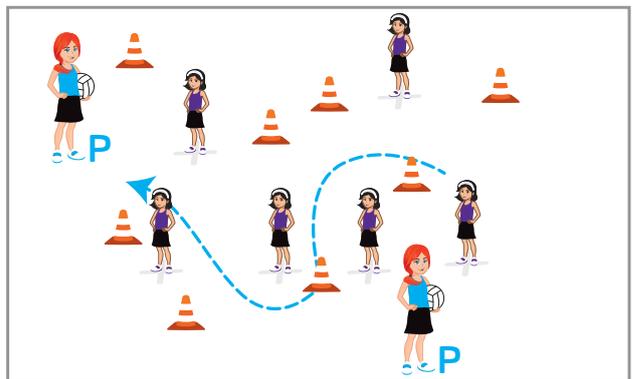
Area: Half of the third

Equipment: 1-2 balls per group, dots/ cones

Aim:

To dodge/weave between the cones (without touching them) and land in an SBP when you receive a pass – first person to land balanced 10 times.

- Spread dots/cones out across half of the third.
- Provide one or two passers with a ball.
- The players weave in and out between the dots/cones.
- The passers will pass to the other players when they can and each player practises landing in a stable body position.
- The player then passes the ball back to the passer and continues weaving between the dots/cones, preparing to receive the next pass.
- Players try to get 10 passes, developing a stable body position.



Netball Homework

Encourage the players to practise landing in a stable body position throughout the week – when they move from one surface type to another, e.g. grass to concrete, they jump across from one surface to another and land balanced.

Encourage the players to play their favourite game(s) with their friends at school or at home from today.