

# Week 1: Balance

## Objective:

To enable players to stop/land in a stable body position (SBP) preventing stepping and injuries. During the game time, focus and feedback should be on landing balanced.

## Coaching Points

- Feet shoulder-width apart
- Bend at knees and hips
- Knees in line with feet
- Back straight
- Butt outwards, 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 [knees buckling in]

## Welcome and Introductions

Welcome all Year 3 & 4 junior Netballers, parents, caregivers and coaches.

Provide an overview of Game Day and the structure of the session.

Cover any housekeeping as required – location of toilets, establish ground rules, court allocation for skill development and game time.



## Equipment

- Two balls between three if possible
- Cones/Spots – to mark designated areas as required
- Cones – one per player
- Three hula hoops or chalk to mark circles per group



Begin with the NetballSmart Dynamic Warm-up.

## In the River, on the Bank

**No. of players:** Whole group

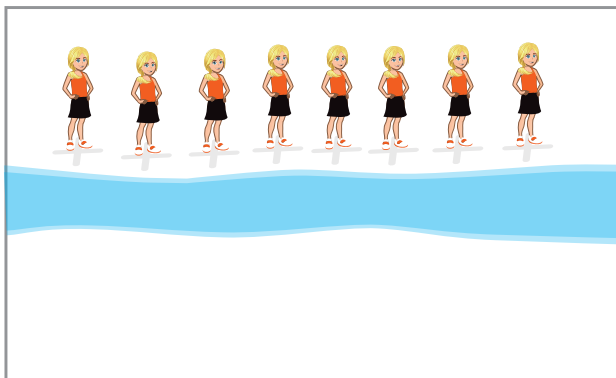
**Area:** One third of the Netball court

**Equipment:** Cones or chalk

### Aim:

To land in a stable body position, either in the river or on the bank as called.

- Place a number of cones on the ground to form a river or draw the river with chalk.
- Players line up on the bank on one side of the river.
- The coach calls either “in the river” and all players jump forward or “on the bank” and the players jump backwards.
- The coach can then extend the calls and try and trick the players, calling “on the bank” when in fact they are already on the bank or through the river. In this case, players jump and land on the spot.



## The Orchard

**No. of players:** Whole group with 4-6

parents as ball holder (fruit trees – apricot, peach, plum, nectarine, apple)

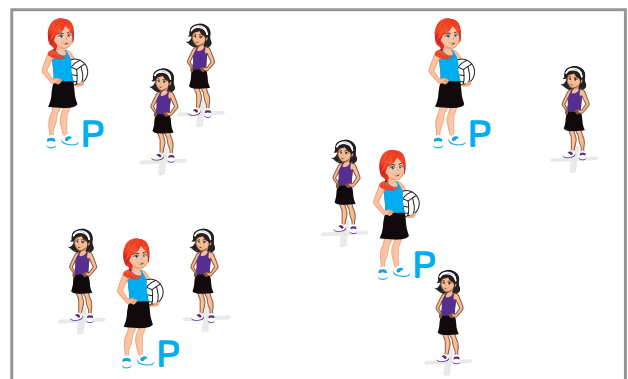
**Area:** One third of the Netball court

**Equipment:** 4-6 balls per group

### Aim:

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

- Parents 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.
- Reinforce landing softly.





## Outside Leg

**No. of players:** Groups of 3

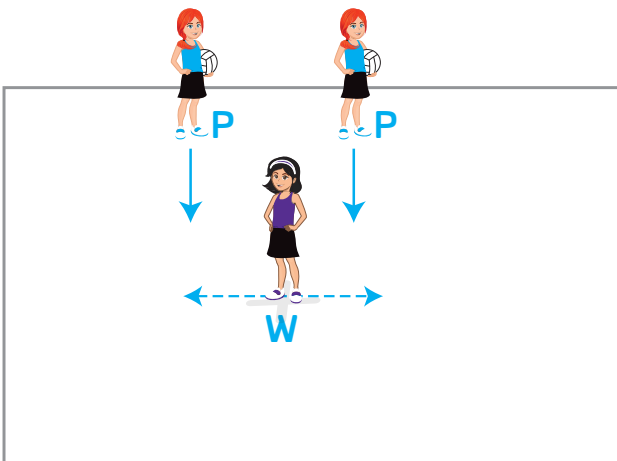
**Area:** 3 x 3 metres

**Equipment:** 2 balls per group

### Aim:

To land on your outside leg in a strong stable body position [SBP].

- Passers have a ball each.
- The Worker, 'W', runs either to the left or right, landing on the outside leg as they receive the pass from the corresponding post.
- If the player runs to the right they land on the right leg first and then left, in a stable body position.
- Pass ball back to the post.
- The Worker then runs to the left, landing on their left leg first and grounding the other foot to achieve a stable body position.
- Repeat.



## Goal Bounce

**No. of players:** 2 even groups [5 on 5]

**Area:** Half of the third of the Netball court

**Equipment:** 1 ball, bibs and 4 hula hoops

### Aim:

To pass the ball from a stable body position [SBP] between your group towards a hula hoop then successfully bounce the ball in the hula hoop to score a goal.

- Four hula hoops are placed outside the third as goals.
- One team wears bibs.
- One team pass the ball between each other, attempting to score a goal by bouncing the ball into the hula hoop.
- The players practise stopping and passing from a stable body position.
- The opposition gain possession after a goal, a loose ball or an infringement.

