

Netball



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Introduction to Netball

I have been playing netball since I was seven years old (year three). It became an interest to me, not only because my friends encouraged me, but also because of the team effort and involvement.

I joined the school netball club and took part in many matches opposing other schools, and in my final year at primary school our team won first place for the Norfolk county small schools' competition.

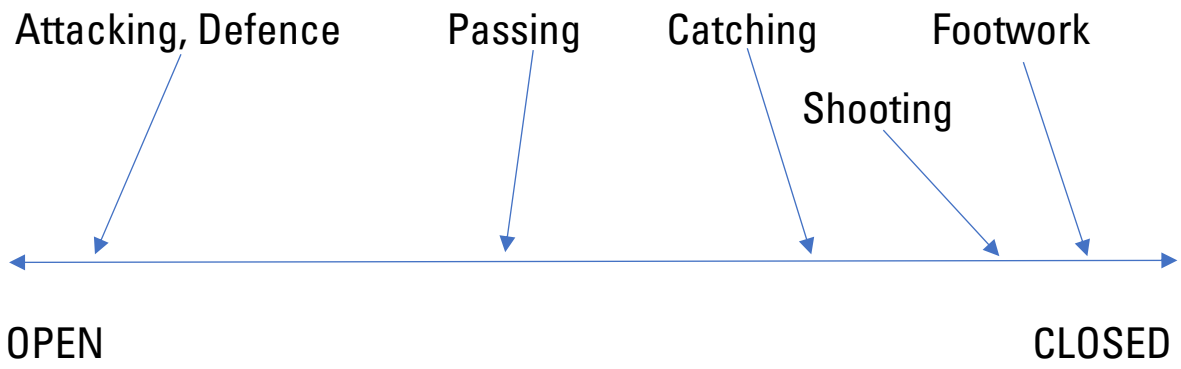
When I was nine, I joined Diss netball club where I also participated in matches against other clubs and against others of a higher level to me. I very much enjoyed going as I felt playing against/ with teammates of a higher level, helped improve my skills. I played in that club for five years until I was 13.

I also joined the Netball club at high school when I joined Old Buckenham.

My preferred position on court is either Goal Attack, or Centre. Although, I do believe I am able to play a wide range of positions as I enjoy playing them all.

Name of skill	Different types	Environmental influence	Difficulty	Organisation level
Passing	-Bounce pass -Chest pass - Shoulder pass - Overhead pass	Closed in isolation, open in competition	Basic	Low
Catching	From either type of pass from the above	Closed (always catch the same way)	Basic	Low
Shooting	Different positions on the D	Closed	Medium-complex	Low
Footwork technique	What foot you are/are not allowed to move for different events	Closed	Medium-complex	Low-medium
Attacking tactics		Open	Complex	High

Defence tactics		Open	Complex	High
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Strengths and Weaknesses

As I play mainly attacking positions, I believe my strengths lie in that area. My strengths would include attacking tactics, shooting, and the throwing and catching of the ball. My weaknesses tend to be defence tactics, and footwork techniques (as sometimes I get a bit ahead of myself).

Step by step instructions on defence: stage one (without ball)

- Make sure you always stick with your opponent. Do not let them get away from you.
- Mark them as closely as possible, while keeping one eye on the ball.
- Your body should be side on to theirs so you can see both them and the ball.

Step by step instructions on defence: stage two (with the ball)

- Once the player, which you are marking, has possession of the ball you must stay 3 feet – 1 metre away from them.
- You should keep your hands up to try and intercept or interfere with the pass or shot about to take place.
- If your opponent is trying to shoot you should lean in over the shot.
- Stay upright with a tight core holding for three seconds. If by that point the opposition hasn't passed or taken the shot they will get pulled up for "held ball".

Step by step instructions on defence: stage three (prevention of movement)

- Make sure you are in front of your player, so you are ready to prevent them from making any quick run for the ball
- Position your body so that you are forcing your player to not do a straight-line drive
- Always keep on the balls of your feet and be ready to sprint to intercept the ball.

Step by step instructions on foot work:

- When you are in possession of the ball you are only allowed to move one foot. The other one must stay in the position of where it landed after you first caught the ball.
- When you jump to catch the ball (you should do this to slow down your speed) you will most probably land with one foot touching the floor before the other.
- Many people like to have a saying to remember this e.g. "ice-cream" ("ice" being foot one and "cream" being foot two).
- The second foot to touch the floor is free to move and you can pivot in any direction to pass the ball to another teammate.
- You can take your landing foot off the floor, but just know that if you place it back down again you will get pulled up for "foot work".
- If you land on both feet after catching the ball, you can choose which foot stays on the ground and which one you move.

Year 7 Netball: Lesson 1 plan (Footwork)

Warm up	Drill	Instructions	Cool down
<p>Stretch all muscle. Run around the court and when the whistle is blown jump up landing 1,2 on your feet, pivot around and then start running in the other direction.</p> <p>(5 min)</p>	<p>Ice-cream and Pivot. split into groups of five having one person as the ball holder and the other four as the workers. Have the four-workers line up in single file and the work a few meters in front facing the first person</p> <p>(20 min)</p>	<ol style="list-style-type: none"> 1. Person one will pass the ball to the thrower and the thrower will choose a side (left or right) to pass back 2. Then person one should run out to catch the ball by jumping and landing on their feet 1,2 "ice-cream" 3. Person one will then pivot round and pass the ball straight back to person two in the line 4. The process should then repeat itself. The ball throwers and works should swap in and difficulty should increase. 	<p>Run six lengths of the court the first two there and back running, the second two jogging, and the last two a fast walk to a normal walk. At the end stretch out all the muscles</p> <p>(5 min)</p>

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Types of practices

<p>Whole:</p> <p>This is when you perform the full skill without breaking it up into parts. This may be used when trying to master the skill of footwork as it is a very quick movement that can easily be embedded in your mind. You can use this type of practice when you think the skill is important enough, but make sure the player completely understands what they are doing. If they do not, they may find this practice challenging. E.g. a shooter could practice a whole act of shooting. In one movement: just how they get the ball into the net.</p>	<p>Part:</p> <p>This is when the skill is broken down into simpler steps so that you can perfect each part of the skill. It usually works well with long performances that can be complicated. By breaking a skill down, you can home in on the specific part of the skill you are not so good at. Also, this type of practice is also good for motivation as you will be able to perfect the skill and feel motivated to carry on with the rest of it. A shooter could also use this type of practice as they can look at each separate part of the way they shoot. From how they stand to their hand flicking the ball into the net.</p>
<p>Variable:</p> <p>In a variable practice you are performing the same skill but in different environments. This could be useful when learning to shoot the ball into the hoop as you are always going to be shooting the same way and doing the same movements, but each</p>	<p>Fixed:</p> <p>This is often referred to as a drill and it's when the skill is repeatedly done until it is ingrained in your mind. It's best done with a closed skill as it's easier to learn. Although this can become very boring and the player can be</p>

time the area around you might be different. E.g. there could be defenders, you could be further away from the post, or you may be standing on one leg.

come tired quite quickly. This could be used for a skill like passing the ball. A centre player could repeatedly do a shoulder pass trying to hit the same target.

Massed:

For this type of practice the skill must be simple and well organised. The player needs to be very fit and experienced as there are little to no breaks throughout the whole 30-60-minute session. Attacking players can use a repetition of a certain drill or aspect of trying to dodge past their defender.

Distributed:

Normally the player would be younger and inexperienced for this kind of drill. It usually has longer breaks where the player will switch to learn different skills. The activities are usually more complex and have lots of organisation to get through. Any player could use this it will depend on their experience and attention span as a young player.