



NETBALL DRILLS THAT PARENTS AND KIDS CAN PRACTICE TOGETHER

A Comprehensive Guide

by Tom Parslow

NETBALL BASICS

NETBALL FUNDAMENTAL SKILLS

Whether you are a beginner or more advanced netballer, it's important to learn, practice and improve upon the fundamental skills of the netball. There are many important skills that you must use in netball, including:

- *Passing*
- *Catching*
- *Shooting*
- *Footwork*
- *Pivoting*
- *Agility*
- *Hand-eye Coordination*
- *Dodging*

Practicing these skills is very beneficial and will help to improve your game. More importantly, regular practice will help you to become the best player you can be! The great thing is that you do not always need a coach or sports team with you to practice these skills! Although it's important to attend regular training sessions with your chosen sports team, there's a lot of benefits for kids to practice by themselves, with friends, or together with their parents to improve their game.

This article will discuss several Netball drills that parents and kids can do together! With access to a netball, cones, a netball ring and a wall, you and your child will have everything you need to practice together in your own time, and even have some fun together!

WHY PRACTICE TOGETHER?

Parents play a pivotal role in either positively shaping their child's sport experience or negatively influencing the outcome. Demonstrating warmth, compassion and understanding towards your child's sports endeavours, in addition to being empathetically attuned to your child's desires, fears and frustrations are just as necessary as learning the athletic skills.

When training with a parent, a child will be in a more relaxed environment. Training in this environment will provide your child with lower levels of pressure and higher levels of praise and understanding. Ultimately, increasing the fun of the activity!

A great benefit for parents too is that you will get to spend more time with your child! And even get a little workout yourself! Not to mention, the sense of pride and accomplishment you and your child will both feel by training together and improving their skills.

In fact, a study, published in 2004, showed that more successful athletes, which transitioned into sporting career paths, reported a higher amount of parental involvement than athletes with no transition. This demonstrates the impact that parental involvement can have in youth sports.

However, it's important to remember that 'a win at all costs' atmosphere can be harmful for developing your child's love for sport. It's much more important to praise a child's sporting effort, rather than whether they win or not. Please always remember, that a parent's role in their child's sport endeavour is to be supportive of their efforts, and no matter the outcome, your child having fun is what sport is truly about and will give them the best chance to succeed in sports later in life.

SO... WHAT EQUIPMENT DO WE NEED?

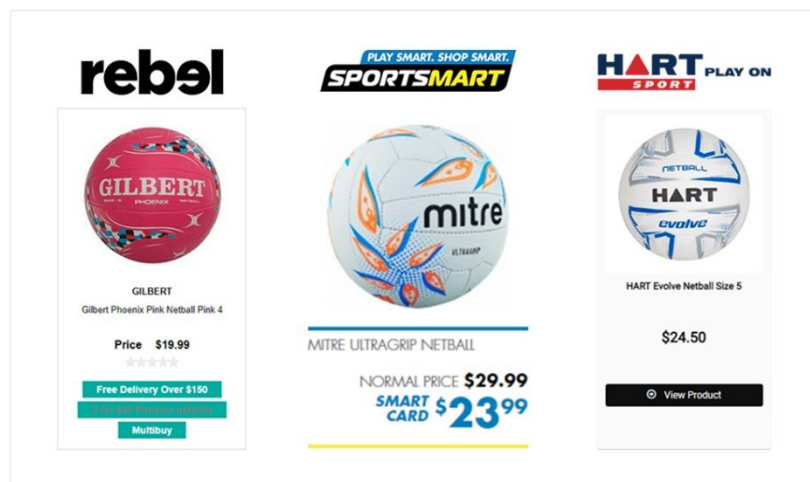
To make your training sessions simpler for both you and your child, there are only a few things you will need! Most netball drills can be setup and undertaken using netballs, cones, a netball ring, proper netball-training shoes and a wall. However, please note the equipment required depends on what drills you wish to undertake. For example, when practicing shooting, you will need a ball and a ring. However, you may not need a ring when practicing passing techniques.

ESSENTIAL NETBALL ITEMS

Therefore, if you did have access to all 5 items listed above, you will always be prepared for any drill you wish to practice! So, here are some useful suggestions on where you can purchase these items!

Netball

The most essential item for practicing netball drills is of course, a netball! A netball is imperative when wanting to improve your shooting, catching, passing and hand-eye coordination skills. Even skills such as pivoting, footwork and balance can



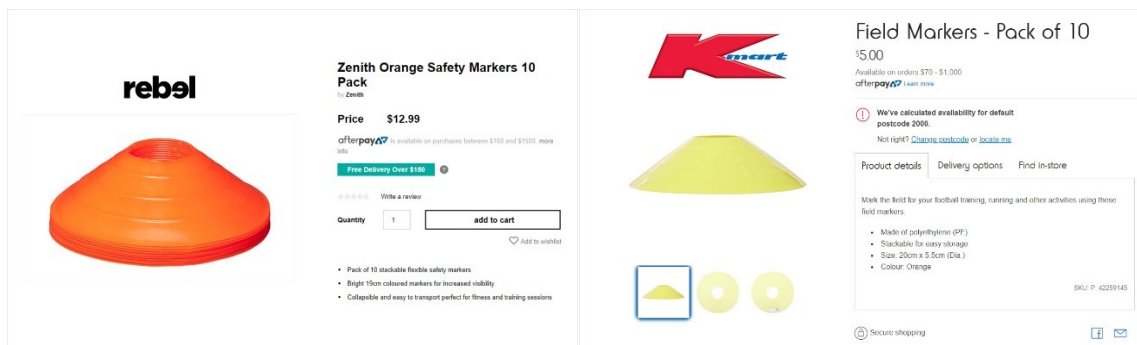
be improved upon by simply holding a ball when performing the drills. This is because, when practicing with a ball, you will gain a greater understanding of your body positioning when performing those techniques with a ball, which is how it will feel when playing a game of netball.

So, there are multiple sports outlets in Australia where you can purchase netballs! Most netballs range from \$10-\$50 and can be found at various online shops too. Outlets such as Rebel Sport, Sportsmart, and HART Sport offer great prices! Both online and in store!

CONES

Another essential item for many netball drills are cones! Cones are used as multi-purpose items, including for outdoor games, traffic obstacles, marking boundaries or setting up destinations. The brightness and visibility of cones make training drills much simpler for both the coach and the player to understand what is required of them during a drill and where they must move to.

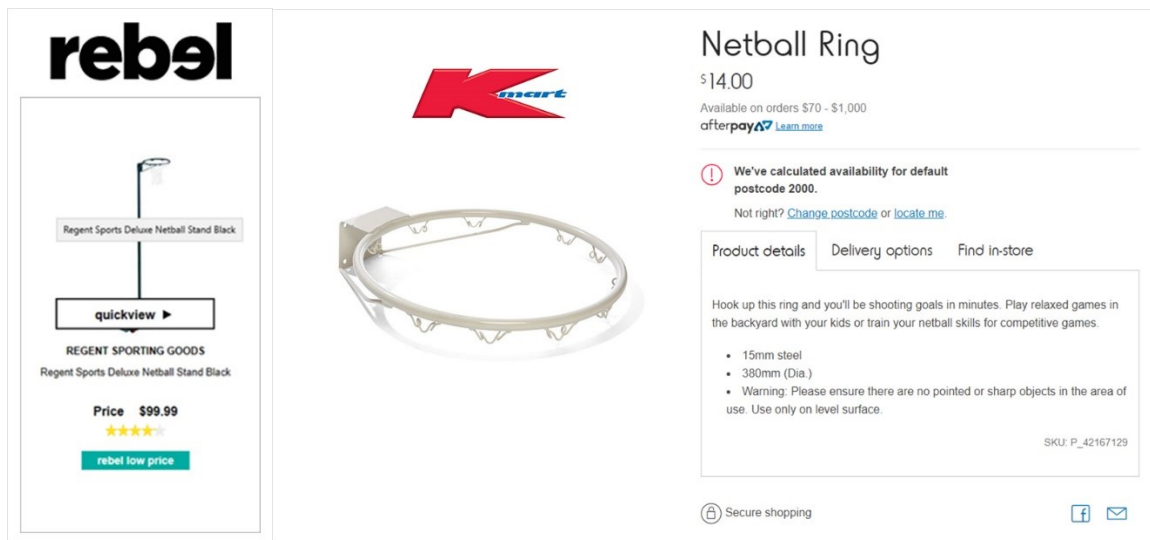
Cones don't have to be an expensive purchase and can be bought from various outlets such as Rebel Sport, Kmart, Target, and Big W.



NETBALL RING

A netball ring is essential when trying to improve your shooting form! Depending on your location you may choose to go to a local indoor/outdoor netball court to practice shooting or choose to purchase a ring for your backyard. Rings can be more expensive to purchase; however, it offers the convenience for your child to practice their shooting at their own leisure, in the comfort of their own home.

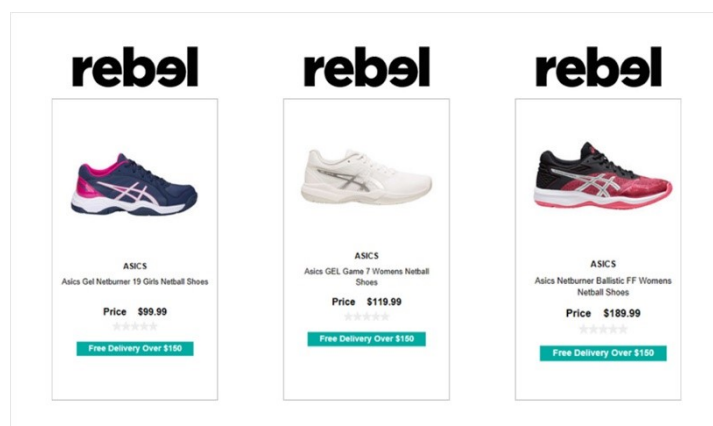
There are various outlets that offer rings, however our suggestions are for Rebel Sport for quality, and Kmart for a more cost effective purchase.



NETBALL TRAINING SHOES

Netball is a high-impact sport that requires rapid acceleration and deceleration, sudden and sharp changes in direction, immediate stops, high-impact jumps and ongoing balances and stabilities. Netballers are at a high risk of injury, particularly to the knees, ankles, and lower bodies. There are various

outlets that offer netball shoes, however our suggestions are for Rebel Sport for quality, and Kmart for a more cost effective purchase.



Netball shoes are designed to specifically minimize the impact of stress upon the feet, knees and joints. Ultimately, this will help to protect your child better when they are playing in a game. Therefore, it's important to have proper netball shoes when practicing and playing netball instead of running shoes, as running shoes are designed for forwards and backwards movement, not for lateral movement.

Netball shoes can be expensive; however, they are an important investment into the physical well-being of your child as they participate in the sport that they love! Be sure to search online for good-quality netball shoes near you! Rebel Sports is one outlet that offers good-quality netball shoes at competitive prices. Have a look at some of their options below and on their website! So, now that we have our equipment, let's discuss some drills that you and your child can practice together, either at home, or on a local netball court!

WARM UP DRILLS

It's important that you and your child warm up before every session to get their muscles ready for exercise and to help reduce the chance of injury. Warming up doesn't need to be hard! And should always include light stretching before you start training. Here are 3 great warm up drills to help get you started!

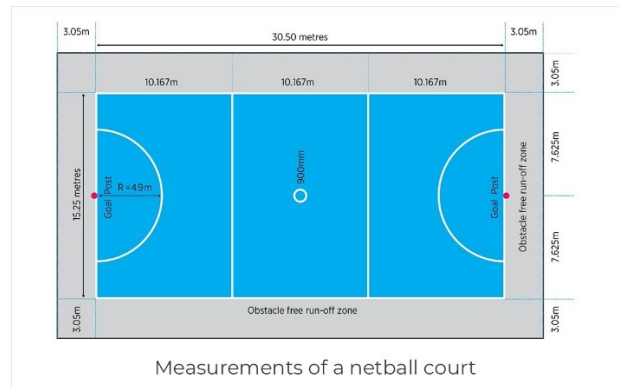
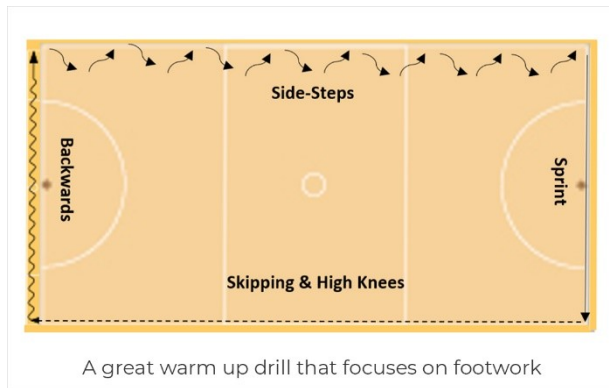
Jogging & Footwork Warm-up

This warm up is focused on jogging and footwork patterns.

Start from one of the 4 corners of the netball court (or from your first cone) and begin jogging around the court, performing different footwork patterns along the different sides of the court. For example, you may start by jogging along one side of the court, and when you reach the corner, change your footwork to side-steps until you reach the next corner, then change into a sprint, and then finish with backwards running or skipping, until you have completed one lap of the court.

There are many variations of this drill and you can change it up however you would like! It's important to move differently around the court to get your muscles ready for the exercise ahead! This drill also simulates some of the movements that netballers experience during a game! Including, side-steps, sprinting, jogging and backwards running.

If you don't have access to a netball court, you can set up your cones in a 30m x 15m rectangle. This simulates the size of a netball court and can be viewed below.



10 Balls Anywhere

The aim of this drill is to get players alert and reacting quickly to the ball and for moving in a small space.

In pairs, one player starts with the ball and drops, places or throws the ball in random places around a semi-circular area.

The other player in the pair stands around a meter opposite keeping a close eye on the ball. They need to react as quickly as possible to gather the ball, either before the ball bounces or after only one bounce.

After 10 drops, the players usually switch so that the passer is now reacting to the ball. You can see in the picture below how you can alter the passes to make it more challenging for the receiver!



Look at how this drill is executed here!



Netball Warm up Drills - 10 Balls

RED LIGHT, GREEN LIGHT

This is a great warm up game that isn't just used for netball! It's a fun warm-up because it involves walking, running, and suddenly stopping. Each of these things will get the kids' blood pumping and the changes in speed will stretch their muscles to get them ready for the exercise ahead!

It's a very simple game too! Have the player start at the baseline of the netball court, where the netball ring is. Instruct the player to run fast when you shout, 'green light', slow down when you shout, 'yellow light', and stop when you shout, 'red light'.

As the player goes to the opposite end of the netball court, keep shouting demands.

When the player reaches the other side of the netball court, start the game again so that they can go to where the game started.

You may choose to also pass the netball to them at certain times when you call 'red light'. So that they are also practicing catching the ball, stopping, using netball footwork, and passing back to you.

Now that we're all warmed up, let's discuss some netball drills that focus on improving your skills! And remember you don't need to do all these drills in one session. Have fun mixing up these drills as much as possible to help keep your training fresh and fun!

NETBALL DRILLS

PASSING DRILLS

CHEST PASS

Players in pairs, with one ball about 5 meters apart. Pass the ball between each other, using correct chest pass technique. Try this for 5 minutes. The aim of this drill is to practice correct passing technique over middle distance, allowing the pass to be made with correct control and speed. If you need some assistance, here's a great resource for how to do a chest pass.



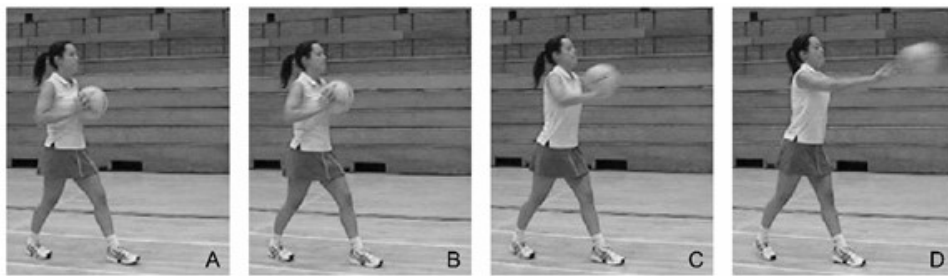
How To Chest Pass

Coaching Points

- *From a two-handed catching position make sure the ball is kept at a chest height*
- *Fingers should be spread between the ball*
- *Keep elbows low and relaxed*
- *Transfer weight from back foot to front foot*
- *Push the ball out, extending and following through with the arms, wrists, hands and fingers in the direction of the receiver*
- *Aim for accuracy instead of speed of the pass*

Progressions Points

- *As you improve, increase the distance between the players ensuring accuracy and speed are maintained.*
- *Move from a static receiver to a moving receiver. You can use cones to mark where you need to move.*
- *Time yourself for 30 seconds and make as many correct chest passes as you can, as fast as you can. If you drop one, you must start over*



This is the correct chest passing technique

PASS AND RUN

This drill focuses on movement and passing the ball off the catch.

Players start 5 meters away from each other and pass to each other 5 times. Try mixing up the passes by using chest passes, bounce passes, and shoulder passes. Whatever pass player 1 throws to player 2, player 2 must copy the same pass back to player 1. If player 1 throws a bounce pass, player 2 must return with a bounce pass.

The player without the ball (player 2) then turns and runs to a cone about 5 meters away. They must circle the cone and then run back to their original position and receive a pass.

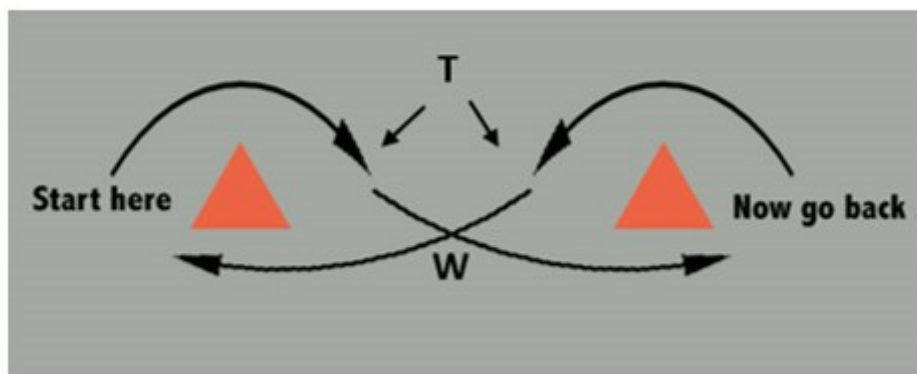
Player 2 should use correct footwork when catching the ball and use the correct pass technique back to player 1. Then, complete 5 more passes, and continue the process for 5 minutes, changing the passes as you go.

Coaching Points

- *When players return from their run, they must setup immediately in the correct throwing position.*
- *Remember the correct technique when passing. This drill focuses on technique, not speed.*
- *For bounce passes, from a two-handed catch, take the ball to just above waist height. Fingers should be spread behind the ball.*
 - *Push the ball down, aiming for it to bounce two-thirds of the distance towards the receiver.*

Progressions Points

- *As you improve, try doing 10 passes instead of 5.*
- *Increase the distance between the players, and focus more on chest passes and shoulder passes.*



The Figure 8 Drill. T (Thrower), W (Worker).

Set-up 2 cones about 2-4 meters apart, depending on the required intensity. The thrower stands out in front of the cones. The worker moves in a figure 8 around the cones, always keeping their eyes and body forward to ensure they have eyes on the ball.

They will use a variety of footwork patterns to do this fast, such as side-steps and sprints etc. At any time, the thrower can pass the ball and the worker must drive to the ball to make a catch. The worker then returns the ball with a chest pass and continues the circuit. Try this for 5 minutes.

Coaching Points

- *The worker must always keep their body forwards and maintain eye contact with the thrower.*
- *Ensure the correct foot is used for push-off when passing.*
- *Depending on intensity, lower or increase the time duration of this drill. As worker gets more fatigued, try the same drill with a shorter time duration.*

Progressions Points

- *As you improve, try placing the cones further apart to make the circuit larger.*

C.O.B.S

Each player should stand opposite and face each other, approximately 3 meters apart. Then, pass the ball between themselves, using 1 x chest pass, 2 x overhead passes, 3 x bounce passes, 4 x shoulder passes. Once these passes have been completed, take a step back and repeat the process again. As you do this drill, it will become harder to complete bounce passes, and easier to complete shoulder and overhead passes. Continue to move back until you reach your maximum bounce pass length.

Coaching Points

- *Remember to use proper passing technique. This drill is about technique, not about speed.*
- *For shoulder passes, hold a balanced starting position with opposite foot forward to throwing arm.*
 - *Use your second hand to steady the ball if necessary.*
 - *Hold the ball at head height with fingers spread behind you, not under the ball.*
 - *Body weight is transferred from the back foot to the front foot.*
 - *The hand, arm and shoulder should then thrust forward towards the target.*

Progressions Points

- *After completing one circuit, try using your opposite hand when throwing a shoulder pass.*
- *As you improve, time yourself for 2 mins and then try to make as many correct passes as you can. If you drop the ball you must start over!*

SHOOTING DRILLS

KNOCKOUT

This is a fun game that adds an element of competition to your training! Firstly, using a cone, mark a spot within the circle which will be where you both shoot from.

The rules are simple. Each player takes a shot from the designated cone. If you MISS and the other player MAKES their shot, then you are out, and a point is given to the other person.

The winner of that round will move the cone to a new location inside the circle, which will be the new shot designation. The game is over when one player scores 5 points.

If the first shooter MAKES their shot, then they are safe. The game continues until one person misses their shot, and the next person makes their shot.

Coaching Points

- *Before Shooting,*
 - Feet should be in a comfortable forward-facing position, not too far apart.
 - Balanced positioning, with equal weight on both feet and hips facing the front.
 - Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
 - Second hand is placed at the side of the ball to steady its position.
 - Elbows slightly flexed, lined in the direction of the post.
- *When Shooting,*
 - Focus on a point above the ring to give height to your shot.
 - Power through the ankles by pushing up through slightly flexed knees.
 - Maintain balanced position.
 - Flex elbows not allowing the ball to drop behind your head.
 - Wrist flicks as the ball is released off the fingers, in order to create a backwards spin.
 - Fingers follow the ball on a high trajectory towards the post, dropping in to the ring.
 - Aim to drop the ball through the net without it touching the ring.

Progressions Points

- *As you improve, try altering the shots that you take. For example, the winner of each round picks the new shooting destination and form. This could change from a step-forward shot, step-back shot, stepping to the side before shooting etc.*
- *Try to increase the distance of shooting from the ring to add more difficulty.*
- *When one player is preparing to shoot, the other player can get into a defender position. Much like in a game, the shooter must shoot over the defender, adding more difficulty to the shot.*

For more information, check out this great video about the basic netball shot technique!



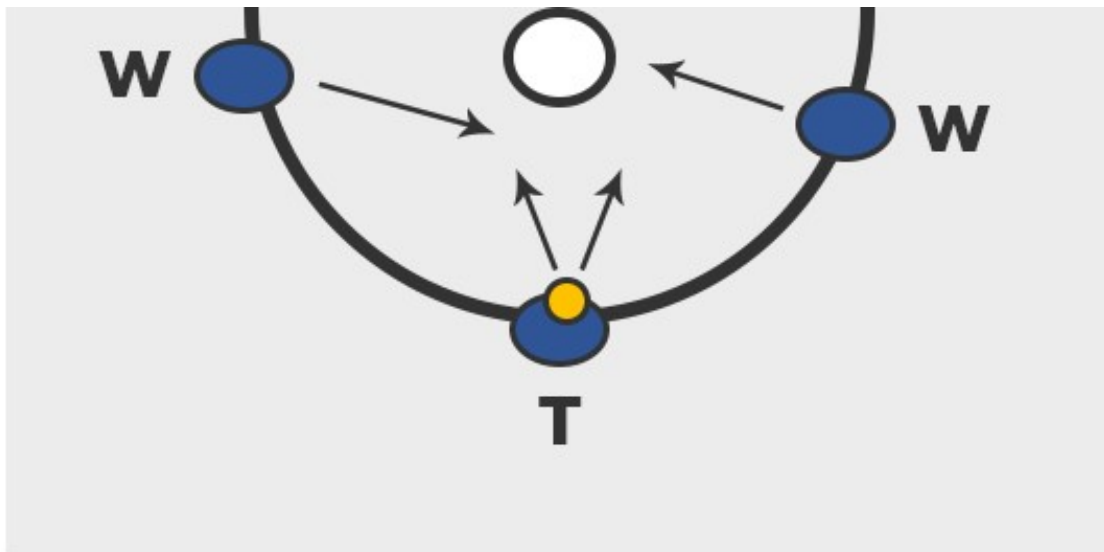
Netball Skills- Basic Shot Technique

CATCH AND SHOOT

This drill is great for simulating game style movements, where the player must run, stop and shoot.

The thrower stands at the top of the semi-circle with the ball and the worker starts at the bottom left/right of the semi-circle.

The worker then runs into the circle and the thrower passes them the ball. The worker must use appropriate footwork to stop, gather themselves, and then shoot the ball. When the shot is made, the worker passes the ball back to the thrower and the drill starts again from a different angle of the circle.



The Catch and Shoot Drill. T (Thrower), W (Worker).

Coaching Points

- *Players should move out wide quickly, performing a sharp turn on the spot with a definite change of pace before driving back into the circle to receive the ball and shoot.*

- Although players are working on their speed, the focus should be on getting their shots in.
 - Complete this drill until 10 shots are made.
- Try to mix up the position on where they're shooting from. Give the worker as many different looks as you can.

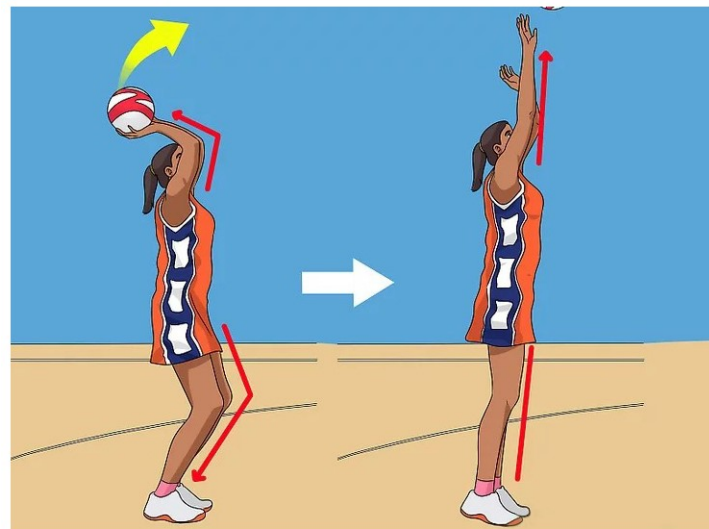
Progressions Points

- As you improve, try doing different passes to the worker, so that it becomes more difficult for them to gather the ball before shooting.
- As shooting improves, try shooting from further out in the circle.

AROUND THE WORLD

Firstly, place 10 cones in any position you want inside the circle, and label them 1 to 10. These cones represent the 'world'. The shooter starts at cone 1. The shooter must successfully shoot the ball into the ring for them to move on to cone 2, and so on.

Every time the shooter makes a shot, they move onto the next cone.



Here's the proper Netball Shooting Form

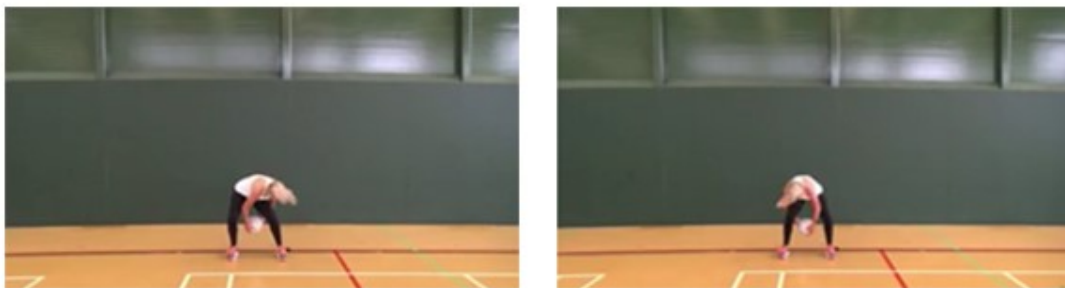
Every time they miss a shot, they move back one cone. This drill can be quite tricky, however it's a great way to sharpen your shooting technique!

CATCHING DRILLS

CATCH, TURN, CATCH

Hold the ball between the legs with the left hand in front and right hand behind. Let go of the ball, twist, and catch the ball between your legs with hands the other way around. Be sure to not let the ball touch the ground. Continue dropping and catching the ball and see how many you can do for 3 minutes. Rest for 1. Then repeat.

This drill can be done alone. However, it's a great drill to practice catching and increase concentration. As a parent, you can stand close by to your child during this drill and help keep time for them and offer encouragement.



The Catch, Turn, Catch Drill

DOUBLE HANDED FLICK TO WALL, PLUS JUMP

The player stands facing a wall, in a ready to jump position, with the ball in the palms of both hands, held high and central above the head.

When ready, jump upwards and push/flick the ball to the wall using both hands. Then land and bend both knees before jumping again in time for the ball to return central to both hands.

Whilst in the air, push/flick the ball again to the wall. Try this for 2-3 minutes.

Coaching Points

- *Pre-work*
 - *Start nearer the wall and ask players to jump up and touch the same spot on the wall using both hands. This will aid player's elevation and rhythm*
- *Keep your eye on the ball, your fingers soft and follow through using your hands and wrist – remembering to bend your knees to get maximum elevation.*

The great thing about practicing catching is that it can be incorporated into a lot of drills we have already discussed! So, every time you practice passing, you will probably also be practicing catching at the same time too!

Remember, when catching;

- *The hands, arms and body should drive forward to meet the pass.*
- *Allow arms and hands to 'give' and bend towards the body as the ball is caught.*
- *Fingers should be spread on the ball and controlled with the fingers, not the palm of the hand.*
- *When the ball contacts your hands, you snatch the ball towards your body.*
- *Move towards the ball when going for a catch. You should never be standing still when you take a catch.*

FOOTWORK DRILLS

CATCH, PIVOT AND PASS RELAY

This drill is ideal for 4 people. However, it can be done with 3 people or even 2 people plus a wall!

If you have 3 people, all 3 of you line up. So, that you're all 3-5 meters apart, with one player in the middle.

The player on one end starts with the ball and passes the ball to the moving player in the middle.

The middle player who catches the pass, should land on 1 foot, then land on their 2nd foot and pivot onto their 1st landing foot to pass the ball backwards to the player behind them.

That player then passes the ball back to the moving middle player, and the process continues. The main purpose of this drill is to catch, pivot, and pass back to the other player, using appropriate netball footwork.

Coaching Points

- *Landing foot = pivot foot.*
- *You can start this practice at walking pace and progress to a jog and then sprint as players grow in confidence.*
- *Challenge the player to be vocal and call for each pass! Much like they will do in a netball game.*
- *When Pivoting:*
 - *Body in a balanced and stable position.*
 - *Head up.*
 - *Knees slightly bent with weight evenly spread over both feet; keep the knee over the foot during the pivot.*
 - *Push with the free foot.*

- Be aware of the grounded foot, or choose one if landed on two feet, to avoid the footwork rule.
- Aim to pivot in the direction of play, away from the defense (not backwards).
- When landing to the right, land on the right foot and pivot to the right.
- Additionally, when landing to the left, land on the left foot and pivot to the left.
- When landing straight, pivot on first landed foot away from defended side.

Progressions Points

- As you improve, try speeding up the drill so the player is moving at a faster pace. Constantly catching and pivoting and passing.
- Attempt to mix up the passes to the middle player to increase difficulty, such as bounce passes.

A great video that discusses pivoting can be found here!



Pivot - NetballCoach.Tv Basic Skill #10

COPY-CAT

This is a fun drill that strengthens reaction, whilst focusing on different footwork. Two players face one another approximately 10 meters apart. One player begins doing various foot movements like sliding, jumping, jogging, or hopping etc. using different patterns. The opposite player tries to copy and predict the pattern. Switch jobs after several minutes of practice and make sure both of you get the opportunity to try making up a pattern.

The aim of this drill is to simulate the different changes in movements that netballers' experience in a game, and to try and strengthen the reaction time of the copier, which increases defensive footwork.

Try mixing the footwork patterns up as much as you can! And, try to react quickly without dropping focus to feet level.

STATUE OF LIBERTY

This footwork drill can help players develop their balance. One player stands like the statue of liberty with the ball held high with one arm. The other player must run, jump and grab the ball requiring good balance and proper footwork when landing.

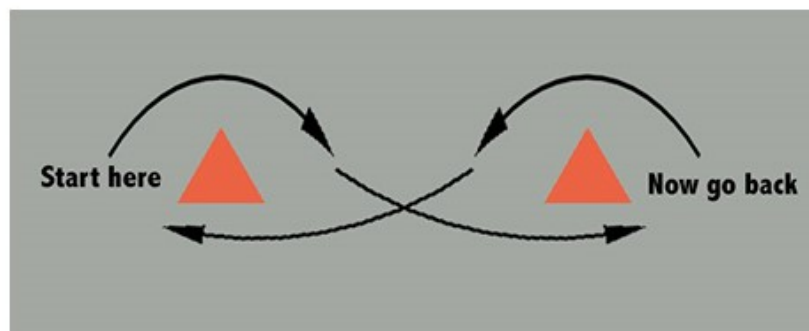
In a game of netball, not every pass will be perfect. So, it's important to practice having to reach and stretch for catches, whilst using proper footwork when landing. This drill is simple and will help your child greatly with in game situations.

Coaching Points

- *A safe and effective landing technique will reduce the chance of ankle and knee injuries by reducing the forces experienced by the body.*
- *Knee and toe should be facing the same direction.*

- Knee and hip should be controlled – they should not swing inward or outward.
- Soft landing, with knees slightly bent.
- When landing with two feet
 - Land with feet shoulder width apart to give a good base of support for better balance.
 - Keep body upright. Bend at knees and ankles to soften the impact. Shouldn't sound like elephants when you land!
 - Keep body weight evenly placed above both feet.
- When landing with one foot
 - If you run to your right you should land on your right foot and pivot to your right.
 - However, when you run to your left you should land on your left foot and pivot to your left.
 - Once landed, place the other foot on the ground quickly to help absorb impact and help with balance.
 - Bend your knees, ankles and hips on impact to cushion your landing.
- Two feet landing can be hard for juniors as they may not have the core strength to support their weight when they land. Be mindful of your skill level and age, and practice safely and appropriately!

Remember to stretch before undertaking this drill.



The Small Figure 8 Drill

Placing cones 1 meter apart, one player starts between the cones. They must use quick footwork to circle the cones in a 'figure 8' fashion. Much like the figure 8 drill we have discussed earlier, this drill is similar, but on a much smaller scale. A diagram of this drill can be found above.

Coaching Points

- *Remember to keep your body facing forward whilst you step around the cones.*
- *Keep steps short and sharp.*
- *Time the player for 1 minute, before resting, and going again.*

Progressions Points

- *As you start to get the hang of this drill, try adding different footwork movements, like hopping, into the drill. So, the player must circle both cones using quick steps, before hopping over the two cones, and repeating the process.*
- *Also, you can add a thrower into the drill, who can pass the ball to the player at any time, either a chest or a bounce pass, to make things more difficult.*

A great video on this drill can be found here!



Nettyheads- Netball drills Footwork Figure 8's

DODGING DRILLS

ZIGZAG DRILL (ATTACK & DEFENCE)

This drill is good to develop dodging and double break skills.

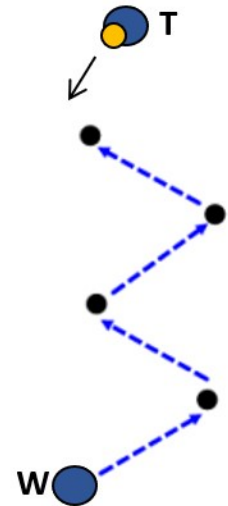
Use 6-10 cones to mark out a zigzag along the court. Players jog to a cone and use their outside foot to push towards (or dodge) to the next cone.

Encourage players to use 'little feet'. Once at the last cone, the player will push off the drive to receive a pass from the thrower, use appropriate footwork, and then pass back to the thrower.

This drill can be modified to help junior players learn about the 3 ft. rule, they need to jog up to a cone and pretend it's their opponent with the ball. Encourage them to take a big step back (3 ft.) and have their arms up big and strong. Hold for a second and move to the next cone. Repeat.

The attacking drill is also great to practice dodging defenders and using sharp movements to create space. Moreover, the defensive drill is great to practice closing the space on an opponent and practicing the 3ft rule.

A diagram of this drill can be found above.



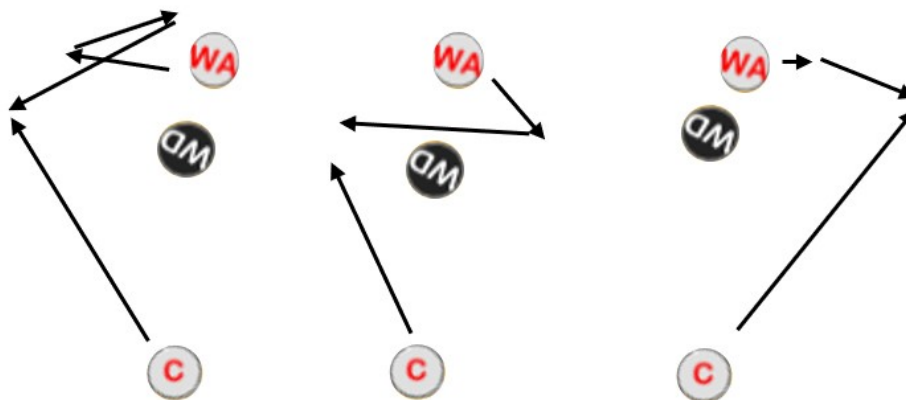
The Zigzag Drill.
Thrower (T), Worker (W)

STRAIGHT FORWARD RUNNING EVASIONS

There are 3 different evasion moves that we can practice here. It's ideal if you have 3 people for this drill. So, one can be the thrower, one can be the attacker, and one the defender. However, if one player can be the thrower, and one can be the attacker, you can place cones on the ground to simulate a defending player.

The most important thing is that these footwork dodging patterns are learned and remembered by the attacker, so they can be used in a game. There are 3 main evasion techniques including;

1. Double Cut Back: The attacker runs one way, stops abruptly and changes direction before again changing direction for a second time to go and meet the pass.
2. Cut Back: The attacker runs one way, stops quickly changes direction and runs into space to meet the pass.
3. Double Bluff: Attacker runs and stops, making it look as though they are going to cut back before continuing their run in the direction, they were already running to meet the pass.



The Double Cut Back, Cut Back, and Double Bluff

Coaching Points

- *Every time they run, the attacker should be thinking of what they can do to wrong foot their marker – always varying their tactics so that they don't become predictable.*
- *Keep your feet shoulder width apart (weight evenly distributed).*
- *Players on their toes – ready to move.*
- *Keep eyes on the thrower.*
- *Body upright.*
- *Use arms to accelerate and extend to receive the ball.*

A great example of these skills can be viewed in the video below!



Netball - Attacking Movement - The Dodge

THE HALF TURN

This technique is an extension of the running evasions we just practiced! And can be used to really trick your defender and get some space!

This drill works best with 3 players, 1 attacker, 1 defender, and 1 thrower. However, if you only have 2 players, set up a cone to simulate a defender.



Netball - Attacking Movement - The Half Turn

Cones can also be used to signal a point to drive towards. Attacker and defender stand next to each other. The attacker makes a half turn backwards, then pivots forward to the original position and drives off to receive a pass from the thrower.

Coaching Points

- *Start in a two-footed balanced position with knees flexed.*
- *Head up and eyes on the ball.*
- *Pivot backwards on the ball of the foot that is closest to the defender, taking your hips, shoulders and head with you.*
- *Quickly swing forwards again and sprint at an angle away from the defender.*
- *Regain eye contact with the thrower by turning the head early.*
- *Take the pass at speed, jumping to control the landing which should be in an upright, balanced position.*

Progressions Points

- *Work both sides of the body.*
- *Increase pressure from the defender, if you have 3 people.*
- *Progress to a full turn.*

DEFENSIVE DRILLS

PIGGY IN THE MIDDLE

This drill is centered on quick reaction and defending the pass, and is a perfect game for mum or dad to get involved with! The piggy must focus on position, footwork, vision and body angles.



Piggy in the Middle Drill

Two players will act as the passers, and one player will be the piggy in the middle. The two passers will stand facing each other about 5-10 meters away from each other. The piggy will start the game in the middle. The two outside players must pass the ball to each other successfully without the piggy intercepting the pass. If the piggy does intercept the pass, then the player who last threw the ball is now the piggy, and the game continues. If the piggy tips the ball twice, then the last thrower becomes the piggy.

For the piggy, they must use quick footwork and proper defensive positioning to intercept the ball. Even when they don't intercept the ball, be sure to try and contest the passer as much as possible, keep your arms strongly up, just like you would when contesting an opponent in a game.

REBOUNDING

One player will take a shot at the netball ring while the second player defends the shot. The shot will be purposely missed for the second player, the defender, to jump and collect the rebound.

This drill focuses on practicing the correct defensive position when contesting an attacker's shot and spatial awareness and reaction time for when the ball must be

rebounded. Try mixing it up and have the defender stand at a cone on the other side of the net, pretending to defend an attacker and miss the shot so they can practice rebounding the ball when they are the second defender.

Coaching Points

- *When rebounding the shot:*
 - *Defender takes up a ready position, knees bent, on toes ready to jump.*
 - *Arms begin at the players' side slightly flexed ready to move upwards at speed to increase jumping height & reach for the ball at highest point.*
 - *Eyes directed up towards the ball and ring.*
 - *Avoid standing directly under the ring.*
 - *Jump straight up and down and land in an upright and balanced position.*

Progressions Points

- *Incorporate a turn in the air to land facing your attacking end.*
- *If you have 3 people, make a successful pass after winning the rebound.*

DEFENSIVE INTERCEPTING FOOTWORK

This drill is great for practicing defensive footwork when trying to intercept the ball from behind a player. In addition, the drill helps to develop the ability to drive onto a pass to gain possession of a loose ball and improve their overall defending capabilities.

In pairs, have player 1 stand still, holding the ball in front of them. Player 2 starts at player 1's side and must run around the back of player 1.

As player 2 comes around the back, player 1 releases the ball by lobbing the ball 10cm and retracting their hands, for player 2 to intercept.

Player 2 must try to catch the ball before it bounces. However, one bounce is acceptable, before passing the ball back to player 1. Player 2 then drives back behind player in the other direction, and the drill repeats itself for 5 minutes.

Coaching Points

- *Player 2 must drive onto the ball when making the interception to land in front of player 1.*
- *The timing of the release is determined by the ability of player 2 (the higher the lob the more time for the interception).*

In conclusion, practicing your skills regularly is an important element of becoming the best sports player you can be! In addition, when practicing with a parent, kids can develop at their own pace in a more relaxed environment, which will benefit them both mentally and physically.

The drills detailed above are a great guide on where to start when kids and parents train together, however, if your child wants to practice more and learn more advanced and structured drills, sign them up for one of Australian Sports Camps' [3-day netball camps](#)! Our camps offer structured programs that are tailored for your child according to their ability so that they are doing drills and exercises that are equipped for their skill-set.

In addition, if you have your own ideas for possible netball drills that you think other parents would enjoy too, or if you have any feedback on how this article could be improved, send us an email at admin@australiansportscamps.com.au so we can help to offer the best guide for you and others on fun netball drills for kids and parents!

About the Author – “Tom Parslow is a graduate intern for ASC who is currently completing his degree in Business Sports Management at Deakin University. With a Passion for AFL and all things sport, Tom is a digital marketing content creator & provides technical SEO services for ASC regarding sporting articles.”



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