

Partner Ball Work #2

COVID-19 Disclaimer: please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you maintain social distancing of 1.5m at all times where possible.

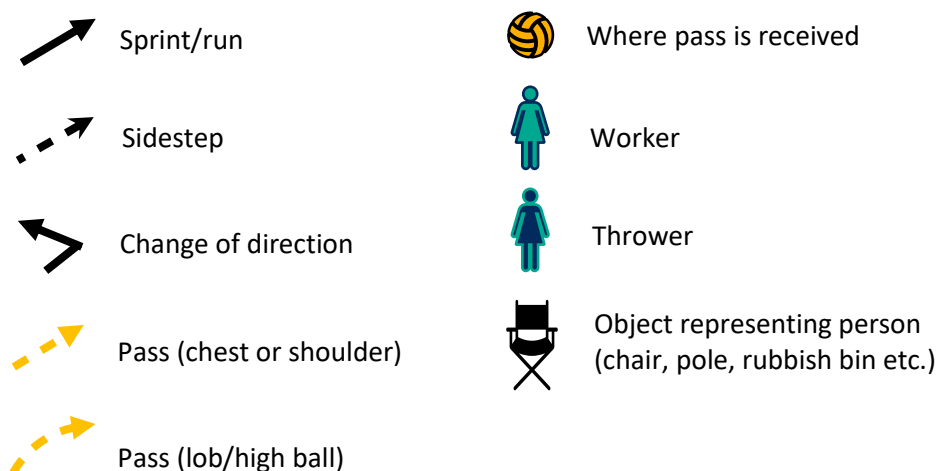
Set Up

- You will need a partner for all drills (they don't have to be a netballer)
- If you don't have cones, you can use shoes, drink bottles, canned food, chalk markings etc.
- If you don't have a netball (or only have one), you can use a soccer ball or even a tennis ball
- Choose 3-5 drills (depending which ones you select, you may do more or less)

Coaching Points

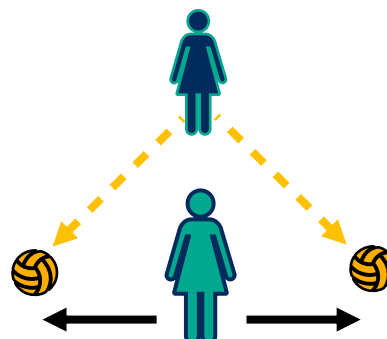
- Perform each activity at match intensity
- Keep head facing forwards at all times and eyes up (even when driving back)
- Angle hips and shoulders in direction of movement
- Strong change of direction and push off
- Drive onto ball, don't leap
- Ensure you are balanced before passing back to thrower
- Strong passes with correct technique

Diagram Key



Drill #1

- Stand 2-3m away from passer
- Run sideways to one side
- Receive pass, landing on outside foot
- Gain control and balance before placing other foot down
- As you place the second foot down, throw back to passer in one motion
- Perform 10 times, alternating left and right sides
- **Progression:** follow pass through with a drive towards thrower simulating a give and go (can receive a second pass), reset and go again

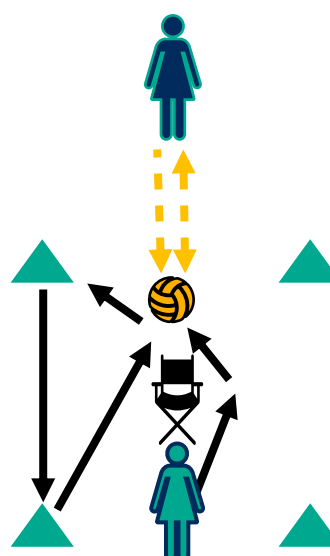


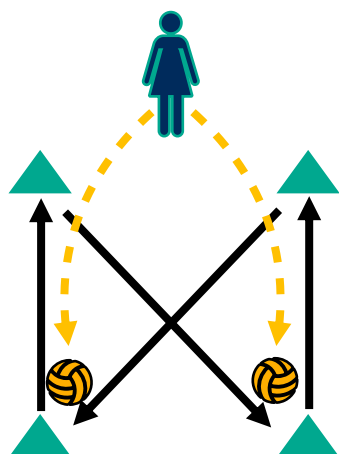
Drill #2

- Start 1.5-2m behind the chair
- Front cut the chair
- Receive pass on extension
- Work in opposite direction (front cut on the left of chair)
- Perform 4-5 times on each side
- **Progression:** receive 1-2 reaction/surprise passes after first pass

Drill #3

- Start 1.5-2m behind the chair
- Front cut the chair
- Receive pass on extension (return pass)
- Drive to top left cone
- Sharp change of direction
- Drive to back cone
- Drive to intercept pass to chair
- Work in opposite direction (front cut on the left of chair)
- Perform 3-4 times on each side
- **Progression:** receive 1-2 reaction/surprise passes after first pass



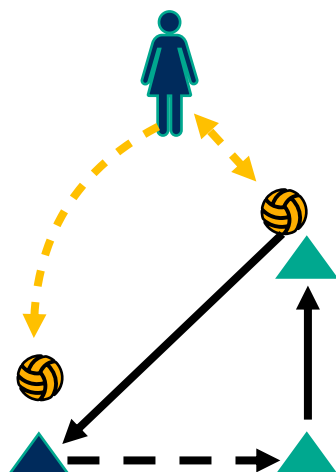
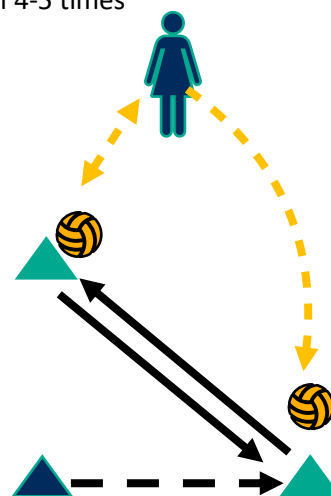


Drill #4

- Start at back cone
- Straight drive forwards
- Sharp change of direction
- Angle drive to opposite cone
- Receive a high pass
- Repeat on other side
- Perform 4-5 times

Drill #5

- Start at navy cone
- Sidestep across to right
- Angle drive forward left, receive pass
- Angle drive back right and receive a lob
- Perform 3-4 times
- Move top cone to the right and perform 3-4 times in the other direction

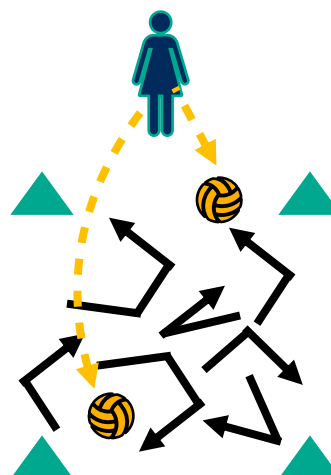


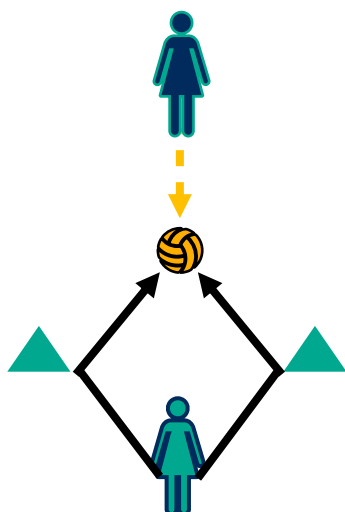
Drill #6

- Start at navy cone
- Sidestep across to right
- Straight drive forward, receive pass
- Angle drive back left and receive a lob
- Perform 3-4 times
- Move top cone to the left and perform 3-4 times in the other direction

Drill #7

- Perform random change of directions within the box
- Use a range of movements (sprint, sidestep, clear, dodge, roll, drop back etc.)
- Passer to throw surprise passes on some leads (straight pass, log, high ball, drop ball)
- 30 seconds work, 15 seconds rest, 3 sets



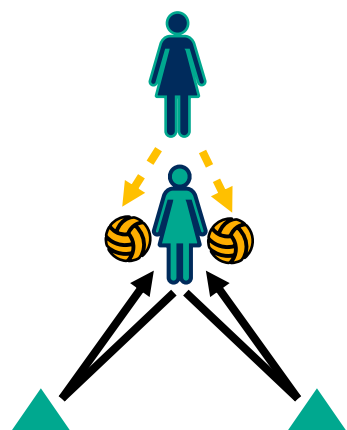
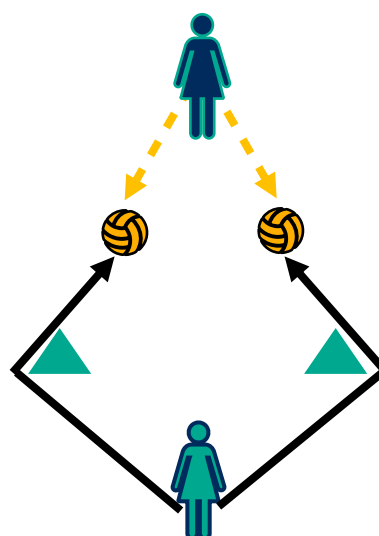


Drill #8

- Start 2-3m behind cones in the middle
- Angle drive to cone
- Sharp change of direction
- Angle drive towards thrower
- Receive pass on extension
- Perform 4-5 times each side

Drill #9

- Start 2-3m behind cones in the middle
- Angle drive to cone
- Sharp change of direction around cone (get whole body around, not over top)
- Angle drive towards thrower
- Receive pass on extension
- Perform 4-5 times each side



Drill #10

- Start 2-3m in front of cones in the middle
- Angle drive to cone
- Sharp push off
- Angle lead towards thrower
- Receive pass
- Perform 4-5 times each side

Drill #11

- Start 3ft in front of passer with hands over, hold for 3 seconds
- Angle drive to back left cone
- 'Intercept' a high pass by getting under the ball and jumping off both feet
- Perform 4-5 times each side

