

# Title: **Getting Free: Change of Pace and Direction Session**

Produced using Sportplan Session Planner

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Date:	Venue: <b>Netball Court</b>	Duration: <b>1 hour</b>	No of Players: <b>8+ Players</b>	Ability / Level: <b>Beginner</b>	Equipment: <b>Balls, Bibs, Cones and Whistle</b>
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<b>Session Goals:</b> This session develops players' ability to get free by changing pace and direction. This session also looks at the skill of dodging to beat a defender to receive the ball. Attacking skills covered in this session include speed, agility and decision making.	<b>Personal Coaching Goals:</b> To get your players thinking about how to get free from their opponent to keep possession of the ball whilst demonstrating a change of pace, direction to beat a defender to increase attempts at goal.
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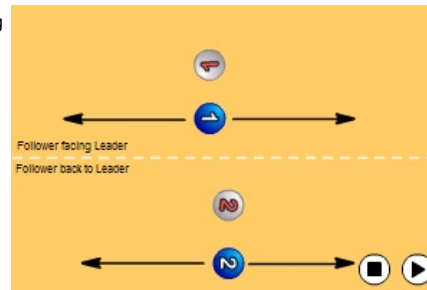
Time	Task / Activity / Session Content	Coaching Points
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## Warm Up

### Shadow Dancing

In pairs, one player moves quickly from left to right, using small side steps while their partner tries to keep up.

Both players are facing each other.



### Progression

You can repeat this and progress it by positioning the attacking player behind the marker, so the marker has their back to their opponent and has to shadow by looking over shoulder.

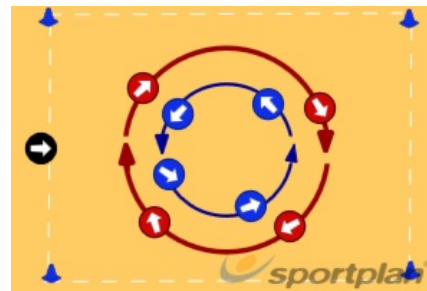
### Jailbreak

One team runs clockwise round the inside of the circle with the other team running anti-clockwise around the outside of the circle.

In this example the defenders are red, and the attackers are red.

When the coach shouts 'Jailbreak' the players inside the inner circle try to 'escape' to outside the 10m x 10m square (yellow cones).

The inside team scores a point for each 'jailbreaker' - swap over. If you have an odd number of players give the defenders the extra man.



### Coaching Tips

Encourage players to get past the defenders using a change of pace and change of direction.

Try to get players to look for the space when 'escaping from jail'.

Encourage players to communicate with one another to beat the defenders.

### Notes

This is a good practice for both defending and attacking movement (defenders should tag players to 'catch them').

- If you have an odd number of players give the defenders the extra man.
- You can start this drill at walking speed to get your players going.

### Progression

#### For the LA (less able):

- Increase the size of the circles
- Decrease the speed (jog at 50%)
- Take away a defender

#### For the MA (more able):

- Decrease the size of the circles
- Increase speed and intensity
- Add more defenders
- Take away attackers

## Developing the Skill

### Get away!

Split your players into 3s and select 2 lines on the court (ideally getting players to work within a third of the court each).

On the whistle the attacker (white) sprints to either line. The attacker should use a sudden change of direction and sprint to receive the ball from the feeder, away from the defender who is marking them.



### Coaching Tips

Encourage players to drive out to meet the ball - not wait for the ball to come to them.

Try to get players to land on their outside foot.

Players need to explore different ways of getting away from the defender these should include:

- Dodging
- Change of pace
- Change of direction

More able players should be looking to use their body to fake a movement to deceive the defender.



### Progression

#### For the LA (less able):

- Defender starts passive to give attacker a chance
- Feeder starts closer to the attacker



### Progression

#### For the MA (more able):

- Defender to mark the attacker tightly
- Increase distance of feeder
- Get attacker to drive out at different angles
- Feeder to release ball quickly to increase intensity
- Move on to the 'Free to catch' practice (below)

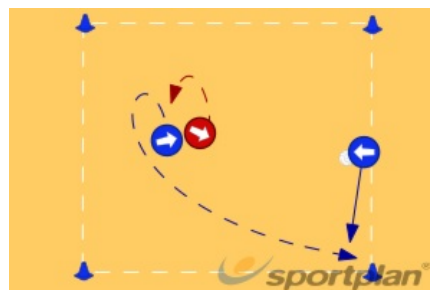
### Free to catch

Players stay in groups of 3 with 1 ball.

2 players stand in the grid and 1 player outside with the ball.

The players inside the grid alternate to get free from each other to receive the ball from the player on the outside.

Set an allotted period of time for players to complete the pass (ticking clock).



### Coaching Tips

Try to get players to drive onto the ball showing a change of pace and change of direction to beat the defender to receive the ball.

Encourage players to re-offer for the ball if they are unsuccessful in the first instance.

Players should be pushing off their outside foot to change direction - shoulder should drop in order to fake a movement.



### Progression

#### For the LA (less able):

- Increase the size of square - allows more movement space
- Defender starts passive
- Add an extra attacker



### Progression

#### For the MA (more able):

- Decrease the size of the square - increases decision making skills
- Add an extra defender - to increase intensity
- Add an extra feeder (with an extra ball) on the outside to increase attacking options and increases intensity
- Only allow player 3 seconds to get free to receive the ball

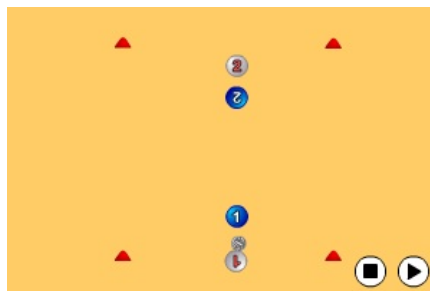
## The Dodgem

Split players into 4s inside a coned area. The attackers (white) start with the ball on the outside of the playing area.

To begin with White 2 feints a movement one way and then sprints in opposite the direction (to begin with use a passive defender).

After white 1 has passed the ball, she then has to do a feint dodge and run in opposite direction to receive the ball.

Try to get 3 / 5 passes in a row before possession changes.



## Coaching Tips

Players need to communicate with one another to beat the defenders. Encourage players to use the whole space.

Try to get players to 'give and go' - once they pass the ball move to receive the pass (reactions).

### The Dodge:

- Feet shoulder width apart (weight evenly distributed)
- Players on their toes - ready to move
- Player takes two steps one way, drops the shoulder, push off the outside foot to change direction and drive onto the ball the opposite way



## Progression

### For the LA (less able):

- Make the area larger
- Add an extra attacker - gives more passing options
- OR take a defender away



## Progression

### For the MA (more able):

- Make the area smaller
- Add an extra defender - to increase the intensity for the attackers
- Increase number of consecutive passes need to be made
- Add a time limit

## All Together now - Group Practices to Finish

### 4 corner drill

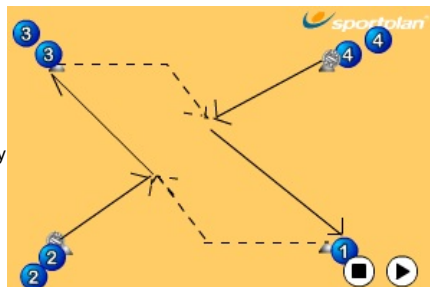
Minimum of 8 players with 2 balls (balls start on diagonally opposite corners).

Players 1 and 3 run to their left towards the player that is going to feed the ball to them.

Before reaching the player who is going to feed them the ball the receiving player should make a sharp dash towards the centre to receive the ball, accelerating as they do so.

Once the ball is received the player passes it to the player diagonally across from where they started and follows their pass and joins the back of the queue.

The drill continues.



## Coaching Tips

Ensure that the movement inwards is sharp and direct, with a clear changing of pace.

Players need to drive out pushing off their outside foot to change direction and pace to beat a defender to receive the ball.

Encourage players to inject a change of pace into the cut back movement - this will help to lose the defender.

Players need to communicate with each other and signal for the ball to ensure a success pass and maintain possession of the ball.



## Progression

### For the LA (less able):

- Bring the cones closer together
- Add more players - to allow more time off the ball to recover



## Progression

### For the MA (more able):

- Move cones further apart to increase intensity
- Add a defender at each post to add extra pressure - the defender can start off passive

Modified Game - 7v7

Players to play a full game (7 v7).  
Incorporate the rule that every time any player uses a dodge, change of pace or change of direction to beat the defender to receive the ball they score an extra goal for their team.



Notes

After 5 minutes revert to normal rules before finishing the session with some group stretching.

Other Comments:

"Expect the best, plan for the worst, and prepare to be surprised." Denis Waitley

Evaluation: