

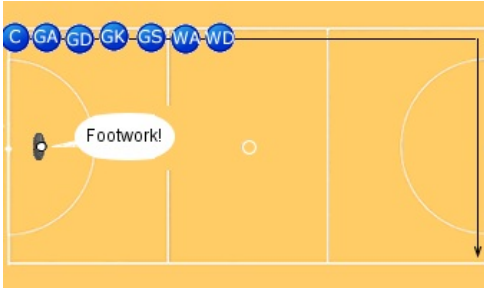
Title: **Linking Passing - Connect Defence to Offence**

Date: 15/02/2011	Venue: Netball Court	Duration: 1 Hour	No of Players:	Ability / Level: Intermediate	Equipment: Balls and Bibs
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Session Goals: In this session we look at starting positions from a dead ball situation and work on spatial awareness. Working on patterns of play to help your team link the ball through each section of the court through passing and create a better chance of converting good defensive play into a goal.	Personal Coaching Goals: On many occasions a team's defence do an excellent job of winning the ball. However, when taking a back line pass, or in a dead ball situation from the defensive third, find it difficult to work the ball through the court <i>LINKING</i> up with the mid-court and attacking players. Session Goal: work the ball through the court, linking defence to mid court to attack.
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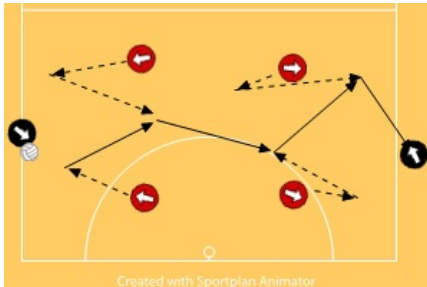
Time	Task / Activity / Session Content	Coaching Points
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Warm Up

Footwork Warm Up Players jog around the court awaiting the call from the coach. When they hear "Footwork" players must work hard for 30 seconds. During these 30 seconds players work on their footwork patterns inside the third of the court they were in when the call was made.		During <i>Footwork</i> players jog around using random side steps, rolls, dodges, forward drives, backward drives, jumps and weaves. Repeat this 6 times and then finish warm up with a quick drink before carrying on. Photo credit to Muffet (Liz West on Flickr)
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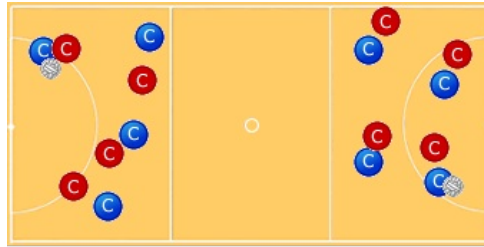


Passing Practices

Mini Drill: Up the Line Passing 6 players work in one third of the court with 1 ball. 2 players stand on the sidelines with the other 4 players working in the area between them in pairs. Each time there is a passing option the two players should offer for ball. When one of them has received the ball the other player should change direction and receive the ball from their partner. The player on the ball then rotates and waits for the other two players to move before playing a pass.		Listen out for calling - players should be vocal in their offering for the ball ("I'm open" "I'm here" etc.) Players re-arrange their positions to make this play continuous. Be aware of spacing between players and ensure their movement is always different, they shouldn't simply be running back and forth each time - mix it up and bit.
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Balance the court: Passing game

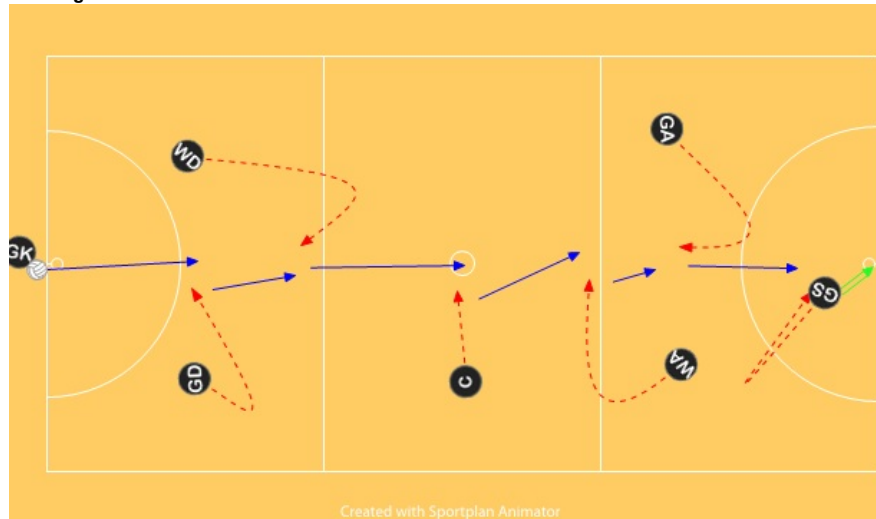
2 teams of 4 work in one third of the court.
Players score a point after 10 successful passes without the other team interrupting play.
If a player loses the ball to opposition then they have to make 10 successful passes again.



Each team of 4 must try to balance the whole area and react to the movement of other players so whole area is always covered.
If you spot that players are crowding on one side of the court you can penalise that team and award possession of the ball to the other team.

Up the Court - Linking Passing

Down the middle: Link Passing



Set up one team for the backline pass.

Players must work the ball up the court, linking each section of team. Every Player must receive a pass.

Players should demonstrate a change of direction before receiving the pass - running in one direction before cutting back with a change of pace to meet the pass.

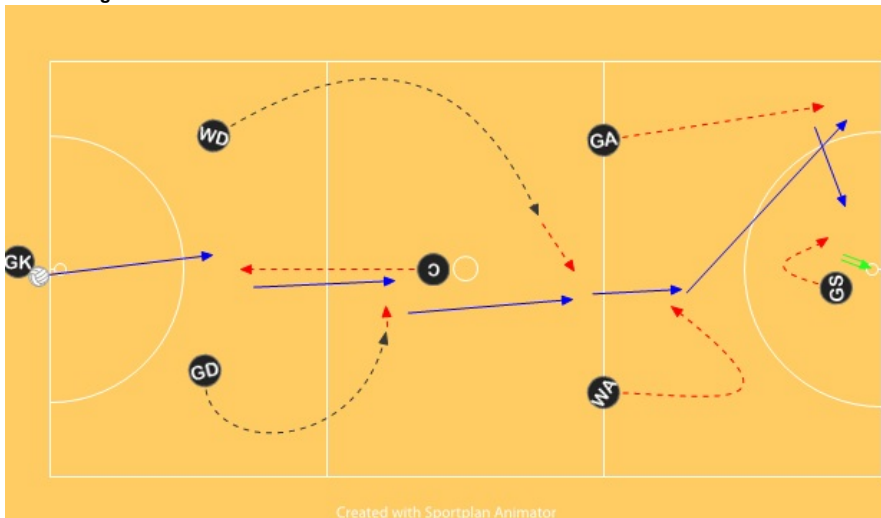
Positioning:

Every person has to be aware of their starting position in order for the play to successfully link through the court.

Progression:

Start to add defenders into the practice.

Through the middle: Link Passing



Backline Passing Options - No. 1: The Roll

The Centre receives the first pass from the GK.
After this the GD and WD should roll in opposite directions outwards, taking their opponents with them (WA and GA are now chasing WD and GD).
Continuing their runs, the WD and the GD should offer for the pass and then play the ball up the court to the WA, the GA and the GS.

Variation:

The GD and WD roll inwards. This leaves the attacking third clear for the centre to drive into space and receive the return pass.

As they receive the pass the Center should turn in the air and send the ball in a straight line to one of the defenders who then passes the ball into the attacking third.

In just 3 passes the team have linked play from the defending transverse line to the attacking transverse line.

Switch Run: Variation in the Link Passing



The GD and the WD both run from their side of the court to the other in a looped run but they don't actually want the pass!

In doing this they drag their opponents out of position and create open space for a team-mate to run into.

In this example the GD circles back on themselves, rolling back into the middle, in order to receive a straight line ball.

Game On!

Poor positioning

This is an example of poor positioning by the attacking team.
In this example only the GS in the attacking third.
If your team are ever caught in a position like this stop the game and ask them to think about where they should be positioned on the court to enable their team to link defence to attack through the court.



A common mistake:

A common error on a back-line pass is for 8 players to start in that goal third i.e. GK, GD, WD, C and their opposition. This congests the area. It also means that when the ball is won in the area the player is unable to immediately release the ball as their teammates are sprinting up the court.

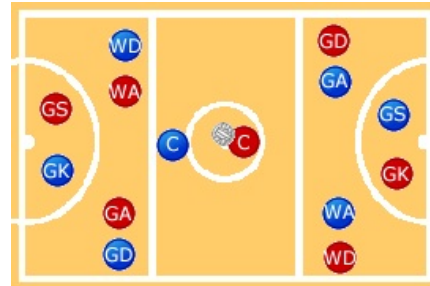
If the C starts in middle of court just beyond the defensive transverse line then they are in a position to receive a pass from the WD or GD, or if they are tightly marked can make a choice to enter the goal third to help them.

Also, I suggest the GA and WA take up a position behind the centre circle.

Final Game

From every back-line pass or dead ball situation (penalty pass or side line throw-in) players should set up a switch or roll.

Every person has to be aware of their starting position in order for the play to successfully link through the court.



Finish with some static stretches and a drink.

Other Comments:

"If you can accept losing, you can't win."

Vince Lombardi

Evaluation: