

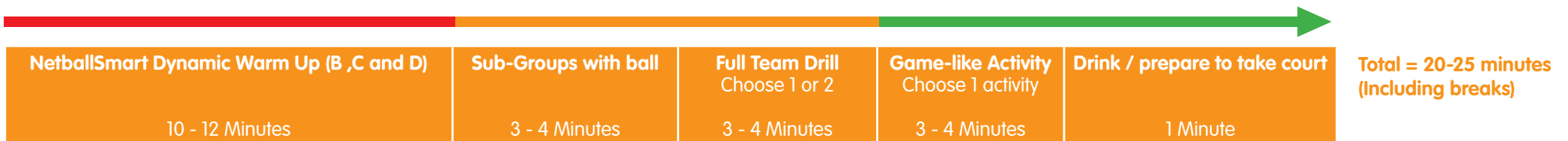
NetballSmart: Game Day Transitional Skills

Designed to better prepare players for the demands of the game and reduce injury risk, by transitioning appropriate movements from the NetballSmart Dynamic Warm Up (NSDWU) right through to the first whistle.

We know that Netball players will start the game with better intensity, be less at risk of injury and perform well when they have gone through an appropriate warm up. Many teams execute the NetballSmart Dynamic Warm Up with skill and intensity already, so this resource is intended to take the warm up to the next level!

A great warm up for a game should include:

- NSDWU (NetballSmart Dynamic Warm Up)
- Positional or sub-group specific preparation
- Full Team Drills
- Game like activity to provide opportunities for decision making (as players need to do this on court)
- Build in intensity so it is most game-like prior to taking the court
- Use multiple “deceleration and stopping activities”.
 - 90-95% of the time, players stop after receiving a pass.



As a coach, being involved in the quality of the teams warm up is beneficial. During the warm up note who is/is not switched on mentally, if there are any injuries or niggles and potentially which combinations are communicating and working well already. It is important that the players can self-manage the warm up but the coach uses it as an opportunity to monitor quality of movement.

Coaching Questions

- Have the players completed the NSDWU with quality and purpose?
- Are the movements the players are using in their warm up reflective of the game? Remember 90-95% of the time players stop after receiving a pass.
- Have the players allowed time to prepare for the movements specific to their position or sub-group?
- Have they been given opportunities to make quick decisions/react to situations to prepare their brains for the game?
- Has the warm up built in intensity from jogging at the start of the NSDWU to dynamic/game-like activities before the first whistle?
- Are the players starting the game well? Physically ready? Mentally prepared? Communicating well? If not, what could change?

Sub Groups

Allocate time in the warm up for sub-group preparation with a ball

Shooters

Key Movement Competencies

- Take contact in the air strongly and land balanced.
- Quick change of direction and body angles to make themselves available to the ball.
- Ability to land balanced on one or two feet in confined space.
- Accurate shooting while being contacted / distracted.



In threes or fours in the shooting circle

Option One

- One passer, one worker, one defender.
- Worker must do three pre-movements to get free from the defender.
- Passer delivers the ball, worker and defender contest for it.
- Worker pulls in the ball, lands balanced on one or two feet, turns and shoots.
- Defender can stand closer than 0.9m and contact/push shooter to encourage accurate shooting under pressure.
- Rotate roles and repeat.

Mid-court

Key Movement Competencies

- Strong leads and ability to stop suddenly and maintain balance on one or two feet.
- Taking a ball on circle edge/into the pocket and landing balanced.
- Maintain a strong core/position on the circle edge while competing for the ball.
- Ability to receive a pass and turn fully to look down court.



In threes or fours around the circle edge

Option One

- One passer, one worker, one man-on-man defender.
- Worker must use strong drives/cuts/movements to get free from the defender.
- Receive a pass in the pocket or on the circle edge, turn fully and land balanced to be in a good feeding position.

Option Two

- One worker in a strong balanced position on the circle edge with a defender either side.
- Passer attempts to deliver a strong pass to worker while both defenders push the receiver and contest for the ball.
- Rotate roles and repeat.

Defence

Key Movement Competencies

- Strong acceleration (e.g. for an intercept) and able to land balanced.
- Maintain strong position in the air when competing with other bodies.
- Ability to jump and land suddenly off one or two feet.
- Quick feet to get back 0.9m and have hands over the ball/defend the shot.



In threes or fours in the mid-court

Option One

- Two workers and one passer.
- Workers drive toward passer who can release any pass at any time.
- Workers contest for the ball. The person who receives it should turn fully to face back down the court. The worker without possession should quickly get back 0.9m and have hands over the ball.

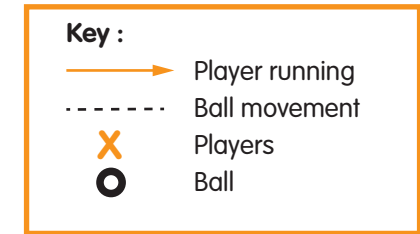
Option Two

- One passer, one worker, one defender.
- Passer gives high ball to worker; defender pushes them from different directions as they jump. Worker must engage core to be strong in the air, and land balanced on one or two feet.
- Rotate roles and repeat.

Full Team Activity

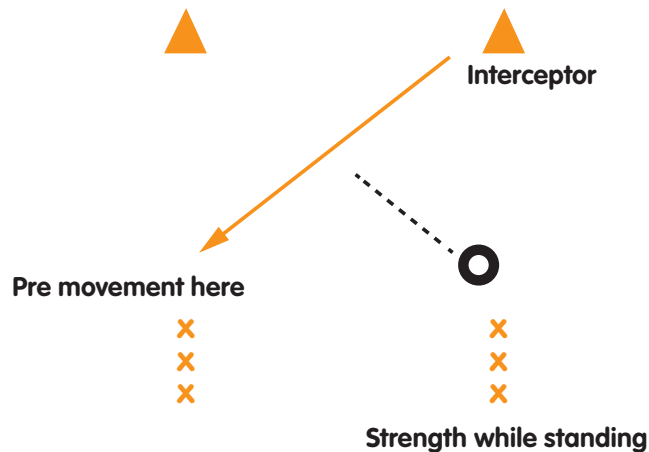
How to incorporate more Netball specific movements into existing team drills:

- Add stopping at pace – single and double leg stopping.
- 90-95% of the time, players stop after receiving a pass.
- Add roaming defenders to make movement patterns less predictable.
- Engage core by adding more jumping, turning fully, and landing balanced.
- Incorporate more sharp changes of direction rather than straight line running.
- Incorporate exercises when waiting in line (e.g. SL squats, RDLs, balance).



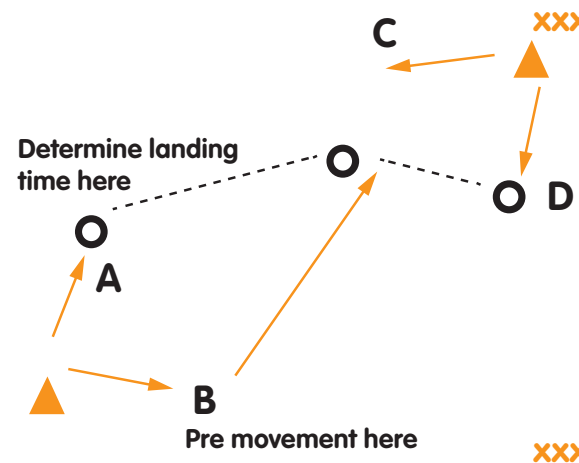
Intercept

- Encourage each player to execute a pre-movement before their turn (e.g. passer, interceptor and defender) to make the drill much more dynamic.
- Add priming/strengthening movements while waiting in line. Single leg squat/balance, calf-raises, RDLs.
- Frequently change the direction of the drill and vary passing options to counter-act predictability.



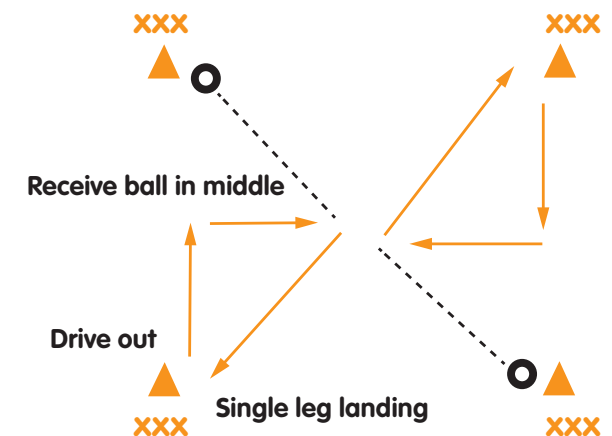
Diagonal

- Add man-on-man defenders to vary the position where the ball is received.
- Passer calls 1, 2, or 3 for player driving into the middle. The receiver must stop and balance for that amount of time before passing the ball on.
- Everyone must listen and react to keep timing and flow of the activity.



Four Corners

- Add roaming defender(s) – attackers then must make more decisions about when, where and how to receive the ball. Passing will also require greater accuracy.
- When attacker has finished their drive and passed the ball back, encourage them to come to a full stop and hold for 3 sec, before joining the back of the line. Encourage both single and double leg stops.
- Vary the direction of running and encourage pre-movement before their turn (e.g. prop and stick, dodge, roll, cut) to introduce more change of direction.



Game-Like Activity

Game-like activities to put it all together before taking the court

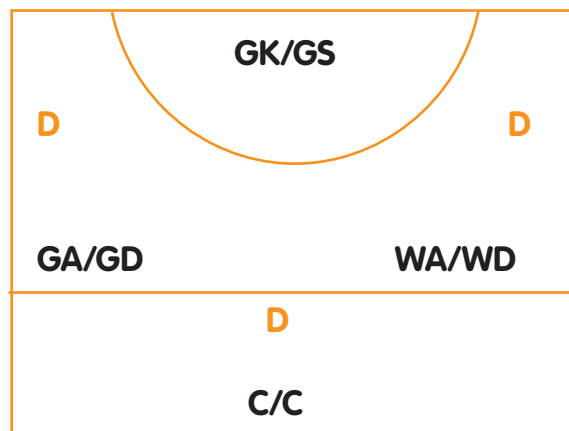
When players have learned a drill and how to execute it well, they can switch into autopilot and go through the motions. Prior to starting the game, players need to have plenty of opportunities to react to the unknown, make decisions under pressure, communicate with each other, and replicate a game-like intensity. This will help them transition into the game and start alert and ready. Remember to ensure players are stopping and landing well.

Use the following activities to achieve this right before the first whistle.

With this activity encourage communication, intensity and correct execution of movements and landing/stopping skills – as if they were already playing.

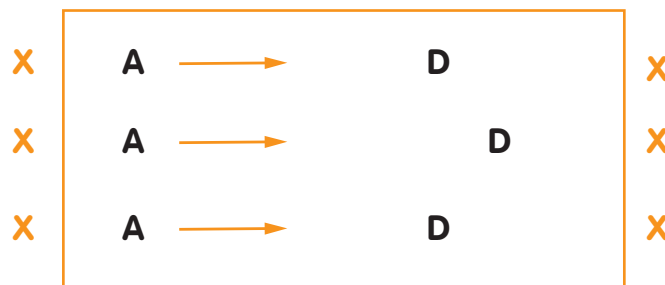
Half-court

- There is nothing more game-like than playing the game! Place players in their positions with subs as extra roaming defence.



3v3 rotations (across a third)

- In groups of three on either side-line. Three defenders start in the middle of the third.
- The attacking trio must work the ball from one side-line to the other with each player receiving at least 2 passes.
- When the side-line is reached, rotate the waiting trio in. Switch defenders regularly.



20 Passes

- Split players into two even teams.
- One team on attack, one team on defence.
- The attacking team must get to a specified number of passes (e.g. 20) without any errors.
- Ensure each player is continually moving/balancing the space and having equal touches of the ball.
- If the defenders create a turnover, roles switch, and they are now attempting 20 passes.

