

# Coaching Points

## Footwork and Movement Skills

### INITIAL STANCE

Forms the starting point for most attacking and defending skills.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Feet shoulder-width apart</li><li>• Shoulders back and down</li><li>• Knees slightly flexed</li><li>• Knees over toes</li><li>• Head up with eyes looking in direction of play</li><li>• Arms relaxed by side of body</li><li>• Centre of gravity is low and over base of support</li></ul>	<ul style="list-style-type: none"><li>• Base of support too narrow</li><li>• Shoulders forward and leaning inwards</li><li>• Knees straight</li><li>• Knees not over toes</li><li>• Head down</li><li>• Arms tensed and away from body</li><li>• Centre of gravity high and not over base of support.</li></ul>

### SAFE LANDING

When landing on one leg it is important to teach the players which foot they should be landing on.

TEACHING POINTS	COMMON ERRORS
<p><b>Two Feet</b></p> <ul style="list-style-type: none"><li>• Land with feet shoulder-width apart to give a firm support base</li><li>• Keep body upright, bend at hips, knees and ankles on impact to cushion landing</li><li>• Continue to bend knees after impact to assist with a balanced soft landing</li><li>• Body weight over both feet with shoulders even and weight on both feet</li></ul> <p><b>Right/Left Foot</b></p> <ul style="list-style-type: none"><li>• If player leads to the left, they should land on the left (outside) foot. If lead to the right, land on the right foot.</li><li>• Body weight over the outside foot with shoulders even and weight on the outside foot</li><li>• Place other foot on the ground quickly to help absorb impact and provide balance</li></ul>	<ul style="list-style-type: none"><li>• Landing with feet too close together</li><li>• Not continuing to bend knees, ankles and hips on and after impact</li><li>• Landing on incorrect foot (inside)</li><li>• Not bending knees, ankles and hips on and after impact to cushion landing</li><li>• Second foot not landing quickly and overbalancing on the first</li><li>• One shoulder is dipped – usually same side as landed foot</li></ul>

### TAKE-OFF

Stride length should be short on take-off.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Arms/legs move in opposition</li><li>• Lean body forward</li><li>• Start with small steps and gradually move to bigger steps</li><li>• Arms drive forward in relaxed style, elbows bent</li><li>• Keep head erect and eyes up</li><li>• If leading to the right take off with the right foot and vice versa.</li></ul>	<ul style="list-style-type: none"><li>• Initial step back before driving forward</li><li>• Same arm and same leg</li><li>• Arms at side of body not driving or swinging across the body</li><li>• Stride length too big</li><li>• Eyes looking down</li></ul>



## JUMPING AND LEAPING

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

TEACHING POINTS	COMMON ERRORS
<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"><li>• Bend slightly at the knees, hips and ankle, weight forward over toes</li><li>• Step into take off with a quick left right or right left-step pattern</li><li>• Use both arms to drive up to extend toward the ball</li><li>• Land on both feet, cushioning landing by bending at knees, hips and ankles</li></ul> <p><b>One Foot Leap – Right/Left Foot</b></p> <ul style="list-style-type: none"><li>• Bend slightly at the knees, hips and ankle, weight forward over toes</li><li>• Push strongly off take-off foot</li><li>• Drive arms up to extend toward ball</li><li>• Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles</li></ul>	<ul style="list-style-type: none"><li>• Weight back on heels of feet before take off</li><li>• Extra step not taken so only a one foot take off used</li><li>• Knee straight before take off</li><li>• Arms not used to extend to full height</li><li>• Landing on one foot</li><li>• Timing of jump is incorrect</li></ul> <ul style="list-style-type: none"><li>• Weight back on heels of feet before take off</li><li>• Knee straight before take off</li><li>• Arms not used to extend to full height</li><li>• Landing on incorrect foot (inside foot)</li><li>• Timing of jump is incorrect</li></ul>

## PIVOT

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

TEACHING POINTS	COMMON ERRORS
<p><b>Pivoting must always be on the landing foot</b></p> <ul style="list-style-type: none"><li>• Bring weight over grounded foot</li><li>• Bend knees slightly</li><li>• Turn on ball of the pivot foot, pushing off with the other foot</li><li>• Non-grounded foot is lifted and regrounded to maintain balance throughout movement</li><li>• Players must be able to turn quickly after receiving a pass and face the play down court</li><li>• Keep ball close to body and positioned ready to throw</li></ul> <p><b>Remember:</b></p> <ul style="list-style-type: none"><li>• When leading to right, land on right foot and pivot to right</li><li>• When leading to left, land on left foot and pivot to left</li><li>• When leading straight, pivot on first landed foot away from defended side</li></ul>	<ul style="list-style-type: none"><li>• Landing on incorrect foot</li><li>• Pivoting before the ball is securely caught</li><li>• Pivoting into opponent</li><li>• Dragging the pivoting foot on the pivot action</li><li>• Pivoting with the leg straight</li><li>• Weight not over grounded foot</li><li>• Grounded foot is lifted and regrounded during pivot</li><li>• Weight of grounded foot is moved from heel to toe during pivot</li><li>• Ball not brought into body after catch</li></ul>

## Ball Skills

### CATCH

Encourage players to catch with two hands to increase control.

TEACHING POINTS	COMMON ERRORS
<p><b>Two Hand Catch</b></p> <ul style="list-style-type: none"> <li>• Eyes on the ball</li> <li>• Move towards the ball</li> <li>• Extend hands forward with fingers spread and thumbs behind the ball (W formation)</li> <li>• Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes not on ball</li> <li>• Catching with the palms of the hand</li> <li>• Thumbs not behind ball</li> <li>• Arms bent and close to body</li> <li>• Not taking the ball while on the move</li> <li>• Movement away from the ball</li> </ul>

### SHOULDER PASS

One hand pass used for speed and accuracy over long distances.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Opposite foot to the throwing arm forward</li> <li>• Feet shoulder-width apart, with weight on back foot at start of throw</li> <li>• Ball held with two hands initially then in one hand with arm back behind the shoulder</li> <li>• Arms extended with elbow slightly bent, shoulders turned</li> <li>• Fingers spread wide behind the ball</li> <li>• Transfer weight forward as throwing arm comes through</li> <li>• Follow through throwing arm till almost extended, fingers and wrist extend in the direction of the pass</li> <li>• Rotate hips and shoulders towards target</li> <li>• Direct pass to space in ahead of receiver</li> </ul>	<ul style="list-style-type: none"> <li>• Same foot as arm forward</li> <li>• Throwing hand resting on shoulder</li> <li>• Weight on front foot initially – little with transfer resulting in loss of power</li> <li>• No transfer of weight from back foot to front foot</li> <li>• Ball held in palm</li> <li>• Elbow not bent when taken back</li> <li>• No shoulder rotation as ball taken back – stab pass</li> <li>• No hip/shoulder rotation as ball comes through</li> <li>• Arm taken back too high and the ball travels down on release</li> <li>• Hand under ball causing spin on release</li> <li>• Pass not directed to space in front of receiver</li> </ul>

### CHEST PASS

Pass with two hands from the chest; used for quick, short and accurate passes.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> <li>• Stand front on with the ball in two hands at chest height and elbows down</li> <li>• Spread fingers around the ball with thumbs behind</li> <li>• Step forward with weight transferred onto front foot as you push the ball with wrist and fingers</li> <li>• Ball comes out evenly from both hands</li> <li>• Head up - eyes looking forward</li> </ul>	<ul style="list-style-type: none"> <li>• Elbows at shoulder height</li> <li>• Hands at the side of the ball with thumbs upward</li> <li>• No weight transfer, use upper body only</li> <li>• Ball pushed from palm – lack of touch on pass</li> <li>• One hand dominates pass</li> <li>• Head down looking at ball</li> </ul>



## **BOUNCE PASS**

Used when the thrower is closely defended or when play is crowded; generally over short distances.

<b>TEACHING POINTS</b>	<b>COMMON ERRORS</b>
<ul style="list-style-type: none"><li>• Step forward and bend/lunge on opposite leg</li><li>• Push ball forward and downwards</li><li>• Release ball between the hip and knee</li><li>• The path of the ball is lower – under the outstretched hands of the defender</li><li>• The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height</li></ul>	<ul style="list-style-type: none"><li>• Step is across body</li><li>• Pass not directed downwards</li><li>• Ball released at shoulder height</li><li>• No weight transfer</li><li>• Bounce the ball too close to the thrower</li><li>• Bounce the ball too high</li></ul>

## **LOB**

A high passed used to lift the ball over the arms of the defending players.

<b>TEACHING POINTS</b>	<b>COMMON ERRORS</b>
<ul style="list-style-type: none"><li>• Start movement from the shoulder</li><li>• Short back movement</li><li>• One handed high release</li><li>• Follow through in direction of pass with wrist/fingers</li></ul>	<ul style="list-style-type: none"><li>• Ball begins at waist/hip level</li><li>• Large 'back swing' movement</li><li>• Ball released from chest position</li><li>• No follow through, arm action 'stabs' pass</li></ul>

## **BALL PLACEMENT**

An important aspect of all passes.

<b>TEACHING POINTS</b>	<b>COMMON ERRORS</b>
<ul style="list-style-type: none"><li>• Place in front of moving player</li><li>• Receiver to receive at full stretch, in front of defender</li><li>• Into space created by attacker –hold for a bounce or a lob</li></ul>	<ul style="list-style-type: none"><li>• Pass placed behind or at receiver</li><li>• Pass to high or low</li><li>• Receiver moves off too soon – allowing defender to move into the space created</li></ul>

## Attacking Skills

### TIMING OF LEAD

An important aspect of all attacking moves.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Reading cues from the thrower</li><li>• Reading available space</li></ul>	<ul style="list-style-type: none"><li>• Moving too early before thrower is ready to release</li><li>• Driving into space already taken</li></ul>

### STRAIGHT LEAD

Timing is key for successful execution.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side</li><li>• When the lead is to the right, take off with the right leg and vice versa</li><li>• Emphasis should be on strong first 3 – 4 steps with shoulders in direction of lead</li><li>• When leading to the right, land on the right foot and pivot to the right</li><li>• When leading to the left, land on the left foot and pivot to the left</li><li>• Strong arms to accelerate</li><li>• Maintain speed onto ball</li></ul>	<ul style="list-style-type: none"><li>• Leading too soon</li><li>• Step back before drive forward or taking off with the incorrect leg.</li><li>• Run with body 'flat' to ball</li><li>• Arms swing across body or not at all</li><li>• Lead is to the side but not towards the ball</li><li>• Slow down before the pass is taken</li><li>• Landing on the inside leg</li></ul>

### SINGLE DODGE

Movements should be quick and decisive.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Eyes on thrower</li><li>• Body upright, feet shoulder-width apart, slightly bent knees and hips</li><li>• Move a few steps away from the intended catching position, should be a definite move</li><li>• Place outside foot strongly on ground and push off in the opposite direction, turning hips to face toward direction of travel</li><li>• Use arms to accelerate and extend to receive ball</li></ul>	<ul style="list-style-type: none"><li>• Feet too far apart</li><li>• No weight transfer onto outside foot</li><li>• Push off on the inside foot</li><li>• Dodge not a definite movement – just a sway</li><li>• Movement too slow, allowing defender to hold attackers position</li><li>• Moving head and losing sight of thrower</li><li>• Eyes and head looking down</li><li>• Arms beside body and not using to increase power</li></ul>

### CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

First movement is longer than that used in a single dodge.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle, shoulders should be in direction of movement</li><li>• Emphasis should be on strong first 3 – 4 steps</li><li>• Push off strongly on outside foot and use inside foot as take off foot to move into a new space</li><li>• Emphasis again on strong first steps when moving to the new space</li></ul>	<ul style="list-style-type: none"><li>• Leading too soon</li><li>• Shoulders not turned in direction of lead</li><li>• Push off on the inside foot</li><li>• Movement onto second move not definite</li><li>• Not changing direction into a free space</li><li>• Arms beside body and not using to increase power</li><li>• Eyes and head looking down</li></ul>



## Defence Skills

### ONE ON ONE SHADOWING

Basic defending position.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Stand in front of opponent with back to attacker, and body halfway across opponent's body</li><li>• Arms close to sides of body</li><li>• Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright</li><li>• Vision to see attacker and the ball</li><li>• Shadow moves using fast small steps</li><li>• Aim to move feet, keep head up and maintain vision of the attacker and not swing head</li></ul>	<ul style="list-style-type: none"><li>• Standing directly in front of attacker or directly beside attacker</li><li>• Watching either the ball or the attacker exclusively</li><li>• Bottom is not tucked in and legs straight</li><li>• Feet too close together or too far apart</li><li>• Arms positioned out from the body causing obstruction</li><li>• Moving head and not feet to maintain vision on attacker</li></ul>

### INTERCEPTION

Reading the pattern of play allows the defender to predict the most likely passing option.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Read cues provided by the thrower to anticipate direction of the pass</li><li>• Drive for an intercept at an angle</li><li>• Focus on ball</li><li>• Emphasis should be on strong first 3 – 4 steps</li><li>• Run through to take the ball</li><li>• Land on the outside foot and balance</li></ul>	<ul style="list-style-type: none"><li>• Misreading the cues</li><li>• Leading too soon</li><li>• Angle is too flat</li><li>• Eyes and head looking down</li><li>• Push off on the inside foot</li><li>• Lunging at the ball</li><li>• Landing on incorrect foot and overbalancing</li></ul>

### RECOVERY TO 0.9M (3 FEET) FOR NETBALL AND 1.2M (4 FEET) FOR NETTA

Quick recovery enables the defender to position to defend the next pass.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Push off strongly 0.9m distance (1.2m for Netta)</li><li>• Strong stride/jump back – can be one large stride or few quick steps</li><li>• Use arms for power to jump back</li><li>• Head up with eyes on ball and opponent</li></ul>	<ul style="list-style-type: none"><li>• Push off not quickly enough to get back to distance</li><li>• Feet too wide or too close together – difficult to change direction</li><li>• Eyes on ground – attempting to judge distance</li></ul>

### HANDS OVER BALL – NETTA DISTANCE IS 1.2 METRES

Balance should be maintained ready to defend the attacker after they release the ball.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Stand 0.9 metres in front of the person throwing (1.2 metres for Netta)</li><li>• Feet shoulder-width apart, knees, hips and ankles slightly bent</li><li>• Weight balanced over two feet with knees over toes and entire foot on ground</li><li>• Arms up and in position over the ball</li></ul>	<ul style="list-style-type: none"><li>• Incorrect distance</li><li>• Hands coming up before correct distance is taken</li><li>• Feet narrow/legs straight/on toes – lose balance and shorten distance</li><li>• Bend forward too much at waist</li><li>• Arms waving and not defending ball</li></ul>

## Shooting Skills

### SHOOTING

Predominantly a one-handed shot with the other hand resting lightly on the side of the ball.

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"><li>• Ball is held above the head</li><li>• Arms are extended with the shooting arm reasonably straight and close to the ear</li><li>• Ball rests on the base of the spread fingers and the thumb</li><li>• The opposite hand is place on the side of the ball to steady it</li><li>• Stand upright with the feet about shoulder width apart</li><li>• Feet, hips and elbows pointing towards the goal post</li><li>• Bend the elbows and knees</li><li>• Straighten elbows and knees</li><li>• Release the ball just before elbows and knees are straight</li><li>• Flick the ball with the wrist</li><li>• Follow through, arms towards post</li><li>• Straighten fingers pointing them towards the post</li><li>• The ball should travel in an arc towards the post</li></ul>	<ul style="list-style-type: none"><li>• Ball is behind or in front of head</li><li>• Arm is extended out from ear</li><li>• Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips</li><li>• Opposite hand is place under the ball</li><li>• Feet too close or too far apart and body is hunched</li><li>• Feet, hips and elbows not aligned with each other and the post</li><li>• Keeping elbows and knees extended and ball dropping behind the head</li><li>• Keeping elbows and knees flexed on the release phase of the shot</li><li>• Releasing ball after elbows and knees are straight</li><li>• Not using any wrist action</li><li>• Arms not following the ball in the direction of release</li><li>• Fingers not pointing in the direction of the ball release</li><li>• The ball travels flat in the air</li></ul>