

ST CLARE'S NETBALL CLUB

COACHING ESSENTIALS



Key attributes:

- **Be organised and approachable** – you are the leader(s) of the team. The players and manager will look to you for training direction and structure, positions and game strategy.
- **Be on time (where possible)** – try to get to games and training early so you can work with the Manager to respond to unexpected changes.

A **training session** should consist of the following:

- 10 minute dynamic warm-up and stretches
- 35 minutes team drills and targeted positional instruction
- 30 minutes of game play
- 5 minute cool down

Before games have a routine (example):

- Remind players to remove all jewellery, wrist and ankle bands, nails short
- 10 minutes dynamic warm-up and stretches
- 10 minutes team drill(s)
- Patches and position allocation

Game Strategy & Player Management

It is really important that you have it clear in your mind (and on paper) what your warm-up plan is, what your starting team is, and what changes you plan on making at each ¼ break. Obviously things will change in a match depending on the score and any injuries.

Here are some game management tips:

1. Get your warm-up started 30 minutes prior to the game starting.
2. Have your team list & positions written down on paper for at least the first two quarters
3. Allocate bibs to players at least 5 minutes prior to the game starting
4. Read the game and listen to players at each break to see how they are going, but be clear, concise and quick in your positional changes (rotating your subs) at each break.
5. If there are issues with consistent umpire calls during a match, either you or the captain can approach the umpire to seek clarity, no one else (not a parent or manager)
6. Report any injuries or behavioural issues to Mrs Sepi Hawke via email (sepi.hawke@stcc.act.edu.au)

Warm-up

An effective recommended warm up consists of:

- Jogging
- Side steps
- High knees
- Butt flicks
- Grape vine
- Defensive shuffles (forward and backward)
- High skips/low skips
- Sprints (gradually increasing speed level)
- Fast feet drills (<https://www.youtube.com/watch?v=B9nX6WYhOCw>)
- Stretches (arm swings, leg swings, calf stretch, ankle rolls etc.)

Knee Injury Prevention Program

The knee program helps to prevent the risk of ankle and knee injuries – incorporate this into your team warm up before trainings and games. Some components of the KNEE program are listed below (videos explaining these movements are provided at [this link](#)):

- Single leg partner push
- Two leg partner push
- Single leg jump and land
- Two leg jump and land
- Tuck jumps
- Ski jumps
- Walking lunges
- Squats
- Hip rotation walk (“open & close the gate”)

Drills

Below are links to a wide range of fun drills, which have a short 30 second – 2 minute video explaining the drill. If you are struggling to explain the drill to the team, it is a good idea to show them the video!

<p>Team Drills</p> <p>These are drills which involve the whole team, which are especially good for improving game sense, ball skills, footwork, driving, and spacial awareness:</p> <ol style="list-style-type: none">1. Triangle Double Play: Youtube link2. Four Corners: Youtube Link3. Train Tracks + Lob: Youtube Link4. Pass and Go: Youtube Link5. Z Drill: Youtube Link6. Touch Netty: Youtube Link	<p>Footwork Drills</p> <p>Stepping Drill: Youtube Link</p> <ul style="list-style-type: none">➤ Eliminating Stepping➤ Improving Footwork <p>Outside Foot: Youtube Link</p> <ul style="list-style-type: none">➤ Pivoting➤ Catching the ball on the outside foot➤ Opening body towards the play/court <p>Coming Forward onto the Ball: Youtube Link</p> <ul style="list-style-type: none">➤ Aggression➤ Moving forward➤ Timing drives & intercepts
<p>Shooting/Circle Drills</p> <p>Circle Movement- Triangles: Youtube Link</p> <ul style="list-style-type: none">➤ To ensure shooters are not driving in the same place in the circle➤ Movement in the circle <p>Split Landings: Youtube Link</p> <ul style="list-style-type: none">➤ Helps shooters to land in a split position to be able to get closer to the hoop <p>Split and Hit: Youtube Link</p> <ul style="list-style-type: none">➤ Work on midcourters hitting circle edge➤ GS/GA ensures they are in good position to receive the pass (use multiple types of passes- lob, bounce, chest pass)	<p>Defensive Drills</p> <p>Basic Defensive Skills: Youtube Link</p> <ul style="list-style-type: none">➤ One on one defence➤ Intercepts➤ Three feet back & hands over the ball <p>Defensive Pairs Drill: Youtube Link</p> <ul style="list-style-type: none">➤ Pairs working together to intercept and take possession of the ball <p>Outside Arm: Youtube Link</p> <ul style="list-style-type: none">➤ Using their outside arm to intercept the ball without contacting their player <p>Hands Over Defence: Youtube Link</p> <ul style="list-style-type: none">➤ Getting back 3 feet➤ Following ball with hands <p>Figure 8 Drill: Youtube Link</p> <ul style="list-style-type: none">➤ Timing➤ Moving around your player

Need more information or help?

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Plays - Centre Passes

1. **Corner Stack: WA & GA are positioned together in the corner while one of the defensive players drives up the court to receive a pass – [Youtube Link](#)**

Key considerations of this set play are:

- Defenders being aware of the set play early
- Attackers need to be able to get free in a small space to gain possession in the second phase
- Second phase should always balance the court

2. **Stacked Centre Pass: WA & GA and positioned one behind each other – [Youtube Link](#)**

Key considerations of this set play are:

- Attackers need to make sure they are close enough together that a defensive cannot get through them
- The player behind the other attacker needs to be aware and be able to read off the player in front of them
- Drive at a 45 degree angle

3. **WA Receive Centre Pass: The WA receives the initial pass – [Youtube Link](#)**

Key considerations of this set play are:

- GS has to be aware of the play and has to time their drive
- GA needs to clear the space effectively to let the GS drive out of the circle

4. **Centre Pass Screen: GA & WA start on transverse line, and WA wraps around GA**

Key considerations of set play are:

- GA must use their body stop WD and GD from being able to follow/defend WA
- WA must wrap closely to GA to ensure WD cannot pass through

