

**SUMMARY TABLE OF 'SKILLS TO TEACH'**

	<b>NETTA NETBALL</b>	<b>NETBALL (11-13)</b>	<b>NETBALL (14-16)</b>	<b>NETBALL (17+)</b>
<b>Footwork / Movement Skills</b>	Land (1 foot / 2 feet) Pivot Sprint Side Step	Land (1 foot / 2 feet) Pivot Sprint and stop Side Step	Land (1 foot / 2 feet) Pivot (outside turn) Sprinting technique Side Step Change of direction Footwork – Speed Footwork – Movement patterns Work a number of combinations	<i>Consolidate and advance:</i> Land (1 foot / 2 feet) Pivot (outside turn) Sprinting technique Side Step Change of direction Footwork – Speed Footwork – Movement patterns Work a number of combinations
<b>Ball Handling Skills</b>	Chest pass Shoulder pass Catch	Shoulder pass Chest pass Catch Bounce pass Introduce one hand control	Shoulder pass Chest pass Hip pass Bounce pass Overhead pass Lob Introduce the fake / baulk Catch – 2 hand control Catch – 1 hand control Pass – Speed of the release Pass – Variety of release point Work hands at stretch Introduce use of ball on either side of body	<i>Consolidate and advance:</i> Shoulder pass Chest pass Hip pass Bounce pass Overhead pass Lob Fake / baulk Catch – 2 hand control Catch – 1 hand control Pass – Speed of the release Pass – Variety of release point Work hands at stretch Use of ball on either side of body Variety of options under pressure

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<b>Attacking Skills</b>	Straight lead Dodge Change of direction	Straight lead Single dodge Change of direction Combine into simple movements on court	Straight lead Single dodge Double dodge Sprint Change of direction Two leads Re-offer Change of pace Hold Half roll Full roll Clear and drive Front cut Space awareness Communication skills	<i>Consolidate and advance:</i> Straight lead Single dodge Double dodge Sprint Change of direction Two leads Re-offer Change of pace Hold Half roll Full roll Clear and drive Front cut Double play Screens Space awareness Communication skills

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<b>Defending Skills</b>	Shadow movement Hands over the ball	Shadowing Hands over the ball Three feet (0.9m) recovery Defend the shot Combine simple movements into defending actions	Shadowing Positioning front and side Body control / repositioning Defensive footwork (combination) One on one Two on one First ball pressure Interception Recovery to 3 feet (0.9m) Work hands over the ball Work the ground Defend the shot Work together in / out of the circle Communication skills	<i>Consolidate and advance:</i> Shadowing Positioning front / side / back Body control / repositioning Defensive footwork (combination) One on one Two on one First ball pressure Interception Recovery to 3 feet (0.9m) Work hands over the ball Work the ground Defend the shot Split circle Zone Sagging Work together in / out of the circle Communication skills
<b>Shooting Skills</b>	Basic shooting action	Basic shooting action Introduce working together Rebounding	Technique – focus on concentration Shooting situations – variety of shots Rebounding Working together – balance of the circle Communication skills Introduce mental strategies	<i>Consolidate and advance:</i> Technique – concentration Technique – speed of release Shooting situations Rebounding Working together – circle movements Work rate and the shot Communication skills Consolidate mental strategies

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<b>Perception / Cognition Skills</b>	Introduce awareness of space	Awareness of space Timing of movement Introduce decision making	<u>Space awareness</u> <ul style="list-style-type: none"> <li>• introduce awareness of space, player and pass</li> <li>• introduce movement on/off the ball</li> </ul> <u>Timing</u> <ul style="list-style-type: none"> <li>• movement in relation to court situations</li> </ul> <u>Vision</u> <ul style="list-style-type: none"> <li>• basic peripheral vision exercises</li> <li>• awareness of players in relation to ball and situation</li> </ul> <u>Decision making</u> <ul style="list-style-type: none"> <li>• introduce selection of pass for situation</li> <li>• release of pass</li> <li>• balancing space on the court</li> <li>• selection of appropriate options in court situations</li> <li>• introduce 'reading the game' techniques in response to opponent's movements</li> </ul>	<i>Consolidate and advance:</i> <u>Space awareness</u> <ul style="list-style-type: none"> <li>• understanding of awareness of space, player and pass</li> <li>• understanding of movement on / off the ball</li> </ul> <u>Timing</u> <ul style="list-style-type: none"> <li>• movement</li> <li>• able to apply in pressured situations</li> </ul> <u>Vision</u> <ul style="list-style-type: none"> <li>• awareness of players in relation to ball and situation under pressure</li> </ul> <u>Decision making</u> <ul style="list-style-type: none"> <li>• balancing space on the court</li> <li>• 'reading the game' techniques in response to opponent's movements</li> <li>• create / select appropriate options in court situations</li> </ul>
<b>Strategies / Games</b>	Introduce competition through minor games  Experience all positions	Establish competition through minor games  Continue development of a number of positions for players  Introduce positional roles	Consolidate knowledge of positional roles  Develop court principles and strategies	Extend knowledge of positional roles  Develop the ability to read the game and apply appropriate responses to court situations