Specialist Netball Program

Encounter Lutheran College’s Specialist Netball Program will provide a platform from which to guide the development of technical, tactical and sport specific netball competencies for our students. The program will be delivered through weekly squad training sessions, which will be held during class and lunch time, as well as to the whole school Physical Education curriculum. In addition to netball specific skill training, students will be provided with Sport Science services such as fitness testing, performance analysis, sports psychology, nutrition and physiotherapy.

A qualified consultant from the Great Southern Netball Association has been appointed to deliver the program in conjunction with a teacher who is an accredited intermediate coach. Students will be assessed on age and skill ability to determine what training squad they will be assigned to.

Below is a guide as to what will be covered in each stage:

<table>
<thead>
<tr>
<th></th>
<th>FOUNDATION/ DEVELOPMENT STAGE (YEAR 5-6)</th>
<th>INTERMEDIATE STAGE (YEAR 7-8)</th>
<th>ADVANCED/ ELITE STAGE (YEAR 9-12)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FOOTWORK/MOVEMENT SKILLS</strong></td>
<td>-Landing (1 foot/2 feet)</td>
<td>-Landing (1 foot/2 feet)</td>
<td>Consolidate and advance:</td>
</tr>
<tr>
<td></td>
<td>-Pivot (outside turn)</td>
<td>-Pivot (outside turn)</td>
<td>-Landing (1 foot/2 feet)</td>
</tr>
<tr>
<td></td>
<td>-Sprint and stop</td>
<td>-Side step</td>
<td>-Pivot (outside and inside turn)</td>
</tr>
<tr>
<td></td>
<td>-Side step</td>
<td>-Speed of footwork</td>
<td>-Side step</td>
</tr>
<tr>
<td><strong>BALL HANDLING SKILLS</strong></td>
<td>-Shoulder pass</td>
<td>-Chest pass</td>
<td>-Speed of footwork</td>
</tr>
<tr>
<td></td>
<td>-Chest pass</td>
<td>-Bounce pass</td>
<td>-Recovery footwork</td>
</tr>
<tr>
<td></td>
<td>-Catch</td>
<td>-Lob</td>
<td>-Working a number of combinations</td>
</tr>
<tr>
<td></td>
<td>-Bounce pass</td>
<td>-Introduce the fake</td>
<td>-Sprint, change of directions</td>
</tr>
<tr>
<td></td>
<td>-Introduce one hand control</td>
<td>-Catch-snatch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-Introduce passes listed above on either side of the body</td>
<td>-One hand control</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>-Work hands at stretch</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>-Speed/release of pass</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>-Introduce further use of ball on either side of body</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| SHOOTING SKILLS | -Basic shooting action  
-Introduce working together  
-Rebounding | -Technique  
-Shooting situations  
-Rebounding  
-Working together  
-Communication skills | Consolidate and advance:  
-Technique  
-Shooting situations  
-Rebounding  
-Work rate and the shot  
-Working together  
-Communication skills |
|---|---|---|
| ATTACKING SKILLS | -Straight lead  
-Dodge/Single dodge  
-Change of direction  
-Combine into simple movements on court | -Straight lead  
-Dodge  
-Double dodge  
-Two leads  
-Re-offer  
-Change of pace  
-Hold  
-Half roll/full roll  
-Clear and drive  
-Sprint, change of direction  
-Space awareness  
-Front cut  
-Communication skills | Consolidate and advance:  
-Straight lead  
-Dodge  
-Double dodge  
-Two leads  
-Re-offer  
-Change of pace  
-Hold  
-Half roll/full roll  
-Clear and drive  
-Sprint, change of direction  
-Space awareness  
-Front cut  
-Screens  
-Communication skills |
| DEFENDING SKILLS | -Shadowing  
-Hands over the ball  
-Recovery to three feet  
-Defend the shot  
-Combine simple movements into defending actions | -Shadowing  
-One on one/two on one  
-First ball  
-Positioning front and side  
-Body control/repositioning  
-Defensive footwork  
-Interception  
-Recovery to three feet  
-Work the ground  
-Defend the shot  
-Work hands over the ball  
-Work together in/out of the circle  
-Communication skills | Consolidate and advance:  
-Shadowing  
-On on one/two on one  
-First ball  
-Sagging  
-Positioning front/side/back  
-Body control/repositioning  
-Defensive footwork  
-Interception  
-Recovery to three feet  
-Work the ground  
-Defend the shot  
-Work hands over the ball  
-Split circle  
-Zone  
-Work together in/out of the circle  
-Communication skills |
Strategies to be implemented and progressed relevant to program:

- Team strategies including timing, vision and space awareness
- Positional strategies
- Centre pass
- Centre pass defence
- Throw-ins from all areas of the court
- Penalty pass and/or shot
- Free pass