

PASS THE BALL AROUND DON'T *FORCE* IT THROUGH!!

[Netball Tactic#1](#) – [RSS Courtside Tips](#) – [Umpiring made easy](#)

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NV BADGED UMPIRE AND UMFNA REP COACH

Playing 1956 – Umpiring 1974 – Coaching Professionally 2002

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PLAYERS MUST HAVE PATIENCE AND KEEP *POSSESSION OF THE BALL.*

Forcing the ball through to the goal circle, especially trying to push your way past good defense risks too many intercepts and the loss of possession.

The **key** is to work the ball around the circle area rather than take risks with misplaced lobs, bounce passes or passing attempts that you hope will force through.

Pass around and back to create an opening to your goal shooters.

Defensive players forming a solid box formation (GK + GD C + WD) will hold their positions and use their arms defensively to hold you back.

They are waiting for you to try to force the ball into the shooters. Any good defender will be on their toes ready to dart in any direction to shutdown any attacking move.

They will try to invite you to try to force the ball through their defence pattern. This is a common trap attackers fall into!

Club and league players will often try to take shortcuts with hasty passes in the **hope** that their player will take the ball. Always pass the ball around maintaining **player positioning**, something basketball players know very well.

In attack, you need to **break down/confuse** the defense not **ram** (force through) it.

You can **open up** a box formation defence simply by passing the ball around **forcing** the defence to break up.

Please read this game principle again to fully grasp the tactic of passing-around to confuse and breakup the defense to create an opening.

Always bear in mind while on court, the prime key to success is **keeping possession** of the ball. Passing **indiscriminately** provides **opportunity** for the opposition to regain possession. You definitely do not want this to happen.

Tactical Manoeuvre Tip:

The reason netball players are **hasty** in their passing is mainly because they feel **pressured** and think they do not have passing time left and will be called for holding the ball.

You have up to three seconds to pass, which is ample time providing your teammates are leading clearly and **presenting** for the ball.

If your teammates are well defended, there is no need to panic and throw the ball wildly but instead pass the ball **back** to your WD or GD. These players should always be ready near, not on, the transverse line to take a pass.

Be sure your WD and GD are always alert for the possibility of the backward pass, and again, I stress, don't have them right up on the transverse line. Going offside isn't the result you are hoping for.

Enjoy your netball...

Rae Druce
Tumbarumba
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Get your free *Courtside Tips* from Rae's [website](#) and become a professional netball player without raising a sweat:

Please read on and find out what you will learn...

You will discover everything Rae knows about playing and coaching netball for over 50 years of her life. She has a real netball brain formed from when she was playing GK and resulting in being asked to play at State level. Even today Rae is still a top goal shooter playing and coaching in senior competitions.

Rae's success as a coach is nothing short of outstanding. She has never failed to take a Representative team to the finals and regularly playing in grand finals.

You never know who you will be up against...

In one recent carnival Rae's "Rep U17 team" made up of 12 to 16 year olds were politely made fun of because of their young age and small physical size at an Open senior weekend carnival.

But the young rep girls were not rattle by the remarks, a well drilled squad knowing how to **play** to the umpire's whistle and how to **play** their court positions as a team. From the first whistle, this young squad proceeded to demolish and demoralize one of the top senior teams in the comp 15/4 goals.

The captain of the opposition team just shook her head muttering, "Where the *beep* did they come from". They came from only six weeks speed coaching in how to move the ball to the goal shooters **without** turnovers.

Goal shooting average for all their games was 95%. Player talent was high but not exceptional. Handling opposition pressure was good being a well-drilled side.

Rae's coaching method is similar to Australian National and State coaching techniques, and is based on how **humans react** to each other in team situations, as individuals and when under pressure. She combines all three elements to form highly skilled teams that know how to think a game through while playing hard and fast against any opposition thrown at them.

Short of being coached by Rae in one of her Rep sides; it has been discussed that the best way you can tap into her knowledge bank and be a part of a well drilled netball team yourself is to post Rae's entire coaching and team management plan and coaching skills on her website.

These courtside tips we will posted as short concise sentences categorized methodically so you can be the very best player or coach possible.

No need to sign up to a boring newsletter. There's a better way using the site's anonymous RSS subscription. Details in how to use RSS at ILoveNetball website's RSS information [page](#).

UMPIRING MADE EASY

Is your umpiring inconsistent? Are you finding one week is not so good another week missing obvious calls? Good umpiring is easy so what is the best way to improve my calls and decisions?

Find out how from a **veteran umpire's story** how this lady went from novice to becoming badged in one of the toughest league competitions in Australia.

So many netballers want to umpire but are reluctant or lack confidence after one bad experience! Umpiring is dead easy and a whole lot of fun once you know the underlying **principles** of the game. This simple but effective knowledge puts misinterpretation or player argument to bed for good!

All you need to know are the umpiring principles and avoid the classic mistakes the majority of umpires make and you are on your way to being a competent and respected umpire, guaranteed.

Two PDF ebooks:

Rae has written two umpiring ebooks, 1) her story combining all the tricks to competent umpiring and, 2) Umpiring without fear by invoking four simple conditions. Pick up both copies from her umpiring netball website.

<http://www.umpiringnetball.com>

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