



## WORK THE BALL PAST THE DEFENDERS DON'T FORCE IT

**A coach's question:** This question was presented to the gallery at a Victorian Rep section day. "What is the quickest way in getting the ball to the goal shooters?" The answer, straight up the middle, two passes.

Of course this is the theory, as there is a reoccurring problem – the opposition defence. This is what we are going to address now, getting through good defence.

\* \* \* \* \*

A player forcing the ball through to the goal circle, especially trying to push her way past good defence, will risk 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 who form 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 all attacking moves.

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

Untrained players will often try to take shortcuts with hasty passes in the hope that their player will snare the ball.

It is a lot more effective to pass the ball around maintaining player positioning - something basketball players know very well.

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

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



*It is NEVER the other way around, trying to **force the ball through the defence**.*

Bear in mind the prime key to player and ultimately game success is keeping possession of the ball. Passing indiscriminately provides opportunity for the opposition to regain possession.

You definitely do not want your opponent to gain the edge over you.

In conclusion, a less skilled player will try and force the ball and a skilled player will pass the ball around using her teammates to full advantage.

## **I get regular emails asking about how Zone Defence works:**

Really I'm not a fan of zoning, but this is the very simplest way I can explain it.

Zoning is where players are virtually taking space away from the other team.

The zone defence players will eventually have to go for ball. You have forced this action through your short sharp passing but you have to be quick on your feet.

In our Rep Teams we have had defenders who are a lot shorter than the Goalers and they have beaten them constantly with hassling one on one play.

## **TIP: Passing with confidence**

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. Instead pass the ball back to your WD or GD. These

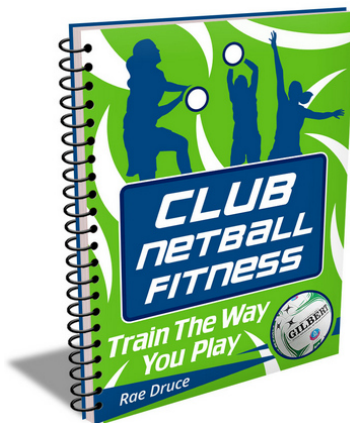


players should always be ready near, not on, the transverse line to take a pass.

Be sure your WD and GD are always alert for the possibility of the backward pass.

There's no need to make hard work of passing, as you have all the time in the world. That is if you don't try and force the ball through. Put your training into action and there will be no need for haste.

## HOW TO OUT PLAY YOUR OPPONENT



No programmes, no drills, no gym work needed if your actions are aligned to the way the game is played.

Becoming a skilled player is in everyone, providing you train your court fitness alongside all six netball skills.

Try to avoid making fitness independent of the game itself or you risk your training delivering mediocre results. You become fit but not skilled for netball.

These six skills are, **ball handling** (sticky fingers), responsive **footwork**, court **speed**, playing **strength**, game **stamina** and increased **jump** height.

The Club Netball Fitness ebook will show you how to train your skills **instinctively** through **reflex** training, and you will build your 'netball capacity' three times quicker.

The last Commonwealth Games bore testimony to this, with slight players out playing their taller and more powerful opponents.

Training three dimensionally develops players at all ages very quickly. Leave the two dimensional, linear training to power sports like football and endurance racing.

Do this and you will realise your full potential, at a much earlier age, and for older players within a season rather than not at all.



## STAYING FIT, FAST & FRESH EVERY GAME



The second ebook Netball Ready Steps prepares you for each Saturday's game, weekend carnivals and most importantly the grand final. Everything a netballer faces to prepare for competition and training is addressed in this ebook.

For example, sport's **drinks** offer little value - a lot of marketing hype and expensive. There are two unpublicized sport's drinks that provide lasting game energy. Not everyone is aware of these two instant energy marvels.

There is a major reason for game **fatigue** that is instantly preventable. I discovered this spending 20 years in cycling Sag wagons and race Commissaire vehicles.

Each year new Rep players arrive taped up like mummies carrying niggling **injuries**. Without fail all these players have discarded their strapping within a month.

With proper warm up technique in training and learning how to move over the court - injuries become a thing of the past.

**A final note:** You can put in quality training and become a highly skilled player raring to go. But if you are not fresh (recovered) neglecting proper game preparation, all that training won't even reach the court on game day.

\*\*\*\*\*



You can buy the two netball training ebooks, to improve your game ability even further, at 50% off, as I appreciate you taking the time to download and read this article.

Visit our [Netball Fitness & Skills Website](http://www.netballfitness.com) to read about these ebooks in full.

If you decide to buy, please return here and click on this [Paypal Buy](https://www.paypal.com) Link to download both PDF ebooks at 50% discount for \$9.95



BY RAE DRUCE:

UMFNA REP COACH

Playing 1956 - Umpiring 1974 - Coaching Professionally 2002

[www.ilovenetball.com](http://www.ilovenetball.com) [www.netballfitness.com](http://www.netballfitness.com) [www.fitnessstweaks.com](http://www.fitnessstweaks.com)

Happy netballing...