



DECISION MAKING

Making the right decisions at the right time is the aim for players. Making good decisions is one of the most difficult skills to master. Much of decision making is linked to what the player sees. If they don't see it they can't make a decision on it. Coaches should keep challenging their players by creating activities that test and enhance the decision making ability of the player.

When devising decision making activities begin with a simple decision, progressing to very complex. For example: -

1. Player A has the ball and is facing away from players B & C. Both player B and C are stationary. Player A throws the ball into the air, catches, pivots and sees both players B & C. Player A must then make a decision as to which player to throw to.
2. Step 2 is to start players B and C offset.
3. As player A turns players B & C move in two different directions. Player A must see both then make a decision as to which one to throw to.
4. The next progression is to add one defender to defend either player B or C. As player A turns players B & C move in two different directions the defender will defend one player. Player A must see both attackers and the defender then choose the attacker who is free.
5. Progress the activity to now having 3 attackers with 2 defenders. As player A turns they will now see more movement and must search to find the attacker who is free. This is the player to throw to.
6. Now add another defender to defend at a 0.9m distance away from player A so when she turns she will have a set of arms at a 0.9m distance in front of her. This will add pressure to player A
7. You can now have 3 attackers and 3 defenders in the activity. Player A must be patient as she searches for the 'best' option.
8. Now you can slot this into a court situation. For example player A could become the centre who has caught the ball in the centre third. As she turns to look into the goal third she sees WA, GA and GS as well as the defending WD, GD and GK. She must be patient and look in order to find the best option.

Link to video: <https://youtu.be/mERqmpWx4oU>



BALL PLACEMENT

Netball is made up of a variety of passing techniques. The player's ability to pass accurately with well timed throws determines the success of the team. Players need to master the basic skills of each of the throwing techniques as well as balance, timing and control. The player must learn when and where to pass the ball and which pass to use.

Placement of the pass into space can be hard for some players to recognise. Keep re-affirming the placement of each pass into the correct space by showing where the defender is positioned and throwing the ball into the space away from the defender.

Factors that determine the type of pass, the timing of the release and where they will pass

- Positioning of attacker and defender
- Distance of pass
- Positioning of immediate defender at 0.9m
- Timing of attacker's movement

Link to video: <https://youtu.be/mERqmpWx4oU>

World Netball Foundation Coaching Cards CARD

No: 6 - Decision Making / Side B