



CARD
NO: 4

GETTING FREE

YOUR TEAM IS IN ATTACK WHEN THEY HAVE POSSESSION OF THE BALL.

By using various methods to get free the attacking player aims to lose opponent before catching and passing. This variety in movements creates patterns of play. Explosive speed, control, balance, agility, strength and endurance are necessary components of a good attacking player.

Players must develop appropriate attacking skills to competently bring the ball down through the court to the shooters. Effective attacking play comes from the player's ability to catch and throw combining changes of speed, direction with effective timing of movements. Good attackers also find the right spaces in which to move.

In order to achieve this players must have

- Accurate and consistent catching and passing skills
- Good vision
- An awareness of how to create space
- A variety of well timed methods of getting free
- Good body control at all times

Before moving the attacking player must consider –

- The spaces that are available
- Their starting position in relation to the defender and their teammates

CHANGE OF DIRECTION

The same technique is used as for the dodge with the change of direction occurring after a longer run. Coaches should look to devise activities that simulate the above skills making sure they also have a change of speed in the activities.

**“WHERE TO
MOVE, WHEN
TO MOVE, HOW
TO MOVE”**

Link to video: <https://youtu.be/FGnwqr4U7BQ>



TIMING

The timing of movements can be affected by pressure, stress or anxiety. Therefore the coach must teach the player to recognise the correct cues to look for.

Many factors contribute to well timed movements. Correct placement of the ball enables the receiver to catch the ball in the appropriate position delivering quickly to the intended target. The thrower must decide on the exact moment to release the pass otherwise even a well-timed movement will not link with the ball. One slight error in any of these elements may result in the breakdown of play. The art of timing your attacking move to perfection is a skill that players strive to master.

Link to video: <https://youtu.be/FGnwqr4U7BQ>

World Netball Foundation Coaching Cards

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CHANGE OF PACE

Changing the pace of the attacking movement is used to upset the rhythm and timing of the defender. A change of pace can sometimes be a very effective attacking strategy. Attacking is not just about sprinting. It is a subtle blend of walking, jogging, running and sprinting. The skill is to know when to change the speed of the movement. The ability to read the cues of the defender e.g., when the defender has committed to the initial movement a sudden change of speed will cause the defender to re-adjust their speed. At this point the attacker should accelerate away from the defender.