



MOVEMENT SKILLS

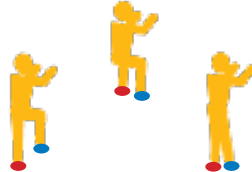
BALANCE - ONE AND TWO FOOT LANDING

Players stay upright using body strength and the correct landing techniques. Good landing technique allows the player to gain balance quickly before passing and will minimise the risk of injury. When players are on the move and catch the ball they will predominantly land on one foot first before grounding the other. Players should practice landing in a balanced position ready to pass.

COACHING POINTS

- When landing with one foot and quickly bringing the other foot down or with two feet simultaneously the feet should be approximately shoulder width apart.
- Body should be upright on landing with the head and eyes up.
- Bend ankles and knees slightly on impact to help cushion the force of the land.
- Knees should not be in front of feet (indicates weight too far forward).
- Land 'softly' in sequence – toes, heels, bend knees and lower the centre of gravity, maintaining good body control throughout the landing.

1.



2.



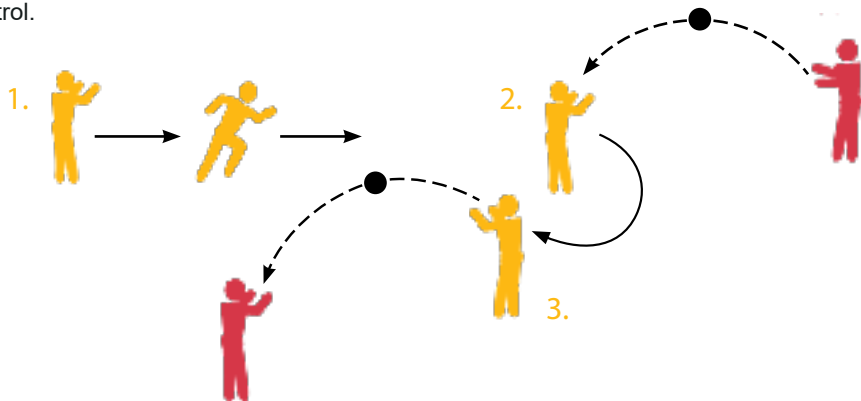
Link to video: <https://youtu.be/XuP5Fu-dToc>



THE RIGHT MOVES

The ability to run, jump, change direction and stop with good body control are major components of netball. Not all players find this easy and may have difficulty getting their feet moving quickly or in the right direction. Start activities slowly at jogging pace, increasing the speed to running then sprinting to ensure correct techniques are developed. Frequent practice will ensure successful execution and instil confidence.

Choosing the right moves to get free of their opponent at the right time is the challenge. Many coaches think speed is the essence of a good attacker. Speed off the mark is important but speed must be accompanied by good timing, balance and control.



PIVOTING

Assists the player receiving the ball to turn ready to pass. If the receiver moves to the right the landing should be on the right foot first (outside foot) when the ball is caught. When moving to the left the landing should be on the left foot first when the ball is caught. After catching the ball the player turns (pivots) on the ball of the outside foot. At the basic level this turning motion should be away from the defender or to the outside. As the player develops and their body control improves they also learn to turn inward on the pivot. The ball should be held close to the body with the eyes looking at where the pass can be thrown.

Link to video: <https://youtu.be/XuP5Fu-dToc>