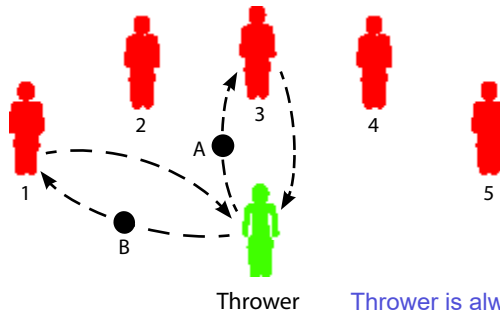




CARD
NO: 5

VISION

A player's ability to see most things on a netball court will help them to make the right decision at the right time. Sometimes players only see the player they are going to throw the ball to. Sometimes they only see the ball and run towards it and are not aware of who is around them. Sometimes they only see the player who makes the first move and not the stationary player.



Thrower is always looking at No. 3
Ball "A" is thrown continually to No. 3.
Ball "B" is thrown between 1, 2, 4 and 5

HOW DO YOU IMPROVE VISION?

- By creating activities where there are many things happening. For example when a centre court player is about to feed the ball into the shooters the coach can stand behind the post or along the goal line and flash a coloured card/s. The player must then call out the colour whilst choosing the best option to throw to.

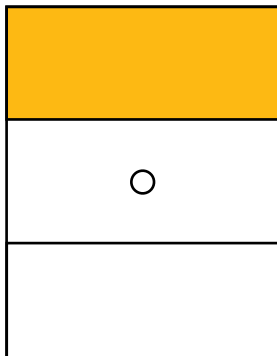
Link to video: <https://youtu.be/1f60BzxcOtU>



CARD NO: 5

SPACE AWARENESS OR USING THE RIGHT SPACE

How often do you see a player make a lead straight at the player with the ball or into a group of other players? Before moving the attacking player should look ahead and peruse the spaces that are free from other players. They also need to take into consideration where their teammates are and try to “balance” the court and not overload one area.

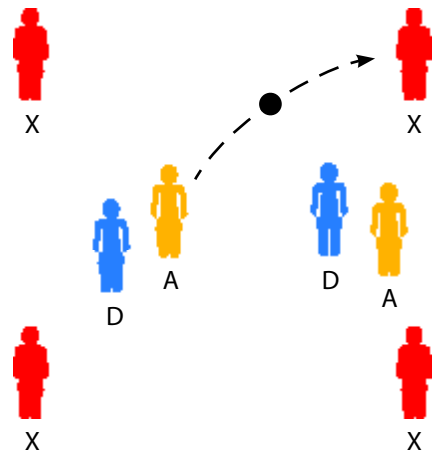


Note:

Working area for beginners 1/3 of a court For intermediate level reduce the space.

Link to video: <https://youtu.be/1f60BzxcOtU>

World Netball Foundation Coaching Cards
CARD No: 5 - Vision / Side B



Attackers move around the space within the square and throw to each other as well as throwing to the red posts in order to keep possession of the ball.