

# NetSetGO

COACHING POINTS



## Guide



## FOOTWORK AND MOVEMENT SKILLS

### INITIAL STANCE

Forms the starting point for most attacking and defending skills.

TEACHING POINTS	COMMON ERRORS
✓ Feet shoulder-width apart	✗ Base of support too narrow
✓ Shoulders back and down	✗ Shoulders forward and leaning inwards
✓ Knees slightly flexed	✗ Knees straight
✓ Knees over toes	✗ Knees not over toes
✓ Head up with eyes looking in direction of play	✗ Head down
✓ Arms relaxed by side of body	✗ Arms tensed and away from body
✓ Centre of gravity is low and over base of support	✗ Centre of gravity high and not over base of support.

### SAFE LANDING

When landing on one leg it is important to teach the players which foot they should be landing on.

TEACHING POINTS	COMMON ERRORS
<b>TWO FEET</b>	
✓ Land with feet shoulder-width apart to give a firm support base	✗ Landing with feet too close together
✓ Keep body upright, bend at hips, knees and ankles on impact to cushion landing	✗ Not continuing to bend knees, ankles and hips on and after impact
✓ Continue to bend knees after impact to assist with a balanced soft landing	
✓ Body weight over both feet with shoulders even and weight on both feet	
<b>RIGHT/LEFT FOOT</b>	
✓ If player leads to the left, they should land on the left (outside) foot. If lead to the right, land on the right foot.	✗ Landing on incorrect foot (inside)
✓ Body weight over the outside foot with shoulders even and weight on the outside foot	✗ Not bending knees, ankles and hips on and after impact to cushion landing
✓ Place other foot on the ground quickly to help absorb impact and provide balance	✗ Second foot not landing quickly and overbalancing on the first
	✗ One shoulder is dipped – usually same side as landed foot

## TAKE-OFF

Stride length should be short on take-off.

### TEACHING POINTS

- ✓ Arms/legs move in opposition
- ✓ Lean body forward
- ✓ Start with small steps and gradually move to bigger steps
- ✓ Arms drive forward in relaxed style, elbows bent
- ✓ Keep head erect and eyes up
- ✓ If leading to the right, take off with the right foot and vice versa.

### COMMON ERRORS

- ✗ Initial step back before driving forward
- ✗ Same arm and same leg
- ✗ Arms at side of body not driving or swinging across the body
- ✗ Stride length too big
- ✗ Eyes looking down

## JUMPING AND LEAPING

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

### TEACHING POINTS

### COMMON ERRORS

#### TWO FOOT JUMP

- ✓ Bend slightly at the knees, hips and ankle, weight forward over toes
- ✓ Step into take off with a quick left right or right left-step pattern
- ✓ Use both arms to drive up to extend toward the ball
- ✓ Land on both feet, cushioning landing by bending at knees, hips and ankles

- ✗ Weight back on heels of feet before take off
- ✗ Extra step not taken so only a one foot take off used
- ✗ Knee straight before take off
- ✗ Arms not used to extend to full height
- ✗ Landing on one foot
- ✗ Timing of jump is incorrect

#### ONE FOOT LEAP – RIGHT/LEFT FOOT

- ✓ Bend slightly at the knees, hips and ankle, weight forward over toes
- ✓ Push strongly off take-off foot
- ✓ Drive arms up to extend toward ball
- ✓ Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles

- ✗ Weight back on heels of feet before take off
- ✗ Knee straight before take off
- ✗ Arms not used to extend to full height
- ✗ Landing on incorrect foot (inside foot)
- ✗ Timing of jump is incorrect

## PIVOT

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

### TEACHING POINTS

### COMMON ERRORS

#### PIVOTING MUST ALWAYS BE ON THE LANDING FOOT

- |  |  |
|--|--|
| ✓ Bring weight over grounded foot  | ✗ Landing on incorrect foot                                      |
| ✓ Bend knees slightly  | ✗ Pivoting before the ball is securely caught                    |
| ✓ Turn on ball of the pivot foot, pushing off with the other foot                          | ✗ Pivoting into opponent   |
| ✓ Non-grounded foot is lifted and regrounded to maintain balance throughout movement       | ✗ Dragging the pivoting foot on the pivot action                 |
| ✓ Players must be able to turn quickly after receiving a pass and face the play down court | ✗ Pivoting with the leg straight                                 |
| ✓ Keep ball close to body and positioned ready to throw                                    | ✗ Weight not over grounded foot                                  |
|  | ✗ Grounded foot is lifted and regrounded during pivot            |
|  | ✗ Weight of grounded foot is moved from heel to toe during pivot |
|  | ✗ Ball not brought into body after catch                         |

#### REMEMBER:

- ✓ When leading to right, land on right foot and pivot to right
- ✓ When leading to left, land on left foot and pivot to left
- ✓ When leading straight, pivot on first landed foot away from defended side

## BALL SKILLS

### CATCH

Encourage players to catch with two hands to increase control.

#### TEACHING POINTS

#### COMMON ERRORS

##### TWO HAND CATCH

✓ Eyes on the ball	✗ Eyes not on ball
✓ Move towards the ball	✗ Catching with the palms of the hand
✓ Extend hands forward with fingers spread and thumbs behind the ball (W formation)	✗ Thumbs not behind ball
✓ Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs	✗ Arms bent and close to body
	✗ Not taking the ball while on the move
	✗ Movement away from the ball

### SHOULDER PASS

One hand pass used for speed and accuracy over long distances.

#### TEACHING POINTS

#### COMMON ERRORS

✓ Opposite foot to the throwing arm forward	✗ Same foot as arm forward
✓ Feet shoulder-width apart, with weight on back foot at start of throw	✗ Throwing hand resting on shoulder
✓ Ball held with two hands initially then in one hand with arm back behind the shoulder	✗ Weight on front foot initially – little with transfer resulting in loss of power
✓ Arms extended with elbow slightly bent, shoulders turned.	✗ No transfer of weight from back foot to front foot
✓ Fingers spread wide behind the ball	✗ Ball held in palm
✓ Transfer weight forward as throwing arm comes through	✗ Elbow not bent when taken back
✓ Follow through throwing arm till almost extended, fingers and wrist extend in the direction of the pass	✗ No shoulder rotation as ball taken back – stab pass
✓ Rotate hips and shoulders towards target	✗ No hip/shoulder rotation as ball comes through
✓ Direct pass to space ahead of receiver	✗ Arm taken back too high and the ball travels down on release
	✗ Hand under ball causing spin on release
	✗ Pass not directed to space in front of receiver

## CHEST PASS

Pass with two hands from the chest; used for quick, short and accurate passes.

### TEACHING POINTS

- ✓ Stand front on with the ball in two hands at chest height and elbows down
- ✓ Spread fingers around the ball with thumbs behind
- ✓ Step forward with weight transferred onto front foot as you push the ball with wrist and fingers
- ✓ Ball comes out evenly from both hands
- ✓ Head up - eyes looking forward

### COMMON ERRORS

- ✗ Elbows at shoulder height
- ✗ Hands at the side of the ball with thumbs upward
- ✗ No weight transfer, use upper body only
- ✗ Ball pushed from palm – lack of touch on pass
- ✗ One hand dominates pass
- ✗ Head down looking at ball

## BOUNCE PASS

Used when the thrower is closely defended or when play is crowded; generally over short distances.

### TEACHING POINTS

- ✓ Step forward and bend/lunge on opposite leg
- ✓ Push ball forward and downwards
- ✓ Release ball between the hip and knee
- ✓ The path of the ball is lower – under the outstretched hands of the defender
- ✓ The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height

### COMMON ERRORS

- ✗ Step is across body
- ✗ Pass not directed downwards
- ✗ Ball released at shoulder height
- ✗ No weight transfer
- ✗ Bounce the ball too close to the thrower
- ✗ Bounce the ball too high

## LOB

A high pass used to lift the ball over the arms of the defending players.

### TEACHING POINTS

- ✓ Start movement from the shoulder
- ✓ Short back movement
- ✓ One handed high release
- ✓ Follow through in direction of pass with wrist/fingers

### COMMON ERRORS

- ✗ Ball begins at waist/hip level
- ✗ Large 'back swing' movement
- ✗ Ball released from chest position
- ✗ No follow through, arm action 'stabs' pass

## BALL PLACEMENT

An important aspect of all passes.

### TEACHING POINTS

- ✓ Place in front of moving player
- ✓ Receiver to receive at full stretch, in front of defender
- ✓ Into space created by attacker – hold for a bounce or a lob

### COMMON ERRORS

- ✗ Pass placed behind or at receiver
- ✗ Pass too high or low
- ✗ Receiver moves off too soon – allowing defender to move into the space created

## ATTACKING SKILLS

### TIMING OF LEAD

An important aspect of all attacking moves.

#### TEACHING POINTS

- ✓ Reading cues from the thrower
- ✓ Reading available space

#### COMMON ERRORS

- ✗ Moving too early before thrower is ready to release
- ✗ Driving into space already taken

### STRAIGHT LEAD

Timing is key for successful execution.

#### TEACHING POINTS

- ✓ Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle to the free side
- ✓ When the lead is to the right, take off with the right leg and vice versa
- ✓ Emphasis should be on strong first 3 – 4 steps with shoulders in direction of lead
- ✓ When leading to the right, land on the right foot and pivot to the right
- ✓ When leading to the left, land on the left foot and pivot to the left
- ✓ Strong arms to accelerate
- ✓ Maintain speed onto ball

#### COMMON ERRORS

- ✗ Leading too soon
- ✗ Step back before drive forward or taking off with the incorrect leg.
- ✗ Run with body 'flat' to ball
- ✗ Arms swing across body or not at all
- ✗ Lead is to the side but not towards the ball
- ✗ Slow down before the pass is taken
- ✗ Landing on the inside leg

### SINGLE DODGE

Movements should be quick and decisive.

#### TEACHING POINTS

- ✓ Eyes on thrower
- ✓ Body upright, feet shoulder-width apart, slightly bent knees and hips
- ✓ Move a few steps away from the intended catching position, should be a definite move
- ✓ Place outside foot strongly on ground and push off in the opposite direction, turning hips to face toward direction of travel
- ✓ Use arms to accelerate and extend to receive ball

#### COMMON ERRORS

- ✗ Feet too far apart
- ✗ No weight transfer onto outside foot
- ✗ Push off on the inside foot
- ✗ Dodge not a definite movement – just a sway
- ✗ Movement too slow, allowing defender to hold attacker's position
- ✗ Moving head and losing sight of thrower
- ✗ Eyes and head looking down
- ✗ Arms beside body and not using to increase power

## CHANGE OF DIRECTION (TWO STRAIGHT LEADS)

First movement is longer than that used in a single dodge.

### TEACHING POINTS

- ✓ Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle. Shoulders should be in direction of movement
- ✓ Emphasis should be on strong first 3–4 steps
- ✓ Push off strongly on outside foot and use inside foot as take off foot to move into a new space
- ✓ Emphasis again on strong first steps when moving to the new space

### COMMON ERRORS

- ✗ Leading too soon
- ✗ Shoulders not turned in direction of lead
- ✗ Push off on the inside foot
- ✗ Movement onto second move not definite
- ✗ Not changing direction into a free space
- ✗ Arms beside body and not using to increase power
- ✗ Eyes and head looking down

## DEFENCE SKILLS

### ONE ON ONE SHADOWING

Basic defending position.

#### TEACHING POINTS

- ✓ Stand in front of opponent with back to attacker, and body halfway across opponent's body
- ✓ Arms close to sides of body
- ✓ Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright
- ✓ Vision to see attacker and the ball
- ✓ Shadow moves using fast small steps
- ✓ Aim to move feet, keep head up and maintain vision of the attacker and not swing head

#### COMMON ERRORS

- ✗ Standing directly in front of attacker or directly beside attacker
- ✗ Watching either the ball or the attacker exclusively
- ✗ Bottom is not tucked in and legs straight
- ✗ Feet too close together or too far apart
- ✗ Arms positioned out from the body causing obstruction
- ✗ Moving head and not feet to maintain vision on attacker

### INTERCEPTION

Reading the pattern of play allows the defender to predict the most likely passing option.

#### TEACHING POINTS

- ✓ Read cues provided by the thrower to anticipate direction of the pass
- ✓ Drive for an intercept at an angle
- ✓ Focus on ball
- ✓ Emphasis should be on strong first 3 – 4 steps
- ✓ Run through to take the ball
- ✓ Land on the outside foot and balance

#### COMMON ERRORS

- ✗ Misreading the cues
- ✗ Leading too soon
- ✗ Angle too flat
- ✗ Eyes and head looking down
- ✗ Push off on the inside foot
- ✗ Lunging at the ball
- ✗ Landing on incorrect foot and overbalancing

### RECOVERY TO 0.9m (3 FEET) FOR NETBALL AND 1.2m (4 FEET) FOR NetSetGO

Quick recovery enables the defender to position to defend the next pass.

#### TEACHING POINTS

- ✓ Push off strongly 0.9m distance (1.2m for NetSetGO)
- ✓ Strong stride/jump back – can be one large stride or few quick steps
- ✓ Use arms for power to jump back
- ✓ Head up with eyes on ball and opponent

#### COMMON ERRORS

- ✗ Push off not quick enough to get back to distance
- ✗ Feet too wide or too close together – difficult to change direction
- ✗ Eyes on ground – attempting to judge distance

## HANDS OVER BALL (NetSetGO DISTANCE IS 1.2m)

Balance should be maintained ready to defend the attacker after they release the ball.

### TEACHING POINTS

- ✓ Stand 0.9m in front of the person throwing (1.2m for NetSetGO)
- ✓ Feet shoulder-width apart, knees, hips and ankles slightly bent
- ✓ Weight balanced over two feet with knees over toes and entire foot on ground
- ✓ Arms up and in position over the ball

### COMMON ERRORS

- ✗ Incorrect distance
- ✗ Hands coming up before correct distance is taken
- ✗ Feet narrow/legs straight/on toes – lose balance and shorten distance
- ✗ Bend forward too much at waist
- ✗ Arms waving and not defending ball

## SHOOTING SKILLS

### SHOOTING

Predominantly a one-handed shot with the other hand resting on the side of the ball.

TEACHING POINTS	COMMON ERRORS
✓ Ball is held above the head	✗ Ball is behind or in front of head
✓ Arms are extended with the shooting arm reasonably straight and close to the ear	✗ Arm is extended out from ear
✓ Ball rests on the base of the spread fingers and the thumb	✗ Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips
✓ The opposite hand is placed on the side of the ball to steady it	✗ Opposite hand is placed under the ball
✓ Stand upright with the feet about shoulder width apart	✗ Feet too close or too far apart and body is hunched
✓ Feet, hips and elbows pointing towards the goal post	✗ Feet, hips and elbows not aligned with each other and the post
✓ Bend the elbows and knees	✗ Keeping elbows and knees extended and ball dropping behind the head
✓ Straighten elbows and knees	✗ Keeping elbows and knees flexed on the release phase of the shot
✓ Release the ball just before elbows and knees are straight	✗ Releasing ball after elbows and knees are straight
✓ Flick the ball with the wrist	✗ Not using any wrist action
✓ Follow through, arms towards post	✗ Arms not following the ball in the direction of release
✓ Straighten fingers pointing them towards the post	✗ Fingers not pointing in the direction of the ball release
✓ The ball should travel in an arc towards the post	✗ The ball travels flat in the air



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