

Partner Ball Work #2

COVID-19 Disclaimer: under the Metropolitan Melbourne Stage 4 lockdown, the following drills may only be performed at your home or in a park (all sporting facilities are closed). If performed outside your home, you must stay within a 5km radius of your house, you may only be with a maximum of one other person (within 5km radius from their house) and cannot be out for longer than 1 hour. You must maintain social distancing of 1.5m at all times where possible.

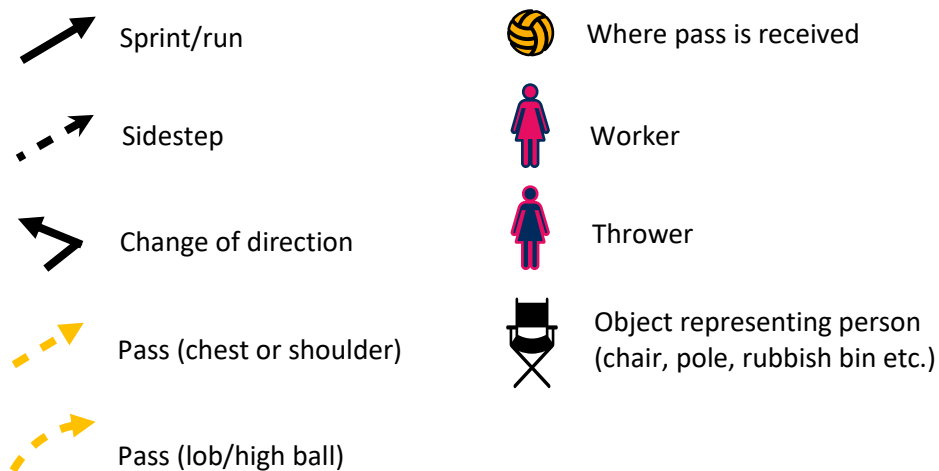
Set Up

- You will need a partner for all drills (they don't have to be a netballer)
- If you don't have cones, you can use shoes, drink bottles, canned food, chalk markings etc.
- If you don't have a netball (or only have one), you can use a soccer ball or even a tennis ball
- Choose 3-5 drills (depending which ones you select, you may do more or less)

Coaching Points

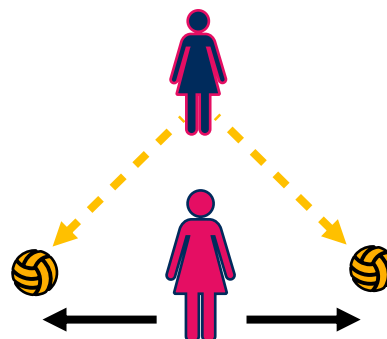
- Perform each activity at match intensity
- Keep head facing forwards at all times and eyes up (even when driving back)
- Angle hips and shoulders in direction of movement
- Strong change of direction and push off
- Drive onto ball, don't leap
- Ensure you are balanced before passing back to thrower
- Strong passes with correct technique

Diagram Key



Drill #1

- Stand 2-3m away from passer
- Run sideways to one side
- Receive pass, landing on outside foot
- Gain control and balance before placing other foot down
- As you place the second foot down, throw back to passer in one motion
- Perform 10 times, alternating left and right sides
- **Progression:** follow pass through with a drive towards thrower simulating a give and go (can receive a second pass), reset and go again

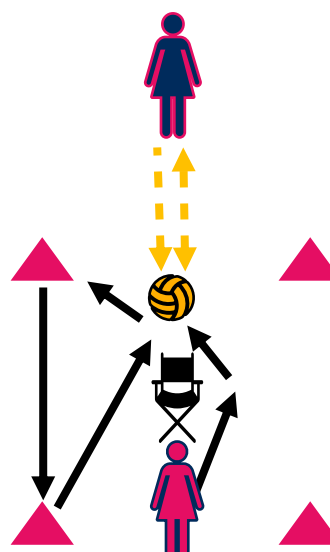


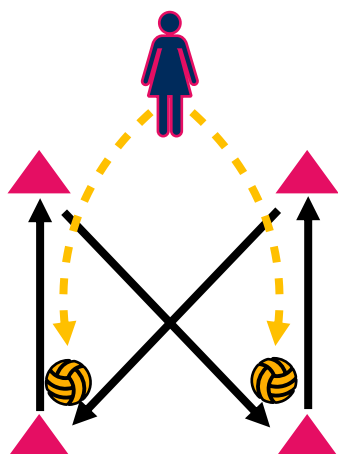
Drill #2

- Start 1.5-2m behind the chair
- Front cut the chair
- Receive pass on extension
- Work in opposite direction (front cut on the left of chair)
- Perform 4-5 times on each side
- **Progression:** receive 1-2 reaction/surprise passes after first pass

Drill #3

- Start 1.5-2m behind the chair
- Front cut the chair
- Receive pass on extension (return pass)
- Drive to top left cone
- Sharp change of direction
- Drive to back cone
- Drive to intercept pass to chair
- Work in opposite direction (front cut on the left of chair)
- Perform 3-4 times on each side
- **Progression:** receive 1-2 reaction/surprise passes after first pass



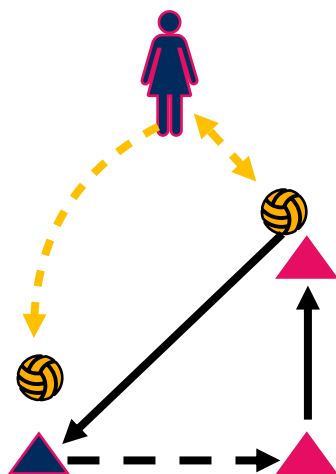
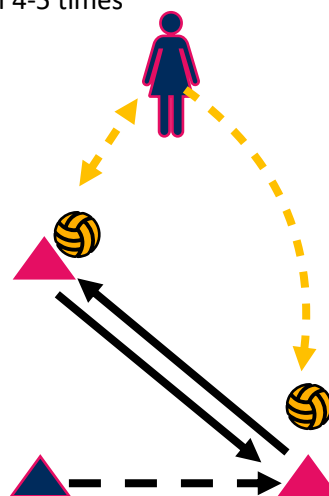


Drill #4

- Start at back cone
- Straight drive forwards
- Sharp change of direction
- Angle drive to opposite cone
- Receive a high pass
- Repeat on other side
- Perform 4-5 times

Drill #5

- Start at navy cone
- Sidestep across to right
- Angle drive forward left, receive pass
- Angle drive back right and receive a lob
- Perform 3-4 times
- Move top cone to the right and perform 3-4 times in the other direction

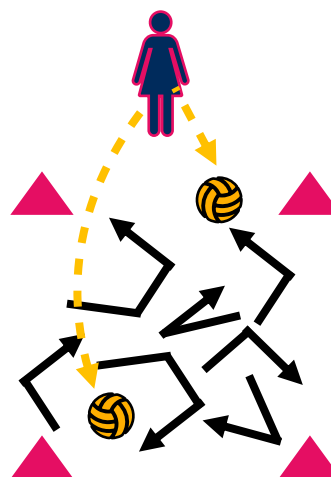


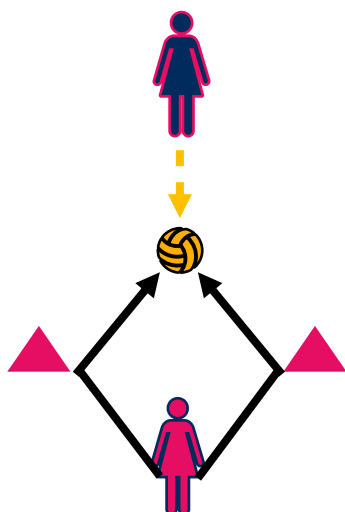
Drill #6

- Start at navy cone
- Sidestep across to right
- Straight drive forward, receive pass
- Angle drive back left and receive a lob
- Perform 3-4 times
- Move top cone to the left and perform 3-4 times in the other direction

Drill #7

- Perform random change of directions within the box
- Use a range of movements (sprint, sidestep, clear, dodge, roll, drop back etc.)
- Passer to throw surprise passes on some leads (straight pass, log, high ball, drop ball)
- 30 seconds work, 15 seconds rest, 3 sets



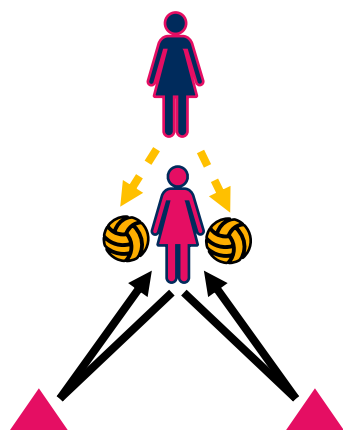
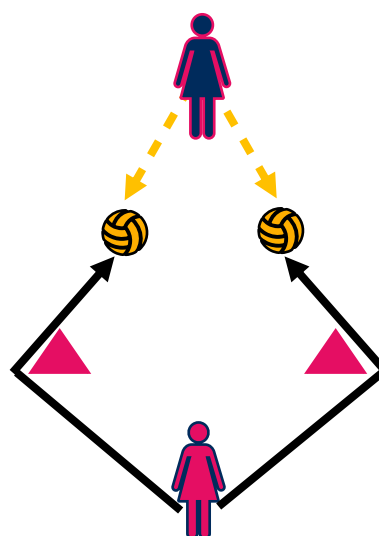


Drill #8

- Start 2-3m behind cones in the middle
- Angle drive to cone
- Sharp change of direction
- Angle drive towards thrower
- Receive pass on extension
- Perform 4-5 times each side

Drill #9

- Start 2-3m behind cones in the middle
- Angle drive to cone
- Sharp change of direction around cone (get whole body around, not over top)
- Angle drive towards thrower
- Receive pass on extension
- Perform 4-5 times each side



Drill #10

- Start 2-3m in front of cones in the middle
- Angle drive to cone
- Sharp push off
- Angle lead towards thrower
- Receive pass
- Perform 4-5 times each side

Drill #11

- Start 3ft in front of passer with hands over, hold for 3 seconds
- Angle drive to back left cone
- 'Intercept' a high pass by getting under the ball and jumping off both feet
- Perform 4-5 times each side

