

## Stationary Ball Work and Reaction Drills

**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.

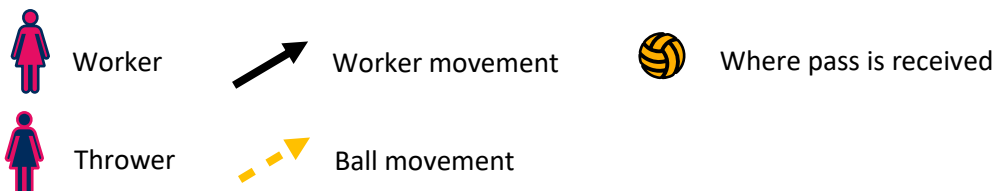
### Set Up

- You will need 1 or 2 netballs
- Tennis balls can be used in some drills
- You will need a partner for all drills (they don't have to be a netballer)
- Choose 4-6 drills to complete

### Coaching Points

- Focus on ball control

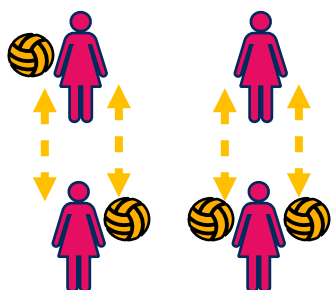
### Diagram Key



### Drill #1



- Stand 2m away from passer
- Remaining in place, receive a pass at shoulder height to one side of your body, catching with that hand
- Control the ball and pass back
- Perform 20 times, alternating left and right sides
- **Progression #1:** take one step sideways with outside foot (inside to remain in place) as you catch the ball (slightly on extension)
- **Progression #2:** upon catching with one hand, quickly pull the ball into the body and secure with other hand
- **Variation:** receive passes just above head height

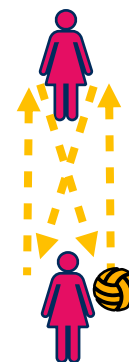


## Drill #2

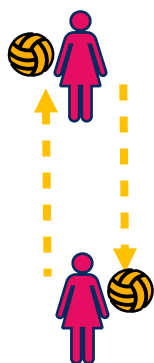
- Stand 1.5-2m away from partner, each with a ball
- Partners simultaneously pass the balls, ensuring the balls are travelling parallel to each other (keeping them on their own sides)
- Catch with one hand, control and pass back
- Perform 20 passes
- **Variation:** catch and throw both balls at the same time

## Drill #3

- Stand 3-4m away from partner
- Using one ball, person 1 passes along the same side and person 2 passes across the body to the opposite side
- The ball moves in a bow tie pattern
- Perform 20 passes then swap over (person 1 passes to opposite side and person 2 passes to the same side)



## Drill #4



- Stand 3-4m away from partner, each with a ball
- Partners simultaneously pass the balls to each other using the same hand (i.e. both using right hand)
- Ensure the balls are travelling parallel to each other, keeping them on their own sides
- Upon catching, quickly transfer the ball across to your throwing side, making sure not to drop/dip the ball towards hip level
- Perform 15 passes and then swap throwing hands
- **Variation:** try to keep each ball on one side of the drill so that you alternate each pass left and right hands

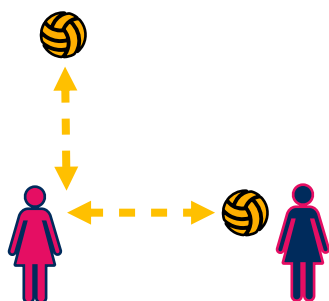
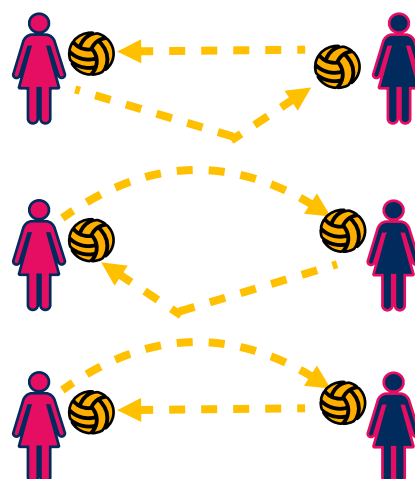


## Drill #5

- Stand 1-2m away from passer, remaining on that spot
- Jump straight up to receive high ball above head
- Reach and catch with one hand, quickly pulling into body and securing with other hand
- Perform 10 times, alternating left and right hands

## Drill #6

- Stand approx. 4m away from your partner
- Each person has a ball and passes simultaneously
- Person 1 uses one type of pass, and person 2 uses the other
- Perform 20 passes each and then swap the pass type
- Pass combinations:
  - Chest pass and bounce pass
  - Shoulder pass and bounce pass
  - 2-handed over head pass and bounce pass
  - 2-handed over head pass and chest pass
  - 2-handed over head pass and shoulder pass



## Drill #7

- Stand approx. 3m away from your partner
- Each person has a ball
- Worker throws their ball straight up above them
- While the ball is in the air, the partner throws their ball to the worker who catches and throws back immediately
- Worker then catches their own ball from up above
- Start off slow and build up speed
- Perform 20 times, then swap

## Drill #8



- Stand 1m in front of you partner, facing them
- Place your hands on your head
- Thrower holds the ball in front of them at roughly chest level, and then drops it
- Worker reacts quickly and try to catch the ball before it hits the ground
- You can change the height the ball is dropped from (higher is easier, lower is harder)
- **Variation #1:** use a smaller ball (e.g. tennis ball) to make it harder
- **Variation #2:** use two smaller balls and thrower only drops one at a

## Drill #9

- Stand 2-3m from partner, facing away
- Partner to call left or right
- Worker to turn in that direction, pivoting on outside foot to receive a pass
- Start by throwing the ball after they have turned and progressively speed it up, so it is being thrown as they are turning, and eventually as you make the call
- You can also change the distance between you and your partner (further apart makes it easier, closer makes it harder)
- Perform 10 times



## Drill #10

- Stand 1-2m in front of partner, facing away
- Thrower passes the ball over their partner's head,
- Worker it to sight the ball (with head facing forwards) and catch it before it hits the ground
- Perform 10 times

## Drill #11

- Stand 2-3m away from a wall with your partner another 2m behind you, both facing the wall
- Thrower is to throw the ball against the wall and the worker is to react and catch
- Vary the timing and where you put the pass (left, right, overhead, high, shoulder level)
- Perform 15 times

