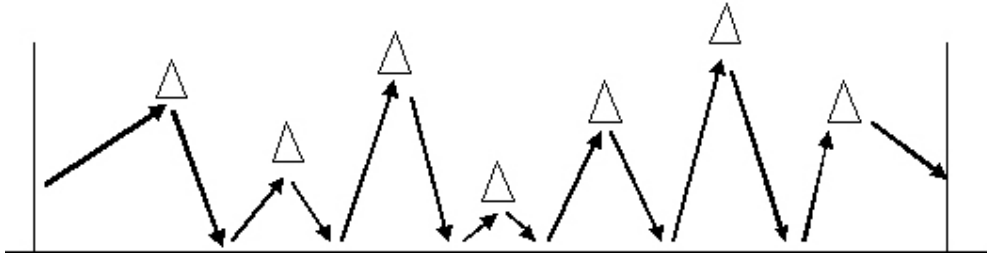


Footwork Drills

This is a good time of the year to focus on the development of footwork drills both from a fitness and skill development perspective. Players work in groups of four. Work each side.

1. Players to move to the cone and then back to the side line



- a. Drive to each cone in turn, make sure the shoulders are turned in the direction of travel and eyes are facing down court
 - b. Drive to the cone and slide back to the side line facing down court
 - c. As b. but on two occasions the player must drive back and repeat a cone
 - d. Angle run backwards to the cone and slide to the sideline facing the ball position
 - e. Turn and drive to the cone and then the side line facing direction of travel
2. Add a ball to each activity
 - a. For activities a-d ball is passed on drive to cone
 - b. For activity d. add a second ball with a pass received on each drive to the cone and the side line, throwers will need to move as the players work down the line

Source: Netball Australia: GameOn! Issue 2, 2010