Long Court Drill

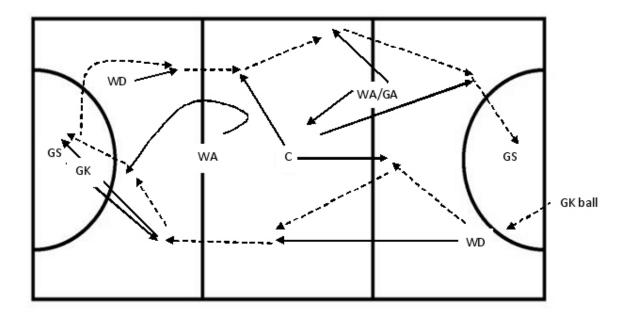
This drill is aimed at developing footwork, passing and timing in attack. Coaches should focus on footwork, type and placement of passes, type, space and timing of lead. Defence can be added to make the drill more challenging.

Drill:

Players: 12 players

Area: Full court

Ball movement indicated by a dotted line (------) Player movement indicated by unbroken line (_______)



- The drill is continuous with each player repeating the same movement each time the ball moves clockwise around the circle. Start the drill with a GK standing to take a throw-in with the ball. The ball is passed to each player in turn in the following order:
- a. GK passes to WD on a hold on the circle
- b. WD passes to the C leading up the middle
- c. C passes the ball to the WD who has made another move down the sideline
- d. WD passes to the GS leading out of the circle
- e. GS passes to the WA who has made a clearing move away from the WD and leads onto the circle
- f. WA passes the ball back to the GS leading into the circle around the GK, the GS shoots
- g. GK rebounds the ball and passes a lob to the WD leading off the circle
- h. WD passes to the C who has made a lead
- i. C passes to the GA who has provided a split lead with the WA

- j. The GA passes to the WA who has reoffered to the top of the circle
- k. WA passes to the GS who shoots
- I. GK picks up the ball and moves to take the throw in to restart the $\mbox{\rm drill}$
- 2. Coaches can adjust the drill by altering i. the C passes to the WA on a split lead instead of the GA, WA would then pass to the GS leading outside the circle, GS to pass to the GA leading into the circle, GA shoots
- 3. Other movements and passes can be changed at the coaches discretion 4
- 4. Defenders can become more active, e.g. both $\mathsf{GK}'\mathsf{s}$ could defend all of the GS movements, if they intercept the ball the drill continues as if they rebounded it
- 5. Other defenders could be added e.g. on the split lead

Source: Netball Australia: GameOn! Issue 10, 2009