

# Netball Team Drill



This drill is fantastic as it raises awareness of space and vision. Once the moves and passes are mastered, challenge your team to pass and run as quickly as possible.

The drill works with **6 players**.

Flight of ball  $\longrightarrow$  Direction of player movement  $\longleftarrow$

<p><b>The Setup</b>                      1 and 6 swap spots after they pass the ball.                      2 and 5 swap spots after they pass the ball.                      3 and 4 swap spots after they pass the ball.                      Players 1 and 6 start with the ball</p>	
<p>Simultaneously:                      1) Player 1 throws to player 2.                      Player 6 throws to player 5.</p>	
<p>2) As soon as 1 and 6 have passed the ball, they run to swap positions with each other</p>	
<p>Now 2 and 5 have the ball.                      1) Player 2 throws to player 3.                      Player 5 throws to player 4.                      2) As soon as 2 and 5 have passed the ball, they run to swap positions with each other</p>	
<p>Now 3 and 4 have the ball.                      1) Player 4 throws to player 6.                      Player 3 throws to player 1.                      2) As soon as 3 and 4 have passed the ball, they run to swap positions with each other</p>	
<p>Now 6 and 1 have the ball.                      1) Player 6 throws to player 5.                      Player 1 throws to player 2.                      2) As soon as 6 and 1 have passed the ball, they run to swap positions with each other</p>	
<p>The same pattern repeats over and over again.</p> <p>Note: You are <b>always receiving the ball from the same person</b>; and <b>throwing the ball to the same person</b>.                      i.e. Player 5 always receives the ball from player 6 and passes the ball to player 4.                      Player 2 always receives the ball from player 1 and passes the ball to player 3.                      Player 3 always receives the ball from player 2 and passes to player 1                      and so forth.</p>	