

NETBALL

You don't actually need a ring to practice simple netball drills at home. Having access to a netball ring at home is great to practice shooting, however, there are many more skills to the game of netball that you can develop on without access to a ring. Such skills include:



- **Passing**
- **Catching**
- Footwork
- Pivoting
- Agility
- Hand-eye coordination
- **Remember during each session to keep hydrated and at the end of each session include a warm down & stretches:**
- [Warm down & Stretches](#)

SESSION 1 - PASSING AND CATCHING AGAINST THE WALL

Individual Passing and Receiving

Practicing passing to yourself can assist in improving your ball control and accuracy. Firstly, keep it simple by throwing the ball across your body back and forth from one hand to the other. Once you've mastered that, shake things up by throwing the ball above your head and catching.

[Click on the links below to view - Ball on wall skills](#)

[Ball Skills](#)

[Ball on wall skills](#)

Freestanding Netball Rings

[Kmart freestanding netball ring](#)

CHEST AND OVERHEAD & SHOULDER WALL PASSES

Stand approximately two metres away from the wall and throw chest height and head height passes into the wall. Marking an 'x' on the wall with chalk or tape will help you to throw more precise passes. Set up two cones or drink bottles 5 metres from the wall (if possible or if in a small space perform the movement on the spot)

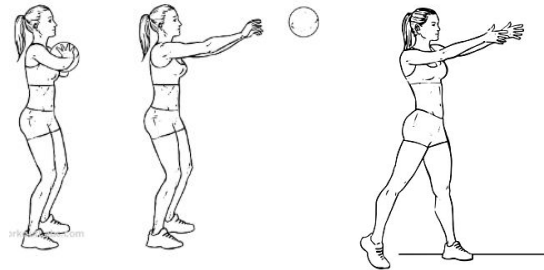
STEP 1 - 1 METRE FROM THE WALL (two large steps back)

BALANCED ON TWO FEET KNEES SLIGHTLY BENT

- 20 X TWO HANDED CHEST PASSES
- 20 X TWO HANDED OVERHEAD PASSES
- 20 X RIGHT HAND PASSES
- 20 X LEFT HAND PASSES

Ball down

Jog around the cones and back 5 x times - 20 x Star Jumps



STEP 2 - 2 METRES FROM THE WALL (four large steps back)

20 X TWO HANDED CHEST PASSES
20 X TWO HANDED OVERHEAD PASSES
20 X RIGHT HAND PASSES
20 X LEFT HAND PASSES

Ball down

Side step around the cones and back 5 x times & 20 x Burpees

STEP 3 - 1 METRE FROM THE WALL

BALANCED ON YOUR RIGHT FOOT

15 X TWO HAND PASSES
15 X RIGHT HAND PASSES
15 X LEFT HAND PASSES



BALANCED ON YOUR LEFT FOOT

15 X TWO HAND PASSES
15 X RIGHT HAND PASSES
15 X LEFT HAND PASSES

Ball down

High knees around the cones & jog backwards x 3 times
20 x jumps

CATCHING AND TURNING

This drill is similar to the drill above, however after the pass is thrown quickly, turn and catch and then turn the other way. Switch directions with each catch x 15

ONE HAND ALONG THE WALL

If area permits, running along the wall and throwing one hand passes is a great netball exercise. Catching the ball can be done with two hands but landing on just the one foot is necessary to keep the drill flowing. It involves jogging or running, as you keep moving along the wall throwing passes. Then, do it the opposite way to work opposite hand and foot. A video on how to do this drill can be found here: [Dynamic ball on wall skills](#)