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Netball Practices and Training offers a comprehensive guide to planning netball training sessions with an emphasis on decision-making. Ensuring a player is equipped with the technical and tactical skills should not be the only focus of a coach, and by integrating practices that incorporate decision-making, a coach is successfully preparing a player for the demands of competition. The book ...

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Netball Catch, turn and pass relay Group practices Players work in groups of 4, with 1 ball between them. The first player runs towards the centre The player with the ball throw up a high ball for the receiving player to jump and receive. The receiving player catches the ball, and turns in the air, so they land facing Netball Group practices Drills. Group practices are a great way of building a team that works well together, creating a bond in your team by challenging them to work on their speed, agility and net-

ball skills in these fun group games and drills. The group practice drills and videos below are a great way of encouraging players to communicate with each other.

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Piggy in the middle is a great defence netball drill and also a great drill for improving passing skills. This drill can be played with 3 players but I would recommend having at least 7 players to make the drill extra fun. Make a circle with all of the players and choose two people to be in the middle of the circle.

Netball Practices and Training by Navin, Anita (ebook)

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Crazy Catch is the ultimate rebound net for Netball. Improve your speed, agility, reactions, accuracy, jumping and make any training practice more fun and challenging with the INSANE rebounds of the Crazy Catch Double Trouble range. As used by Sasha Corbin and various international teams and players.

A warm-up is a critical part of any netball session. Netball is a high impact sport on

young players' bodies, so players need to activate and prepare the muscles they'll be using. A short jog (around 6-8 lengths of a court) followed by a few minutes of active stretching (lunges, sumo squats, Supermans etc) is a good place to start.

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Practices and Training for Netball. 401 Words 2 Pages. Practices and Training for Netball. Footwork Activities: Squishing Spiders, Hoop drills, Cone drills, Clusters, Dag/Dogs, Rob the Nest, Horse and Jockey, Tails, Stuck in. the Mud, Bull Rush, Chain Tag, Twenty-One, Shooting Relay, Team. Passing vs Team Running, Tag Ball, Corner Ball, Skittle Ball, Numbers.

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