BALL PROGRAMME

Ball and Wall / Ball Handling

To progress with your netball and through the Performance Pathway, your ball handling skills have to be exceptionally good. Ball handling includes catching, throwing and intercepting, and your fingers and hands need to become so familiar with the ball that you're lost without it! Get into the habit of carrying your netball around with you; bounce it, spin it on your fingers, roll it across your chest, throw it against walls, find someone to throw it to you – your netball needs to become your best friend!

Here are examples of exercises to improve your ball skills. As a guide, you should be doing AT LEAST 5 sets per week;

Ball and Wall;

- 30 x two handed chest passes, left foot forward (stand 4m from wall)
- 30 x two handed chest passes, right foot forward (stand 4m from wall)
- 30 x two handed chest passes, feet square to wall (stand 4m from wall)
- 15 x right handed shoulder passes, left foot forward (stand 4m from wall) – receive in 2 hands
- 15 x left handed shoulder passes, right foot forward (stand 4m from wall) – receive in 2 hands
- 15 x right handed shoulder passes, right foot forward (stand 4m from wall) – receive in 2 hands
- 15 x left handed shoulder passes, left foot forward (stand 4m from wall) – receive in 2 hands
- 15 x two handed bounce passes, left foot forward (stand 4m from wall)
- 15 x two handed bounce passes, right foot forward (stand 4m from wall)
- 15 x right handed bounce passes right, left foot forward (stand 4m from wall)
- 15 x left handed bounce passes, right foot forward (stand 4m from wall)
- 20 x two handed continuous overhead taps, (stand 2m from wall)
- 30 x right handed shoulder passes, left foot forward (stand 4m from wall) – receive in right hand, throw straight back
- 30 x left handed shoulder passes, right foot forward (stand 4m from wall) – receive in left hand, throw straight back
- 100 x different targets on wall using a variety of passes

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Standing up close to wall, using fingertips to control ball;
-15 x left hand moving 6 to 12 round the clock and right hand moving 12 to 6 round the clock

Ball and Line;
15 x left hand, hopping on left leg laterally over the line and back whilst bouncing the ball on the line
15 x right hand, hopping on right leg laterally over the line and back whilst bouncing the ball on the line
15 x left hand, hopping on right leg laterally over the line and back whilst bouncing the ball on the line
15 x left hand, hopping on right leg laterally over the line and back whilst bouncing the ball on the line
15 x left hand, face the line and jump two footed over and back, whilst bouncing the ball on the line
15 x right hand, face the line and jump two footed over and back, whilst bouncing the ball on the line

Familiarization;
20 x flick the ball using left hand
20 x flick the ball using right hand
15 x Work the ball in a figure of eight around legs
15 x Work the ball around the ankles, knees hips and head
15 x Throw the ball up and over head, catch behind back – flick from back over to front
Spin the ball on one finger

Turning in the air/ quick release;
Stand with back to wall (3m/4m away). Toss ball in air, jump, turn, land and pass. Rotate head quickly to sight target and pass accurately
- 10 x turn right, deliver one handed pass
- 10 x turn left, deliver one handed pass
- 10 x turn either, deliver two handed pass

Repeat again, but vary release time from 1-3 seconds.
Mark 5 targets on wall, and repeat again, hitting alternate targets

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Moving to pass;
Throw ball at wall (vary distances, angles, heights, start positions (facing toward/away from wall) and power)
Run to retrieve, turn, pass to target

- 10 x turn right pass to each target
- 10 x turn left pass to each target
- 10 x turn either side, use two handed pass

Long Ball accuracy;
6m and 10m from wall. Face away from wall. Toss ball in air, jump to retrieve, turn, land and throw to a target point.
- 10 x left handed from both 6m and 10m
- 10 x right handed from both 6m and 10m
- 5 x left handed from 6m to each target with 1kg medicine ball
- 5 x right handed from 6m to each target with 1kg medicine ball

Accuracy, Movement and controlled landing;
Standing with ball 3-4m away from wall
- Throw ball with left hand to target on wall 2m to right, run across to retrieve, land, turn.
- Throw ball with right hand to target 2m to left, run across to retrieve, land, turn.
- Mix up inside/outside landing foot
- Mix up turning inside/outside

- 20 x passes continuous movement
- 10 x bounce left, high on right
- 10 x bounce right, high on left

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