

Week 5: Dodging

Objective:

To use a dodge in a restricted area to displace the defender, driving strongly into the free space to receive a pass.

Coaching Points

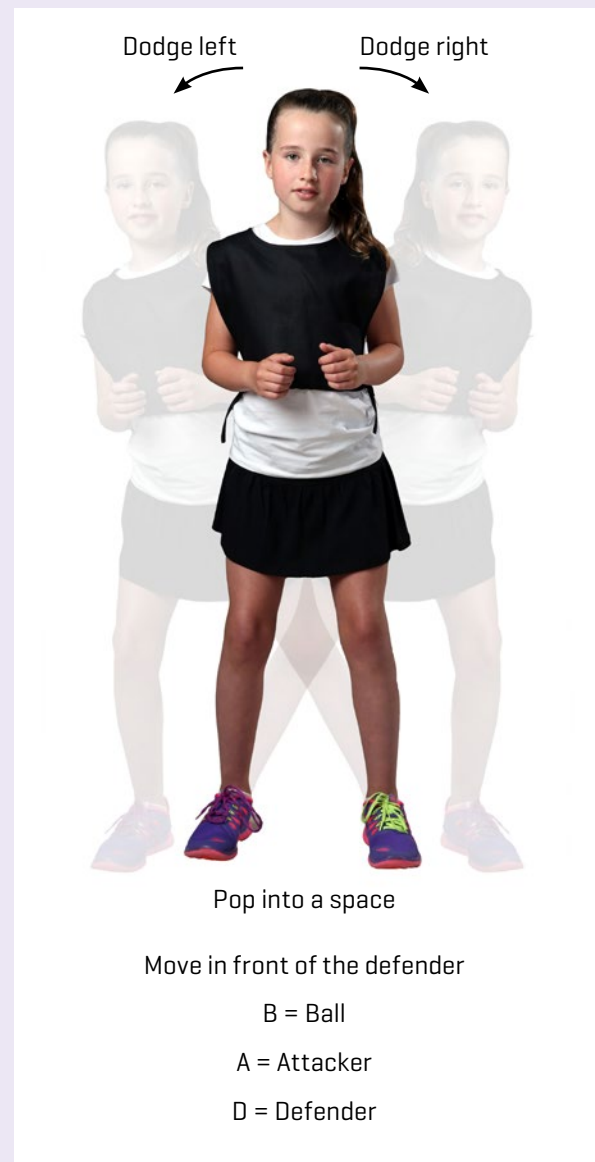
- Stand in a stable body position
- Bend knees, shift weight from one foot to the other, away from the intended receiving location
- Suddenly change direction by pushing off strongly on the outside leg
- Use strong arm movements to assist quickness of movement
- Move towards the ball
- Extend arms

Errors

- Feet too wide
- No transfer of weight
- Hips sag; body not upright
- Dodging movement not quick enough – more like a sway
- Eyes and head down
- Drive off inside leg
- Practises dodges on their 'good' side only

Equipment

- One ball between three
- Lines on a court
- Bibs
- Cones – to mark areas





Begin with the NetballSmart Dynamic Warm-up.

Knee Tag

No. of players: In pairs

Area: Small area

Equipment: Nil

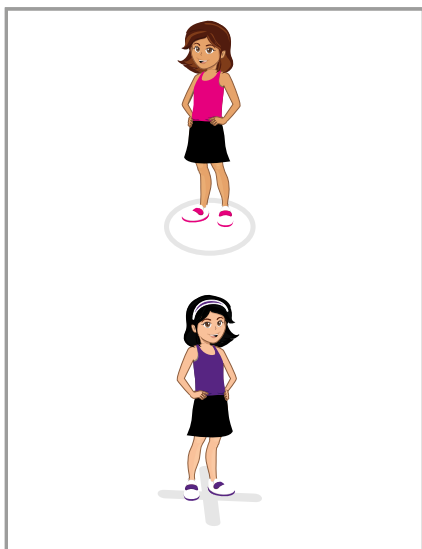
Aim:

To try and tag your partner's knees as often as possible, while avoiding your own knees being tagged.

- In pairs, get in a squat position, facing each other. Encourage players to stick bottom out and bend in hips.
- Partners try to tag each other's knees, while trying to avoid being tagged. This helps to develop change of direction and dodging.
- Players cannot turn and run away from their partner.

Challenge:

- Work to tag your partner three times in a row.



Dodge Protect

No. of players: In groups of 4

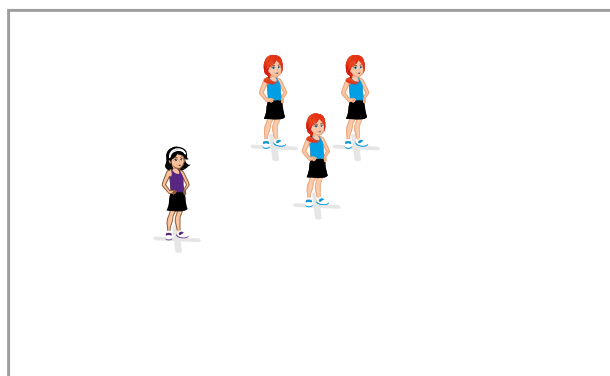
Area: Small area

Equipment: Nil

Aim:

To practise your dodging, try and tag the nominated player while the players move to try and protect the same player.

- Three players link at the elbow.
- The worker nominates one player that they will attempt to tag.
- Other players work to protect the nominated player from being tagged.
- Once a tag is made, switch roles.
- Ensure everyone has a turn in all roles.





Dodge and Collect

No. of players: Groups of 8-10

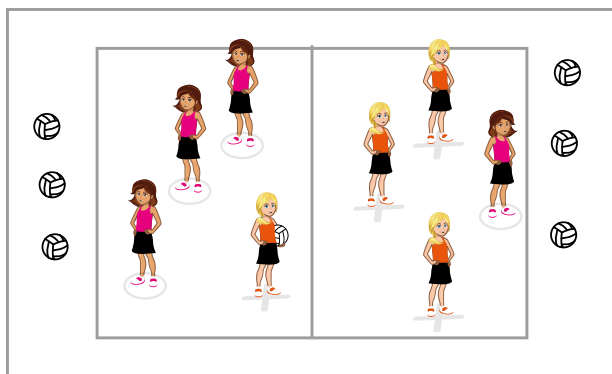
Area: One third of the Netball court

Equipment: 6-8 balls, cones or chalk to mark halfway

Aim:

To dodge the other team to collect as many balls as possible.

- Players are divided into two teams in each half of the third.
- Place a number of Netballs behind each line.
- Players try to collect the other team's ball and return it to their own half without being tagged by the other team.



Fives

No. of players: 2 groups of 5

Area: 5m x 5m

Equipment: 1 ball, cones

Aim:

For your group to be able to continue to get five passes as the defence pressure grows. On every fifth successful pass, another defence enters the area. Use your dodges to beat the defence.

- The orange group starts inside the area, while the pink group lines up outside the area.
- The ball is passed between the orange group, who work to complete five successful passes.
- Once five passes have been achieved, one player from the pink group is added as defence.
- The orange group work to complete another five passes.
- If successful, add another player from the pink group to increase the defence pressure.
- Continue until all players from both groups are involved.
- If a turnover occurs, the groups swap roles and the activity restarts.

