

Activate: Essential Attacking Skills for Netball

Course Summary:

This course will examine the qualities of an attacking player and will explore the methods a player can utilise to get free. The workshop will apply the *Games for Understanding* approach and review how a meaningful games experience can be embedded in the coaching session. Coaches will be introduced to the principles of attacking play and will observe and analyse performance in relation to these in the workshop. The coach will be equipped with the skills to plan practices which are in a games context and will recognise the value of placing conditions on games to improve the practice. The workshop will address set ups, first and second phase options in a range of game situations. The cues an attacker should attend and respond to will be a feature of the workshop with a particular emphasis on the centre pass.

Outcomes:

By the end of the workshop a coach should be able to:

- Explain the qualities of an attacking player
- Observe and analyse an individual's performance in relation to the principles of attacking play
- Explain how meaningful games experiences are key to learning as part of the *Games for Understanding* approach
- Design practices in a conditioned game context
- Describe the various set ups, first and second phase options in a range of game situations

Please note that this is a practical workshop and may require coaches to participate in some activities, it is therefore advisable to ensure appropriate clothing and footwear is worn.