

Winning the Ball: Essential Defending Skills for Netball

Course Summary:

This workshop will examine how coaches can develop defensive practices that are both variable and relevant in a game context to ensure that players are encouraged to make decisions on how, where and when to force errors and/or turnovers. Coaches will be introduced to the principles of defending and will have the opportunity to observe and analyse performance. Through this process coaches will develop their questioning technique encouraging the player to make considerations and effective decisions based on the cues that are happening around them.

Outcomes

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

- construct defensive focused practices that enable players to make effective decisions
- design appropriate and effective questions that change players' behaviour
- organise a practice so it meets the needs of all players

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