

# Coaching Language

To assist in alignment across the state, Netball NSW has identified terminology that will benefit coaches to enable the athletes to clearly understand what is being asked of them as they journey from program to program.

Terminology	Definition
<b>Attack</b>	When a team or individual in possession of the ball attempts to move it down the court to the shooters.
<b>Baulk (Fake)</b>	The action players use when they appear to be about to release a pass but do not let go of the ball.
<b>Change of Direction</b>	(Two straight leads) Initial move must be convincing enough, sprint strongly at a 45-degree angle, push off strongly on outside foot to move into a new space.
<b>Change of Pace</b>	To change the timing of a lead to clear space (Speed is critical).
<b>Clearing</b>	A wide, arcing movement that attempts to draw the defence away from critical space, leaving it open for another player.
<b>Defence</b>	The actions of a team or individual resisting an attack. A team defends when it does not have possession of the ball.
<b>Dictate, Delay and Deny</b>	Defending the ground in front of an opponent to force the player wide and hold up the down court drive.
<b>Double Dodge</b>	Quick and decisive run in one direction in a definite movement, with hips facing towards direction of travel, place outside foot on the ground and push off strongly in opposite direction, perform a second dodge by placing the other foot on the ground and pushing in the other direction.
<b>Double Play (Give and Go)</b>	A player passes the ball then immediately drives to retake the pass.
<b>Drive</b>	A strong forward movement into space.
<b>First Ball Pressure</b>	Defenders maintain first ball pressure to a contest to intercept the ball or prevent attacking players from receiving a pass.
<b>Front Cut</b>	When an attacker drives in front of their defender so they can easily receive a pass.
<b>Grounded foot</b>	The foot the first makes contact with the ground when a player who has possession of the ball lands.
<b>Intensity</b>	Keep your players working at match pace, demonstrate what intensity you are looking for when teaching a skill or introducing a new drill (players need to understand what pace you expect as a coach).
<b>Leads</b>	Sprint strongly to the ball, either directly forward or diagonally at a 45 degree angle.

<b>Lead and Drop back</b>	Designed to create space behind the initial drive. Keep eyes on the thrower throughout the movement.
<b>Offer</b>	A players first attacking move, also called a lead.
<b>Off the player (Off the body)</b>	The defender aims to cover their own opponent while also being in a position to intercept a pass to other opposition players.
<b>Preliminary move</b>	A move used to clear space before offering an attacking move.
<b>Re-offer</b>	When the lead or offer is not used and the player makes another move.
<b>Re-Positioning</b>	Defending players need to reposition based on changes in the game, this may include adjusting and changing position around an opponent.
<b>Sagging</b>	A form of one on one defence and is usually used when the defenders opponent receives the pass. Rather than commit to hands over the ball they move back into a teammate's opponent's space to either deny the passing option or intercept the pass.
<b>Shadowing</b>	(One on one defence in front) – Standing in front of the attacker hallway across the attackers body looking hallway between the ball the attacker so they can see both.
<b>Skill</b>	A skill is the performance of the technique in a game. Technique + Game context training = Skill Game context training = Pressure, decision making, timing, use of space
<b>Split</b>	When two players line up one in front of the other and both lead, the front player should lead first and the back player leads in the opposite direction.
<b>Switch</b>	When two defenders swap opponents (May be a deliberate move to provide better match ups in defence).
<b>Technique</b>	A technique is a movement performed in isolation at practice.
<b>Timing</b>	Knowing just when to make a move, Players may use on court cues to time their movements e.g. a teammates catch.
<b>Vision</b>	With regard to leading the play- vision refers to the ability of the player to turn and see all of the court and the options available so that the best passing option can be chosen.

# Coaching Cues

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Developing coaching cues that resonate with each of your players is vital to effecting change and helping your athletes grow. Consistency of cue words is the key to success. I take some time to find what works for each athlete and use that same word in training, on pre match cards and in match feedback.

It is amazing the difference one or two words can make.

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**Anita Keelan**, NSW Swifts Assistant Coach

Movement Skills - Athletes need to know how to apply these skills on the court	
Right foot and left foot take off	First step forwards – small steps
	Using arms to drive – opposite arm to leg
	Head up and eyes on the ball
Land and balance on right and left foot and both feet simultaneously	Knee aligned over foot when landing
	Bend knees slightly to absorb impact
	Soft landing
Landing on outside foot	Drive right – land right foot, drive left – land left foot
	Ball to be placed into space ahead of player
	Knee aligned over foot when landing
Pivot – outside turn	Land on outside foot e.g. left foot land if running to the left
	Turn on the ball of the foot without lifting it off the ground
	Ball must be caught on extension – into space
Pivot – inside turn	Land on inside foot e.g. right foot land if running to the left
	Turn on the ball of the foot without lifting it off the ground
	Turn body away from the defender to protect the ball
Running through the ball – not lunging	Drive hard onto the catch – don't slow down
	Small steps and fast feet
	Balance on landing
Sprint, stop and control body	Using arms to drive – opposite arm to leg
	Small steps – light feet
	Angle shoulders and hips to the direction of run

Ball Skills	
Shoulder pass – correct technique	Ball held at shoulder height with one hand
	Step forward – opposite hand to foot
	Open shoulder and push ball hard into space
Bounce pass	Bend knees to lower your body
	Step forward – opposite hand to foot
	Bounce ball towards ground and into space
Chest pass	Ball held with two hands at chest height – arms slightly bent
	Step forward with one foot (non-grounded foot)
	Push the ball hard towards receiver's chest
Pace and timing of ball delivery	Variation of passes require different speeds of release
	Experiment with quick delivery and slower delivery to receiver – depending on defenders positioning
Lob pass	High release of pass at shoulder height
	One hand control
	Pass to be placed into space

Attacking Skills	
Single dodge	Small steps - keep base of feet shoulder width apart
	Push off on outside leg
	Change direction using fast small steps to drive
Double dodge	First single dodge to be same direction as the drive
	Push off strongly and quickly on outside leg – second dodge to opposite side
	Small steps to drive hard into space - keep eyes up
Straight lead-angle and line to the ball	Eyes on the ball - small steps and fast feet – drive hard
	45 degree angle of drive towards the ball carrier
	Keep strong on the lead – run through the ball – don't slow down
Creating space for yourself- 2 leads	Work variety of combination of movements
	Communication with other attacker – vision and voice
	Use strong definite movements
Lead, pivot and pass - hips all the way around for delivery	Strong drive and balance on landing
	Turn head to sight players and options down court
	Open hips to face direction of play
Transition into defence on turnover	Fast reaction from attack to defence
	Deny space of direct opponent - slow the ball movement
	Make a commitment to defence – regardless of position
Split and reoffer	Two players - drive into different spaces
	Drive to be completed at the same time as other player
	Ball not received – use change of direction and sprint to find new space.
Lead and drop	Strong drive forwards towards the ball
	Push off strongly on outside foot
	Turn hips, eyes on the ball – drive into back space
Centre pass structure- 2nd phase	Communication with attacking unit – understand roles
	Balance of space on court
	Work through variety of scenarios
Introduce hold	Feet shoulder width apart
	Body to remain upright and arms by side
	Strong use of body to protect space for ball to be placed

## Defending Skills and Strategies

<b>Defending Skills and Strategies</b>	Small fast steps – feet shoulder width apart
	Move feet to create space – eyes on the ball
	Work on variety of combinations to move around shooter
<b>Denial of space – not chasing the attacker</b>	Use footwork towards the attacker to close off space
	Small steps – remain balanced
	Angle your body to the attacker
<b>Introduction of split circle and zone</b>	Communication with other defender is critical
	Eyes on the ball – use peripheral vision to sight attackers
	Actively defend space – continuous movement attack ball with two hands
<b>Defence of the shot - varieties including two hands, jump, lean</b>	Maintain 0.9m distance at all times
	Work at holding defence of the shot for three seconds
	Engage core strength to assist with balance
<b>Blocking the shot</b>	Turn back to shooter after release of the shot
	Keep feet shoulder width apart and body upright
	Use footwork towards shooter to close off space – no contact!
<b>Rebounding of the shot</b>	Use body to protect and create space
	Strong two hand catch on the ball
	Two foot take-off and landing
<b>Four phases of defence for 1v1:</b> <ul style="list-style-type: none"> <li>• Body positioning</li> <li>• First ball pressure to a contest</li> <li>• Recovery footwork and hands over the ball</li> <li>• Dictating of denying the space</li> </ul>	Angle body to see both player and ball – eyes up
	Small fast steps - attack the ball with two hands
	Balance – be disciplined on distance – 0.9m before hands – hands to extend strongly over the ball