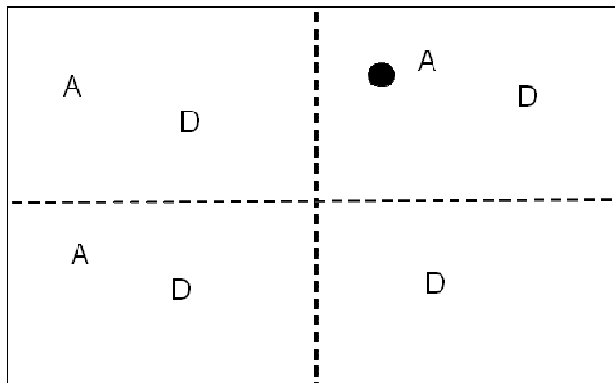


DEFENDING

“Square Defence”

Objective: To defend strongly one on one and go for interceptions
No. of Players: 7 players
Area: 1/3 netball court divided into 4 squares
Equipment: 1 ball, bibs, stopwatch

- Three attackers in a square each with one square 'free' vs. 4 defenders - one in each square
- Attackers pass between each other on for 30 seconds but cannot pass back to the attacker they received from. The attackers can receive a pass in their square or move into the 'free' square to receive the ball
- The attackers get 1 point for every successful pass
- The Defenders get 1 point for every intercept they take or 2 points if they make an intercept when defending in the 'free' square
- After 30 seconds change roles



Coaching Tips

*Stand in a stable body position
Body angled slightly to sight ball and opponent
Focus between player and ball
Quick footwork
Move towards the ball using short sharp steps
Think about where the passer is likely to pass the ball*