

SERIES

07

Box of Drills

WRITTEN AND PRESENTED BY HIGH PERFORMANCE COACHES
SUE GAUDION & LYN PEMBERTON

| TIME | SESSION | CONTENTS |
|---------|-------------------------|---|
| 8:45am | Arrive for Registration | |
| 9:00am | Warm Up Drills | Let's take a look at a variety of Warm Up Drills and help you understand the difference between structured and unstructured activities. |
| 10:00am | Passing Drills | Passing Drills must include high repetition along with the necessary pressure to ensure quality execution. |
| 11:00am | Timing Drills | An essential skill that all athletes can develop and with the right drills, timing can definitely be improved. |
| 12:00pm | Lunch Break | |
| 12:45pm | Space Awareness Drills | GBU has prioritised space awareness throughout its Series and we continue that theme here with court balance, width and depth as our primary focus. |
| 1:45pm | Decision Making Part A | Whilst every drill has decision making elements attached, we increase the decision making focus in this session. |
| 2:45pm | Decision Making Part B | We continue with more decision making drills here and will increase the pressure placed on the athletes to execute correctly. |
| 3:30pm | Quick Fire | This is your opportunity to put Sue and Lyn under the pump. You ask the questions, we give/show you the answers. On court or off court, it's up to you... load your guns! |

Cost: \$100 (includes Series booklet)

Register online @

thegoodthebadandtheugly.org



PRINCIPAL PARTNER



This program is proudly endorsed by the netball governing bodies in Western Australia, South Australia and New South Wales.