

SERIES

05

The Big 4

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

TIME	SESSION	CONTENTS
8:45am	Arrive for Registration	
9:00am	Recap Court Balance <i>Game Knowledge</i>	It's time to look back at the importance of court balance and understand how getting it right sets your team up for the BIG 4!
9:45am	Centre Pass Attack <i>Game Units / Knowledge</i>	In this session we will cover balance, communication, variations, options, first & second phase of the centre pass, and the importance of width and depth for attackers.
11:00am	Centre Pass Defence <i>Game Units / Knowledge</i>	Let's take a look at the role of the individual and the various units that can work together to effectively apply defence on the centre pass.
12:15pm	Lunch Break	
1:00pm	Long Court Attack <i>Game Units / Knowledge</i>	Court balance, timing, vision, options, leads, decision making and skill execution are all critical elements to get right when moving the ball from one end of the court to the other.
2:15pm	Long Court Defence <i>Game Units / Knowledge</i>	Let's once again look at the role of the individual, the various units, and how the entire team can successfully work together to create opportunities throughout the court.
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.