

SERIES

03

It's All About Defence

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

| TIME | SESSION | CONTENTS |
|---------|---|--|
| 8:45am | Arrive for Registration | |
| 9:00am | Get your Defenders' Feet Movin <i>Game Skills</i> | Defenders must develop specific footwork in order to perfect the craft of Defence. Join Lyn as she shows you how to 'move your feet'! |
| 9:45am | What's Left to do When the Shooter has the Ball? <i>Game Skills</i> | Learn the four key skills a defender must develop once a goaler has the ball and is ready to shoot. 'Last line of Defence' with Lyn. |
| 11:00am | Hands Over – Then What? <i>Game Skills</i> | Applying pressure on the pass is a skill and Sue will show you the various ways to do this. But then what next? Learn what is 'V' Defence and how to coach it effectively. |
| 11:45am | From 'Mine' to 'Ours' <i>Game Units / Knowledge</i> | Defensive partnerships in the circle become more effective when defenders develop an awareness from 'mine' to 'ours', or otherwise known as 'Split Circle Defence'. |
| 12:45pm | Lunch Break | |
| 1:30pm | Know the Pattern – Create the Intercept <i>Game Units / Knowledge</i> | Sue will take the 'Mine' to 'Ours' session one step further and show you the familiar patterns that happen inside the circle; and how defenders 'can' create intercepts. |
| 2:30pm | Transition into Defence <i>Game Sense</i> | It is essential to develop from an early age the importance of every player's role to defend and attack equally. Sue will show you some fun games to achieve this. |
| 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



GOLD
INDUSTRY
GROUP



netball
SOUTH AUSTRALIA



netball
NEW SOUTH WALES

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