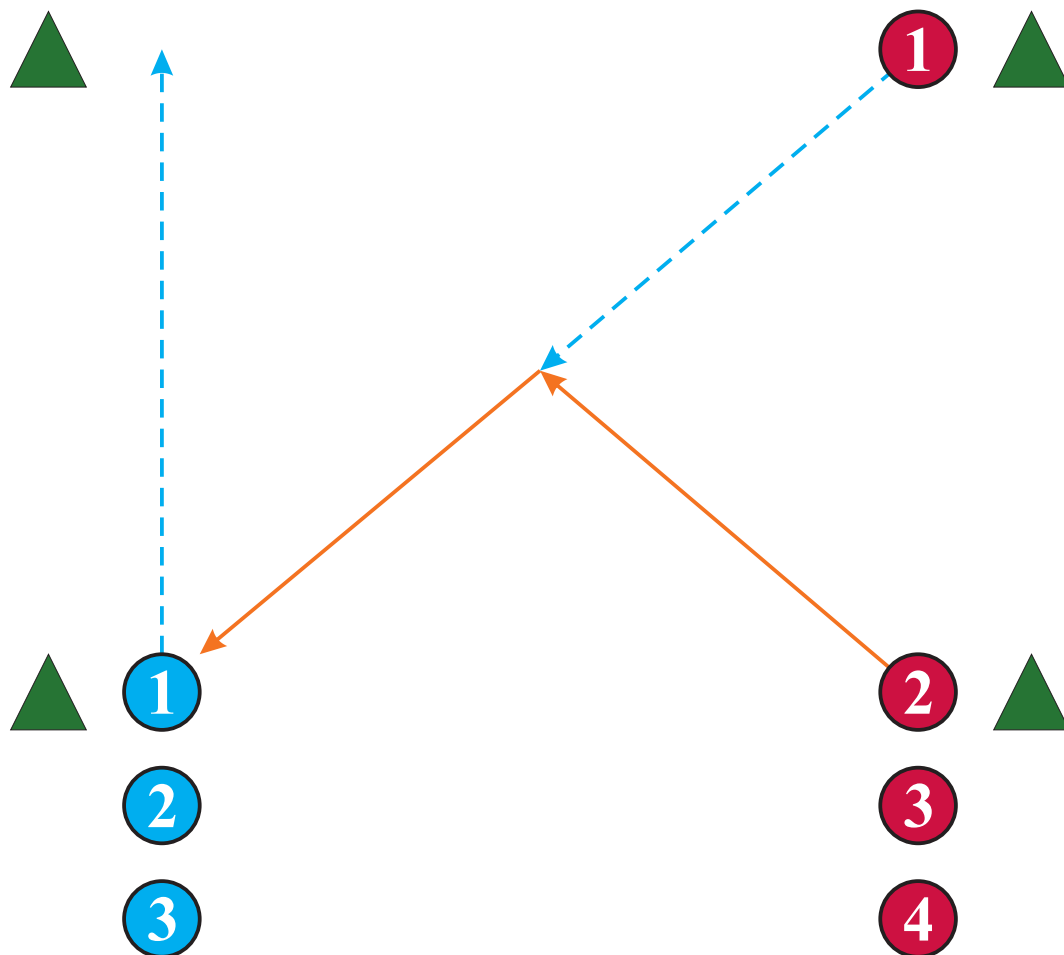


# Intercept Drill



▲ Cones

→ Ball Movement

→ Player Movement

*Resources:* 1 Netball, 4 Cones, 7 or more Players.

## Drill Description:

Assemble players as per above diagram.

Player Red 2 starts with the ball.

Player Red 1 & Player Blue 1 start their runs simultaneously.

Player Red 1 moves diagonally across the court towards the opposite line, intercepts the pass at the half way point and passes to Player Blue 2.

At the same time Player Red 1 leaves her station, Player Blue 1 moves in a straight line to the cone directly in front of her.

Player Red 1 then goes to the back of the left hand line.

Player Blue 1 & Player Red 2 start their runs simultaneously.

Player Blue 1 moves diagonally across the court towards the opposite line, intercepts the pass at the half way point and passes to Player Red 3.

At the same time Player Blue 1 leaves her station, Player Red 2 moves in a straight line to the cone directly in front of her.

Player Blue 1 then goes to the back of the right hand line.

..... and so on.

## Coaching Points:

Once the passing player has released the ball, the receiving player must focus solely on the ball in order to make the interception.