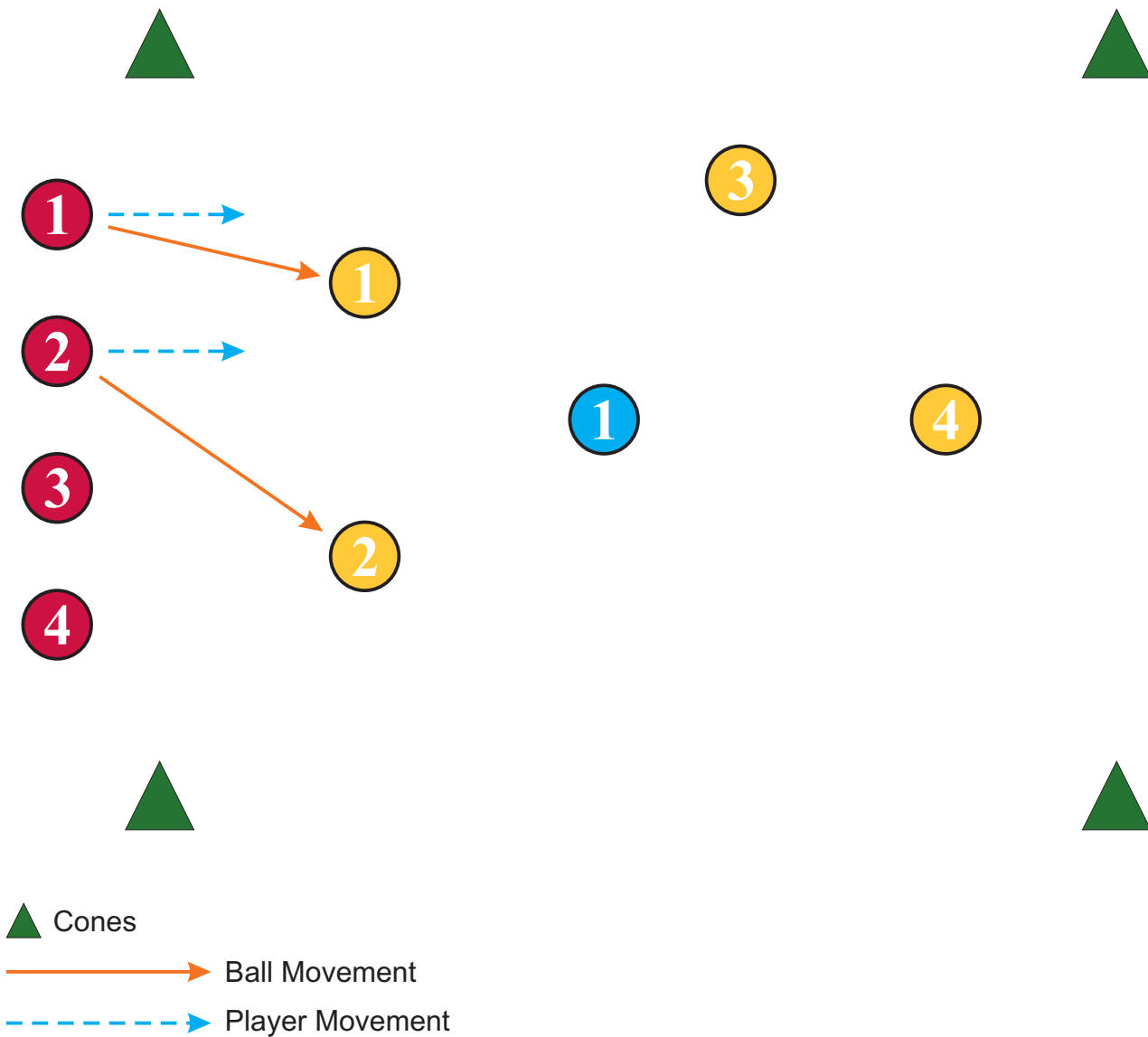


Intercepting Passes



Resources: 4 Netballs, 4 Cones, 9 Players.

Drill Description:

Line the Attacking (Red) Players along the side between the cones (each is to have a ball).

Strategically place 4 Static (Yellow) Defenders inside the square.

The Static Defenders are permitted to pivot but not move from their spot.

The Mobile (Blue) Defender's job is to try and intercept a pass.

The Mobile Defender can move anywhere within the square.

Attacking Players 1 & 2 start by passing the ball to a Static Defender and then move into the square to receive a pass back.

Each Attacking Player must pass and receive twice inside the square before moving to the opposite side of the square between the cones to receive the final pass.

The passes from the Static Defenders can go back to either of the Attacking Players at anytime.

Should one of the Attacking Players passes be intercepted, that player then becomes a Mobile Defender.

Proceed with Attacking Players 3 & 4 then continue from the other side of the square.

At this point, you can rearrange the Static Defenders.

The exercise continues until all Attacking Defenders are out having had their pass/receive intercepted.

Coaching Points:

Focus on dodging, changes of direction, appropriate use of space and on court communication.