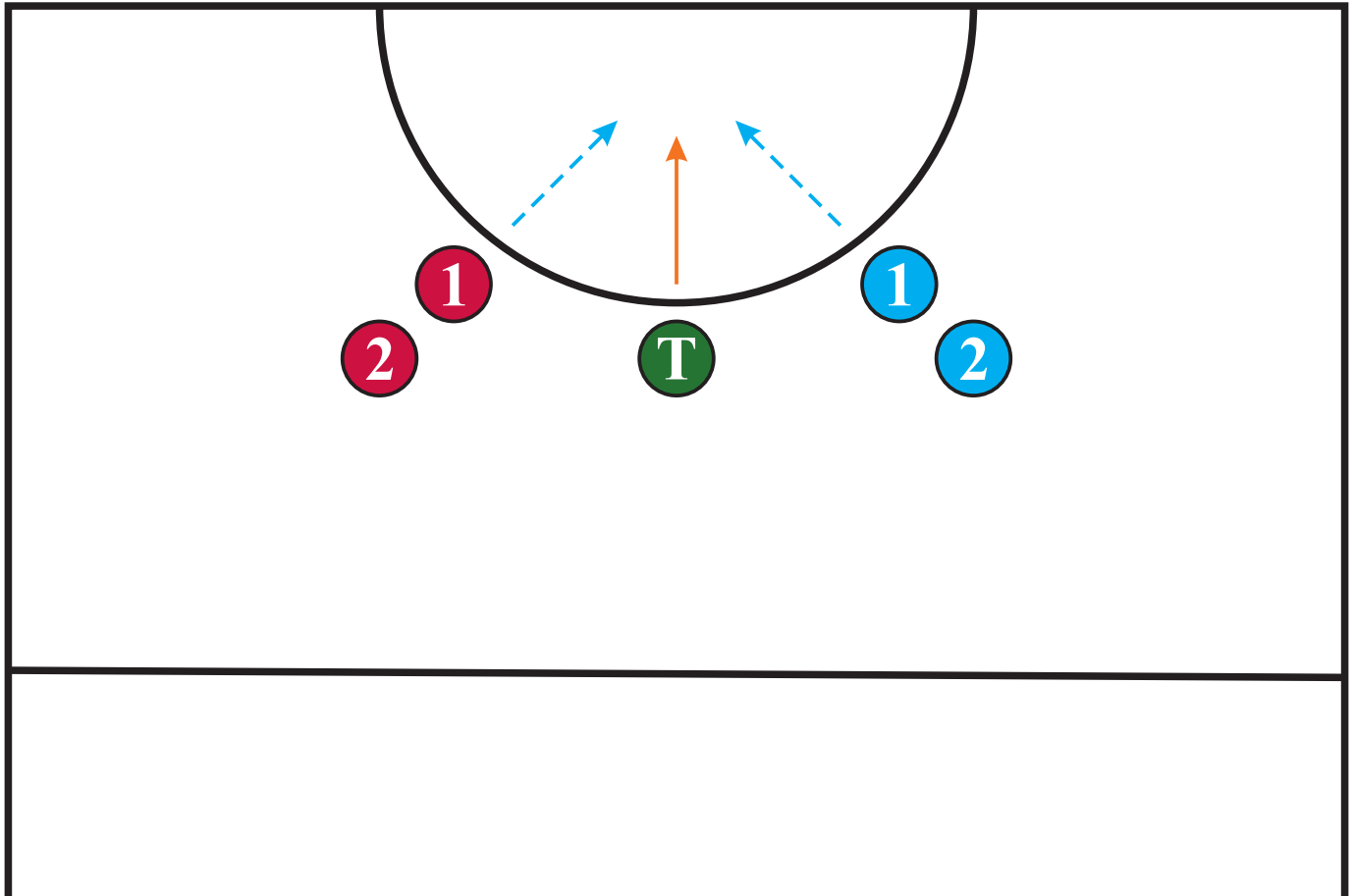


Mark & Rebound



Resources: 1 Netball, Minimum 4 Goal Shooters.

Drill Description:

Assemble players as per above diagram. Goal shooters on an angle of approximately 30 degrees near the top of the circle.

The thrower should be a mid court player that would normally feed the ball into the goal circle.

One shooter from each side runs into circle simultaneously.

The thrower, starting with the ball, passes it to the shooter in best position who balances and shoots.

The shooter not taking the shot should work into a rebounding position.

The ball is returned to the thrower and the initial two shooters return to the back of the opposite line.

The next two shooters run into the circle and so on.

Rotate feeding mid court players progressively through the throwing position.

Progression:

1. Add a defender into the goal circle.
2. Add a second defender into the goal circle.

Coaching Points:

Focus on dynamic change of direction, getting into position early and reacting quickly to make the rebound. When a defender(s) is added, the shooter not receiving the initial pass from the thrower should continually present to create a better option or work into a rebound position.