

# Receive & Return Pass



Player  
Start



 Cones

*Resources:* 1 Netball, 4 Cones, 3 Players.

## **Drill Description:**

Arrange players into groups of 3.

Place two players inside the grid and one outside with the ball.

The player on the outside (Red 1) combines with one of the players in the middle (Red 2) until the defender (Blue 1) intercepts the ball.

The player that lost the ball then swaps to become the defender.

Player Red 2 works to get free and receive a pass from Red 1.

Player Red 1 moves to space to receive a the pass back from Red 2.

Player Red 2 then moves to the other side of the grid (in between the cones) to receive the final pass from Player Red 1.

Play then continues in the reverse direction.

## **Coaching Points:**

Ensure throwers are putting the ball out in front of the receiver (or into space) to enable them to run onto it.

Focus on timing, footwork, dodging, changes of direction and appropriate use of space.

## **Variations:**

Allow players to run to other edges of the grid.

Add an additional attacker and defender with an additional pass required inside the grid.