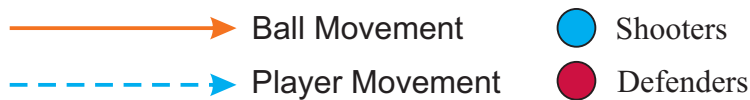
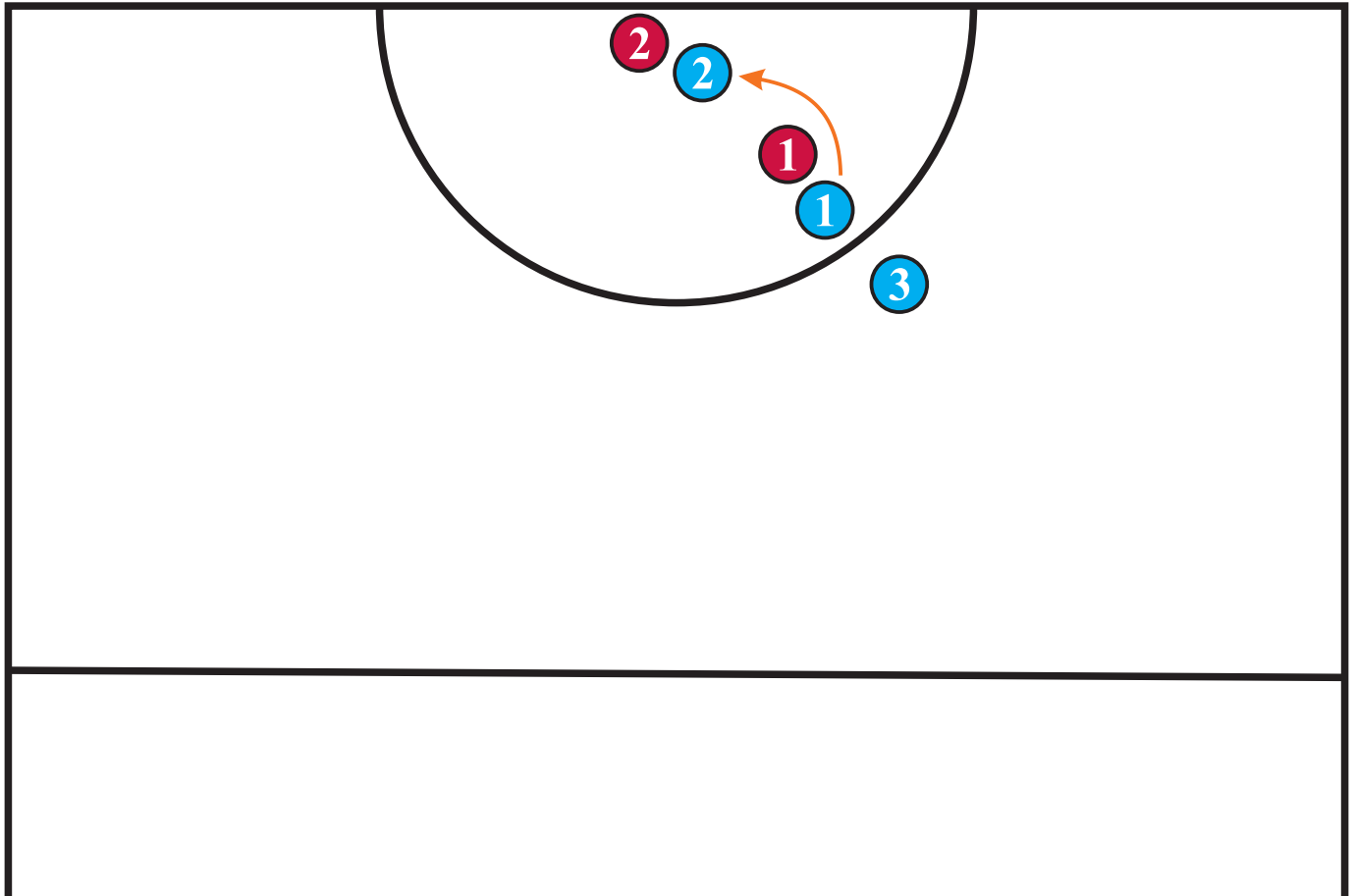


Popping Over



Resources: 1 Netball, Minimum 3 Goal Shooters, Minimum 2 Defenders.

Drill Description:

Assemble players as per diagram 1 above.

Player Blue 1 starts with the ball and sets up ready to shoot. Player Red 1 sets up to defend the shot.

Player Blue 2 works to position herself in front of her defender. Player Blue 1 fakes a shot and instead pops it up over the top to Player Blue 2 who has held her position in front of her opponent.

Player Blue 1 then moves to the role of front holding shooter, Player Blue 2 goes back to the queue outside the circle and Player Blue 3 moves to the role of initial shooter. Shooters then continue to rotate through.

Coaching Points:

Rotate defenders positions after 5 attacking moves.

Change defenders after each bracket of 10 attacking moves.

Front holding shooter must work hard to maintain her position on the ball side of her defender.