

## Week 7: Jumping and Landing

### Objective:

To develop the ability to jump and land balanced in a stable body position (SBP) as players jump for intercepts and also to catch high passes.

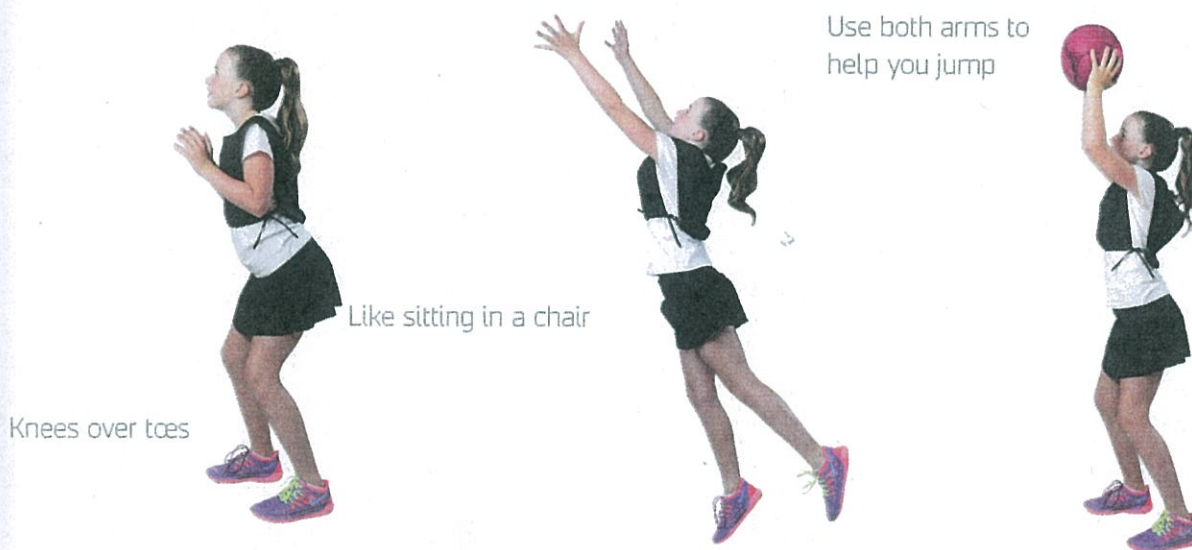
During game time, focus on landing balanced, either on one foot or both feet.

### Coaching Points

- Head upright
- Shoulders level, trunk strong
- Feet shoulder-width apart
- Bend at hips (like sitting in a chair)
- Bend at knees
- Knees in line with feet and not in front of toes
- Use both arms to drive up and extend towards the ball
- Land, cushioning your landing by bending at knees, hips and ankles

### Errors

- Feet close together
- Knees not in line with toes
- Legs straight before the jump
- Body leaning forward
- Arms not fully extended
- Timing of jump



### Welcome and Introductions

Welcome all players and parents back.

Check who squashed the most bugs over the past week.

Cover any housekeeping as required.

### Equipment

- One ball between two
- Netball court lines
- Chalk or a long skipping rope
- Bibs
- Cones - to mark areas

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## Jumping and Landing continued

Complete either the NetballSmart Dynamic Warm-up or:

### Warm-up: Numbers

*No. of players: Whole group*

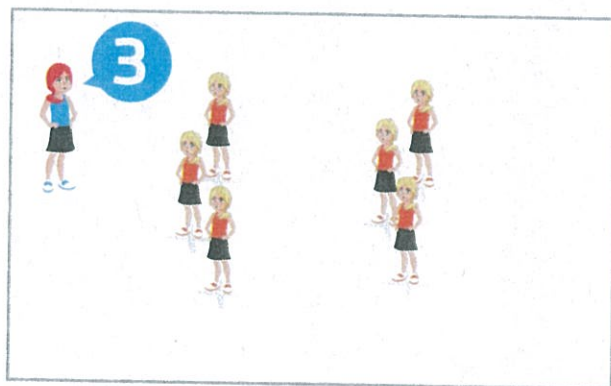
*Area: One third of the Netball court*

*Equipment: Nil*

#### Aim:

To quickly cluster together into a group of the size called.

- All players move around in any direction, avoiding body contact.
- The Star Helper calls a number, e.g. "Three", and the players quickly move into a cluster of that number.
- Once in your group, perform as many demi squats as players in your group.
- Vary the movement players use when moving around waiting for the next number to be called by having the players skip, walk, jog backwards, march, butt kicks, high knees, arm circles etc.



### Recap: Pivot Tag

*No. of players: Whole group*

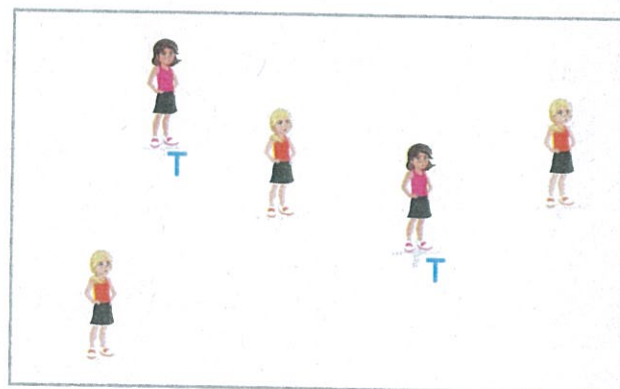
*Area: One third of the Netball court*

*Equipment: Nil*

#### Aim:

To avoid being tagged or, once tagged, pivot in a controlled manner and then try to tag someone back as quickly as possible.

- Nominate 2 to 3 players to be taggers (T).
- Other players spread out in the area and move around, trying to avoid being tagged.
- If a player is tagged, they must pivot on their grounded foot for a full circle before they become a tagger, replacing the player who tagged them.
- If you notice that the players are looking down when they pivot - get the players to clap their hands above their heads as they pivot.



## Jumping and Landing continued

### River Jump

**No. of players:** Whole group

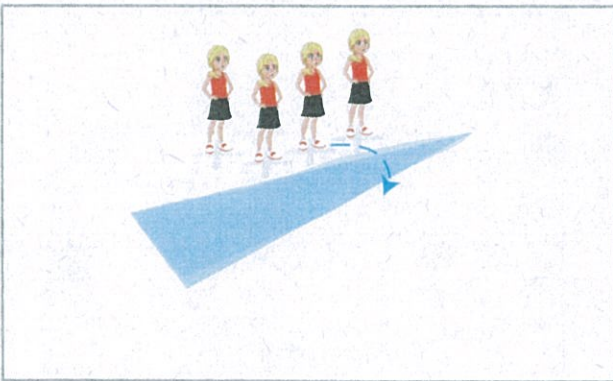
**Area:** One third of the Netball court

**Equipment:** Long rope or chalk

#### Aim:

To jump the 'river', landing in a stable body position when you land. Use your arms to help you jump as the river gets wider.

- Using a rope or chalk, create a 'river' which is narrower at one end and wider at the other.
- Players start at the narrow end and jump over the river and then jump back, ensuring they land balanced in an SBP every time.
- They continue to move along the river, jumping across then back, landing balanced, until the river is too wide and they would 'get their feet wet'.



### High Tide/Low Tide

**No. of players:** In pairs

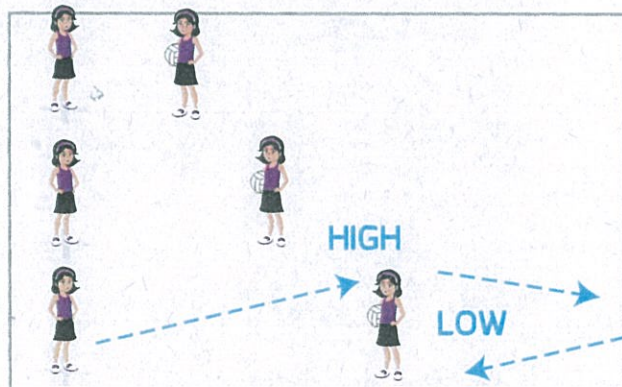
**Area:** One third of the Netball court

**Equipment:** 1 ball between each pair

#### Aim:

To jump up to catch the ball, landing balanced in an SBP.

- In pairs, one player has the ball and holds it up high.
- The other player runs towards their partner and jumps up to catch the high ball, landing balanced in an SBP.
- The ball is returned to their partner and they carry on running to the other side.
- Once the player has reached the other side the player with the ball rolls a low ball which the player runs into to collect, squatting down to pick it up.
- Then the players swap roles and the sequence high/low continues.



### Netball Homework

Did you know that skipping helps your jumping and landing and helps you to take intercepts? Get two friends to turn a skipping rope and see if you can run through to the other side of the moving rope as it turns. The rope shouldn't touch you if you get the timing right. When should you start moving through the turning rope to ensure success?

