

Stationary Ball Work and Reaction Drills

COVID-19 Disclaimer: please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you maintain social distancing of 1.5m at all times where possible.

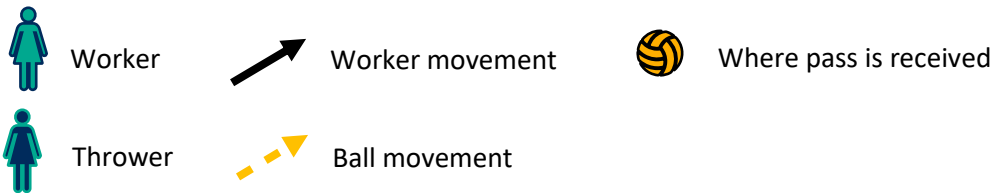
Set Up

- You will need 1 or 2 netballs
- Tennis balls can be used in some drills
- You will need a partner for all drills (they don't have to be a netballer)
- Choose 4-6 drills to complete

Coaching Points

- Focus on ball control

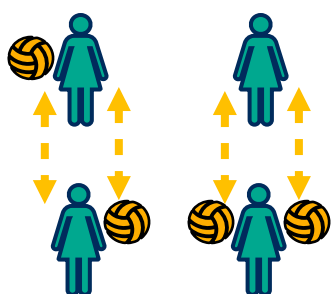
Diagram Key



Drill #1



- Stand 2m away from passer
- Remaining in place, receive a pass at shoulder height to one side of your body, catching with that hand
- Control the ball and pass back
- Perform 20 times, alternating left and right sides
- **Progression #1:** take one step sideways with outside foot (inside to remain in place) as you catch the ball (slightly on extension)
- **Progression #2:** upon catching with one hand, quickly pull the ball into the body and secure with other hand
- **Variation:** receive passes just above head height

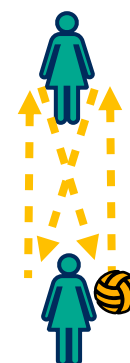


Drill #2

- Stand 1.5-2m away from partner, each with a ball
- Partners simultaneously pass the balls, ensuring the balls are travelling parallel to each other (keeping them on their own sides)
- Catch with one hand, control and pass back
- Perform 20 passes
- **Variation:** catch and throw both balls at the same time

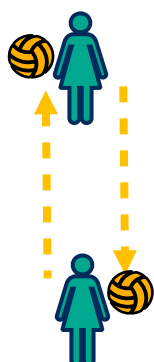
Drill #3

- Stand 3-4m away from partner
- Using one ball, person 1 passes along the same side and person 2 passes across the body to the opposite side
- The ball moves in a bow tie pattern
- Perform 20 passes then swap over (person 1 passes to opposite side and person 2 passes to the same side)



Drill #4

- Stand 3-4m away from partner, each with a ball
- Partners simultaneously pass the balls to each other using the same hand (i.e. both using right hand)
- Ensure the balls are travelling parallel to each other, keeping them on their own sides
- Upon catching, quickly transfer the ball across to your throwing side, making sure not to drop/dip the ball towards hip level
- Perform 15 passes and then swap throwing hands
- **Variation:** try to keep each ball on one side of the drill so that you alternate each pass left and right hands



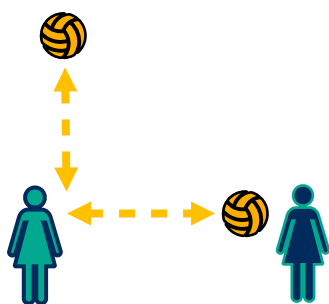
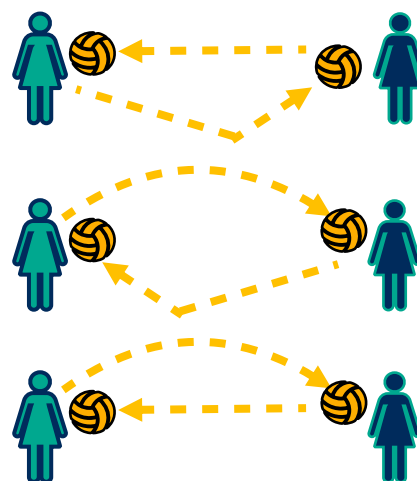


Drill #5

- Stand 1-2m away from passer, remaining on that spot
- Jump straight up to receive high ball above head
- Reach and catch with one hand, quickly pulling into body and securing with other hand
- Perform 10 times, alternating left and right hands

Drill #6

- Stand approx. 4m away from your partner
- Each person has a ball and passes simultaneously
- Person 1 uses one type of pass, and person 2 uses the other
- Perform 20 passes each and then swap the pass type
- Pass combinations:
 - Chest pass and bounce pass
 - Shoulder pass and bounce pass
 - 2-handed over head pass and bounce pass
 - 2-handed over head pass and chest pass
 - 2-handed over head pass and shoulder pass



Drill #7

- Stand approx. 3m away from your partner
- Each person has a ball
- Worker throws their ball straight up above them
- While the ball is in the air, the partner throws their ball to the worker who catches and throws back immediately
- Worker then catches their own ball from up above
- Start off slow and build up speed
- Perform 20 times, then swap

Drill #8



- Stand 1m in front of your partner, facing them
- Place your hands on your head
- Thrower holds the ball in front of them at roughly chest level, and then drops it
- Worker reacts quickly and try to catch the ball before it hits the ground
- You can change the height the ball is dropped from (higher is easier, lower is harder)
- **Variation #1:** use a smaller ball (e.g. tennis ball) to make it harder
- **Variation #2:** use two smaller balls and thrower only drops one at a

Drill #9

- Stand 2-3m from partner, facing away
- Partner to call left or right
- Worker to turn in that direction, pivoting on outside foot to receive a pass
- Start by throwing the ball after they have turned and progressively speed it up, so it is being thrown as they are turning, and eventually as you make the call
- You can also change the distance between you and your partner (further apart makes it easier, closer makes it harder)
- Perform 10 times



Drill #10



- Stand 1-2m in front of partner, facing away
- Thrower passes the ball over their partner's head,
- Worker is to sight the ball (with head facing forwards) and catch it before it hits the ground
- Perform 10 times

Drill #11

- Stand 2-3m away from a wall with your partner another 2m behind you, both facing the wall
- Thrower is to throw the ball against the wall and the worker is to react and catch
- Vary the timing and where you put the pass (left, right, overhead, high, shoulder level)
- Perform 15 times

