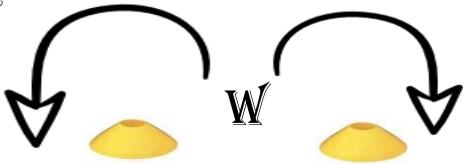


CONES

10 Basic footwork drills for Netball

1.



Weight Transfer

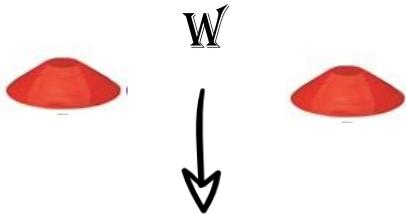
Worker starts in the middle of the cones with "little Feet"

Step to each side of the cones with out lifting middle (grounded) foot. Working on balls of the feet .

ADD: Coloured Cards, Mix Up: change to different set of cones on whistle

ADD: Ball thrower , Place ball to each side of the cone for worker to receive on the lunge. (make sure the worker is not already waiting for the ball . Mix up Throwers stay while worker changes to different set of cones.

2.



Weight Transfer

Worker starts in the middle of the cones with "little Feet"

Step forward with out lifting middle (grounded) foot.

Working on balls of the feet .

ADD: Coloured Cards, Mix Up: change to different set of cones on whistle

ADD: Ball thrower , Short pass to front of player , worker transferring weight forward , change lead foot each time.

3.

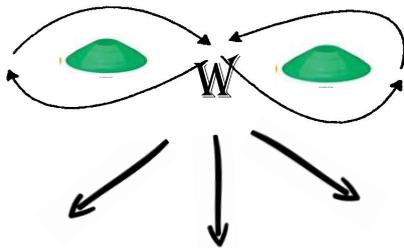


Figure 8

Worker starts in the middle of the cones with "little Feet"

Moving around cones in the shape of an 8 , make sure first movement is forward around front of cone.

Cones closer together works fast footwork movement

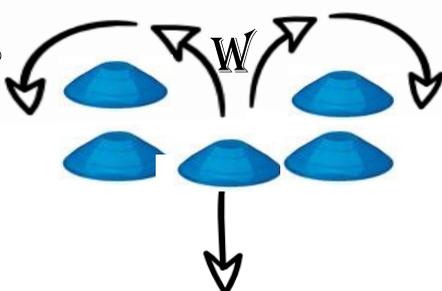
Cones wider apart works bigger movement , change of pace through middle of cones

NSG ADD: Coloured cards , bugs for landing left and right , squish bug to pivot.

ADD: Thrower Figure 8 then straight drive, Left drive landing on left foot, right drive landing on right foot

Mix up :Throwers stay while worker changes to difference set of cones.

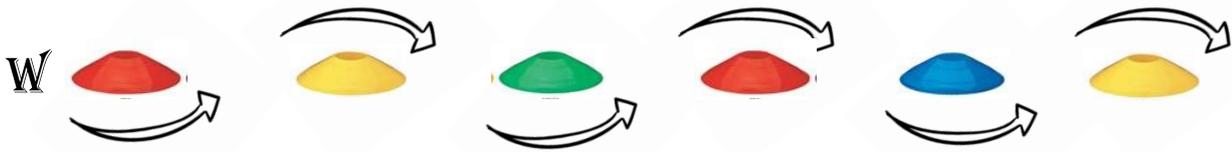
4.



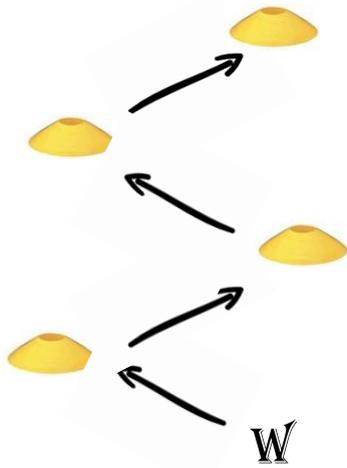
Two Feet Jumping

Starting in the middle of the cone two feet jumping left / middle/right/middle—sprint forward

5. *Cone weave* weaving in and out around the cones with fast feet



6.



Dodging with cones.

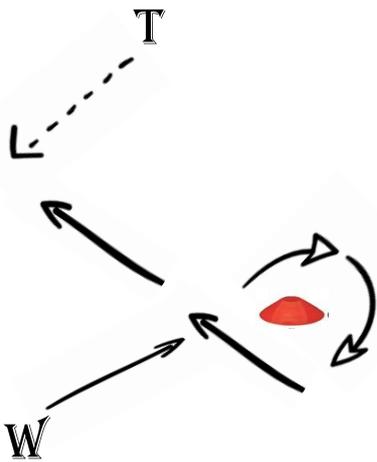
Encourage eyes up, pumping arms. Transferring weight pushing of the OUTSIDE foot at each cone

7.

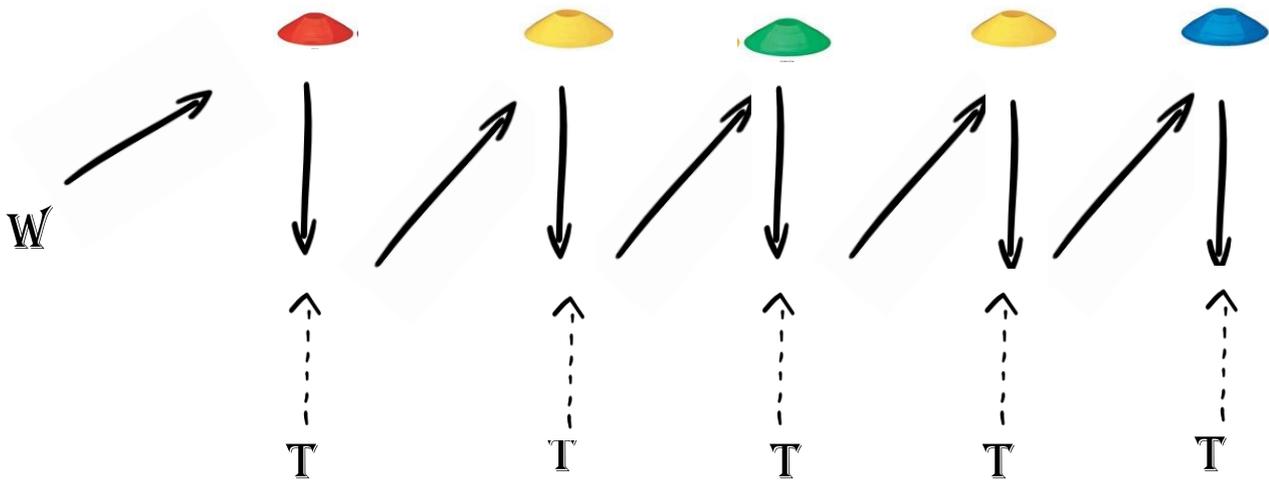
Single cone clearing and drive,

Clearing to front of cone rounding cone and driving on to receive pass . Work both sides. Landing on the outside foot .

ADD: dodge cone and receive pass

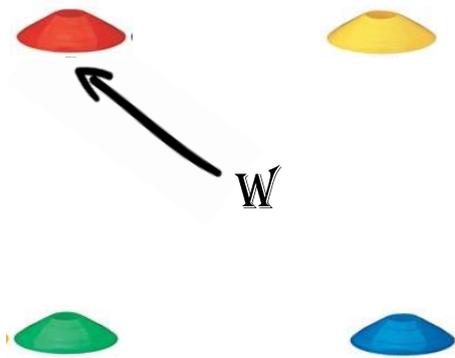


8. **CONE DRIVE** Sprint to cone pushing off outside leg, drive forward to a pass repeat down the line
 CHANGE it: Drive on Angel to ball first then straight to Cone , push off , angle drive to thrower etc



Work both ways so you are working both sides of the body

9. **coloured cone**



Working in Pairs—Caller and Worker

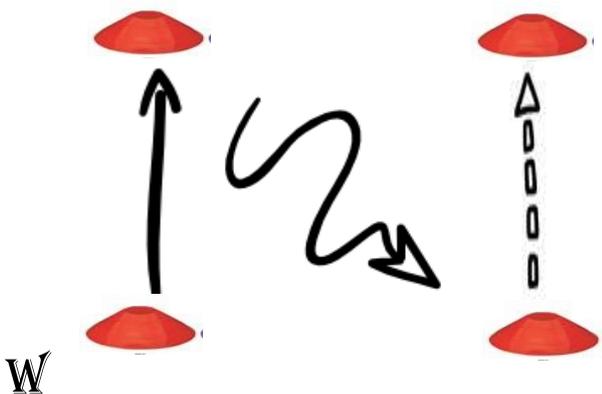
Worker starts in the middle with "Little Feet"

Caller calls what colour the worker has to work towards , push off outside foot and work back to middle and resume fast fee. Caller calls different colours each time.

BUILD: Caller calls sequence of colours the worker has to go to.

ADD: Ball, Caller calls sequence of colours and passes on the last colour

10.



Sequence of Movements

Worker starts at a corner and does sequence of movements between the cones.

ADD: Thrower, after 3 movements add a pass

with All Drills Encourage :

Eyes up, pumping arms, fast feet, work Intensity and body control.