

Tips for Good Coaching | Seven Steps of Skill Progression - by Netball Australia

1. Explanation and Demonstration

- Explain "when" and "why" you use the skill so that a player has a clear picture of where it fits into the game. Use key "cue" words such as "outside leg".
- eg. "We would use a bounce pass into the shooters when we are trying to get around the defence player" - demonstrate the correct technique of a bounce pass into the shooter.

2. Basic Movement / No Equipment

- Player should be allowed to practice the skill without any equipment used at this stage.
- Individual feedback should be given to each player regarding the execution of the skill. (fault detection and correction - remember constructive criticism).
- Corrections should be made where there are errors that do affect the outcome of the skill. Identify the main problems first; do not try to correct too much at one time.
- Players should be given time to practice the skill once feedback has been given.
- Ensure you observe their next attempt. Comment on their performance.
- Remember that all team members are individuals and at times need individual attention.

3. Basic Movement with Equipment

- The player should practice the skill with appropriate equipment, eg, the use of markers for teaching the change of direction.
- Feedback should be the same as noted in step 2.

4. Add a Ball

- After players have been given adequate time to practice the skill individually or in groups, the ball should be introduced.
- The ball can be introduced as a stationary object held by another player or coach. The ball should then be introduced in the "on the move" situations, as the skill requires.
- Continue feedback.

5. Add an Opponent

- Once the player is able to successfully perform the skill with the ball, an opponent should be introduced.
- You may decide to remove the ball from the skill performance in the initial stages whilst the player is developing body awareness.
- Continue feedback.

6. Dynamic Drill

- Players should be given the opportunity to develop the skill in a dynamic drill situation so as to incorporate skills of timing and decision making
- This could involve the use of more players and other skills, which are within the capabilities of the players. This step may involve a couple of stages and will require plenty of feedback regarding the skill being taught and other relevant skills/movements required.

7. Court Application

- The skill should be incorporated into a court situation.
- This does not necessarily have to involve the whole court or the entire team. The application to the game may involve 1/3 or area of the court where the specific skill is executed.
- Players could be asked to apply the skill to the court in their designated areas.