



netsetgo!

JUNIOR NETBALL



NetSetGO! Coaching Resource BALANCE

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Holden. Go better.



Balance

Progressions

Progressions for the fundamental skill of balance are as follows:

- Balance on two feet – moving
- Balance on one foot – stationary/moving
- Balance on landing – two feet (jump)
- Balance on landing – one foot (hop)

Coaching Points

Balance

- Eyes looking forward
- Bend at knees as required

Two Foot Land

- Land softly on two feet shoulder width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes

One Foot Land

- If player leads to the right, land softly on the right foot and bring the other foot down quickly, and vice versa
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe

Activities

Activities listed in order of complexity

Objective

Improve participants balance.

Activity 1 - Individual Standing Balances



What to do:

- Stand on one leg – like a bird.
- Stand on one leg – swing the other like a pendulum.
- Stand on tiptoe.
- Stand on both feet with eyes shut.
- Stand on one foot with eyes shut.
- Stand on both feet, then on one leg and balance a beanbag.

Change it:

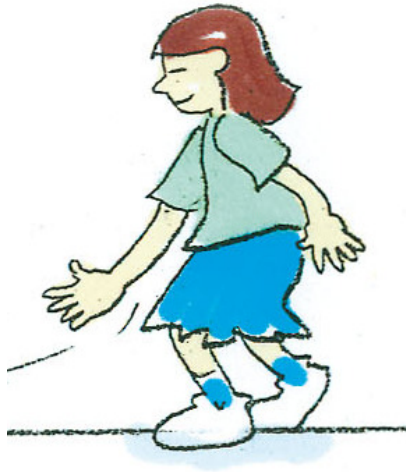
Easier – Players can use another player or object to balance and let go for as long as possible.

Harder – Add players moving around prior to the balance being called; For some balances a ball could be thrown in while balancing.

What you need:

Ball (for advanced groups)

Activity 2 - Walking along a Line



What to do:

Players to move along a line using a variety of movements:

- Heel/toe walk
- Walk on toes
- Walk backwards
- Hop forwards/backwards
- Jump

Change it:

Easier – Players perform activity without staying on a line.

Harder – Add cones to move over as they progress along the line.

What you need:

Line for players to perform balances

Activity 3 - Simon Says

**What to do:**

Use the following balance and hopping activities or make up your own:

- Stand on one leg
- Stand on one leg and swing the other to the side
- Stand on tip toe
- Stand on both feet with eyes open/shut
- Stand on one foot with eyes open/shut
- Hop forward/backwards on right/left foot
- Pivot right or left (squash the spider)

Change it:

Easier – Perform balances/activities without playing Simon Says.

Harder – Introduce a competition.

What you need:

Someone to call instructions

Activity 4 - Thumb War Leg Balance

What to do:

- Stand on one leg and monkey grip the hand of partner, with the thumb in the air.
- Players tap thumbs onto hand on alternating sides three times then try to pin the other players' thumb down.
- Variation – right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.

Change it:

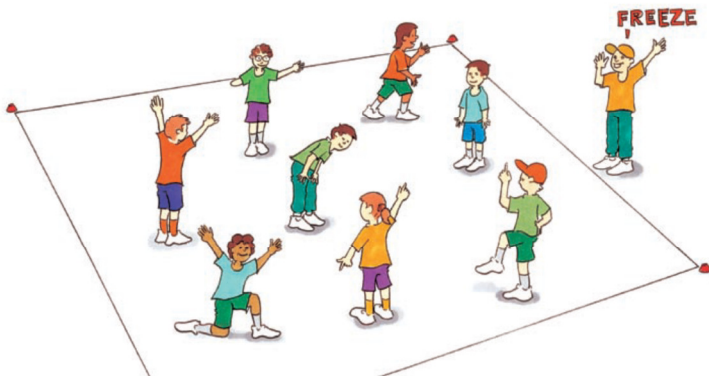
Easier – Players can touch other foot down as required to balance

Harder – Play both hands at once.

What you need:

Partners

Activity 5 - Musical Balance



What to do:

- Players move around with a variety of movements e.g. run, skip, hop, jump.
- When the music stops players must balance on the body parts called by the coach e.g. one foot, one hand and one foot.

Change it:

Easier – Keep the same balance.

Harder – Introduce a competition.

What you need:

Music

Activity 6 – Squash the Spider

What to do:

- Players run around an area scattered with markers.
- When they come to a marker they perform a pivot – squash the spider.

Change it:

Easier – In groups of three, line up behind a line, run to one marker, pivot and return to own line

Harder – Introduce a competition.

What you need:

Markers

Activity 7 - Balloon Stomping



What to do:

- Tie a balloon to each player's ankle.
- Hold both hands with your partner and try to burst their balloon while protecting your own balloon.

Change it:

Easier – Only one person in the pair with a balloon.

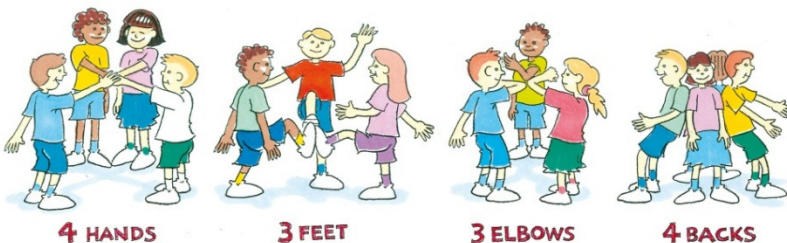
Harder – Move around an area and try to stomp on other players balloons.

What you need:

Balloons

Partners

Activity 8 - Partner Connection



What to do:

- Players move around using a variety of movements e.g. run, skip, hop, jump, leap.
- The coach calls out two body parts which each player must connect to another player e.g. elbow to knee, hand to foot, head to head.
- Variation:
 - Form larger groups by calling out more body parts e.g. 4 hands, 3 feet, 3 elbows, 4 backs.

Change it:

Easier – Players do not move around prior to creating the balance.

Harder – Form larger groups by calling out more body parts e.g. 5 elbows, 2 heads and 3 knees.

What you need:

Group of players

Activity 9 - Partner Balance



What to do:

- In pairs ask the players to balance on the body parts called by the coach, make up your own or use the following:
 - Four feet touching the ground
 - Two feet touching the ground
 - Two hands and two feet touching the ground
 - Two hands and two knees touching the ground
 - One back and two feet touching the ground

Change it:

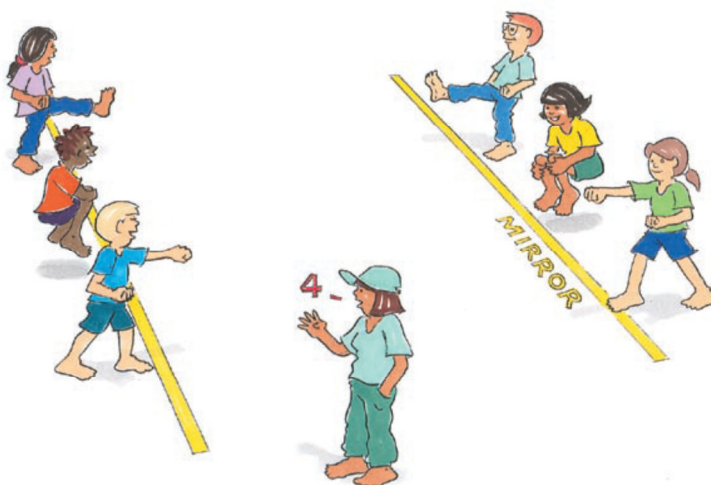
Easier – Allow players to add one-two other body parts to balance if required.

Harder – Players move around using a variety of movements e.g. run, skip, hop, jump, leap, when the coach calls the body parts, perform the balance with a partner.

What you need:

Partners

Activity 10 - Mirror Balance



What to do:

- In pairs players mirror each other's balances.

Change it:

Easier – All players mirror the coach.

Harder – Add movement before the balance.

What you need:

Partners

Activity 11 - Throw to Self Using a Bean Bag/Ball Standing on One Leg



What to do:

- Complete each of the following standing on one leg then repeat standing on the other leg:
 - Throw bean bag from hand to hand – high/low.
 - Throw to self in the air and catch.
 - Throw to self and clap once before catching.
 - Repeat extending the number of claps.

Change it:

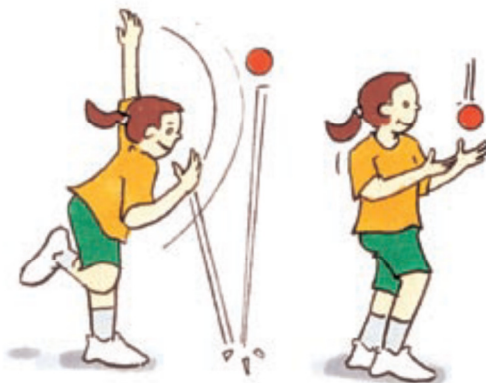
Easier – Move beanbag around rather than throwing it and/or copy partners' movements.

Harder – Increase the difficulty of activities with the beanbag e.g. a bean bag in each hand throwing both up in the air at once.

What you need:

Bean bags

Activity 12 - Bounce Ball and Balance



What to do:

- Balance on one leg while bouncing a ball.
- Hop and bounce a ball.
- Cross legs and bounce a ball.

Change it:

Easier – Move ball around rather than throwing it and/or copy partner's movements.

Harder – Bounce ball consecutively with one hand; Bounce two balls at once.

What you need:

Balls

Activity 13 - Partner Pass and Balance



What to do:

- Both partners balance on one leg with one ball between them
- Pass the ball using the following passes:
 - Around your body
 - Bounce the ball
 - Chest pass

Change it:

Easier – Stand close to partner so the ball can be passed from hand to hand.

Harder – Throw the ball further away from the centre of the body.

What you need:

Balls

Partners

Activity 14 - Islands



What to do:

- Set up with less hoops/mats (islands) than the number of players.
- Nominate one/two players as the sharks, these players are the taggers.
- The players avoid being tagged by balancing on an island, islands can only hold one person, if another player moves onto an island the first player must leave.
- Players cannot balance on the island for more than six seconds.
- If a player is tagged they exchange places with the shark.

Variation:

- Run until the music stops, then run to an island and balance.

Change it:

Easier – Have no tagger, players balance on islands then move to a new island.

Harder – Coaches nominate different balances to be performed when on the island e.g. two feet, right foot, left foot.

What you need:

Floor discs/ Hoops
Bib (for the Shark)

Activity 15 - Kings and Queens



What to do:

- In groups of five-six players line up along a line.
- The coach faces the group – the first person on the coach's right is the King and the second the Queen.
- The coach calls players to 'Defend the Pass', they must get back 4 feet and put their hands up to defend.
- If a player is slower than the person on their right (coaches left), they move down one spot.
- The aim is to be the quickest and become the King.

Change it:

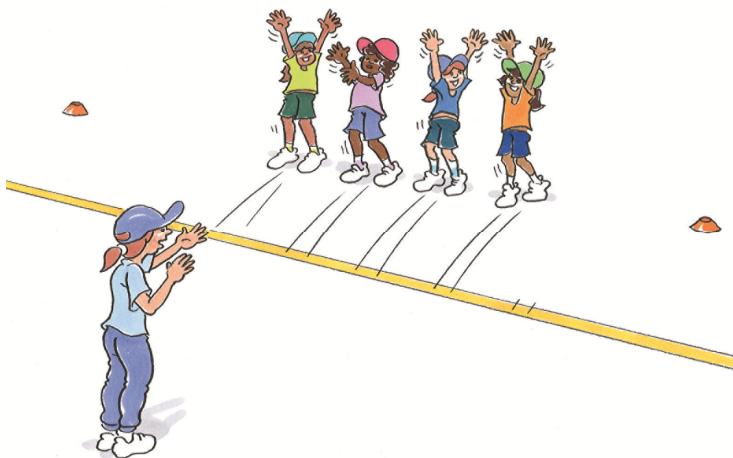
Easier – Remove the competition.

Harder – Combine with specific arm positions (Activity 16 - Norma Says).

What you need:

Line or markers to start

Activity 16 – Norma Says



What to do:

- Using rules of Simon Says, the coach calls out commands for players to perform.
- Players should move back 4 feet to defend the pass when 'Norma Says Defend the Pass'.
- Other commands are:
 - Norma Says High Wide Pass – move back 4 feet with arms wide.
 - Norma Says Lob Pass – move back 4 feet with arms high in the air.
 - Norma Says Bounce pass – move back 4 feet with arms low.

Change it:

Easier – Play just with arm actions and not moving back 4 feet; Use lines so players know how far to move back.

Harder – Combine with Kings and Queens (Balance Activity 15).