



Zone Defence

PURPOSE: To introduce players to the concept and skills required for zone (area) defence.

EQUIPMENT

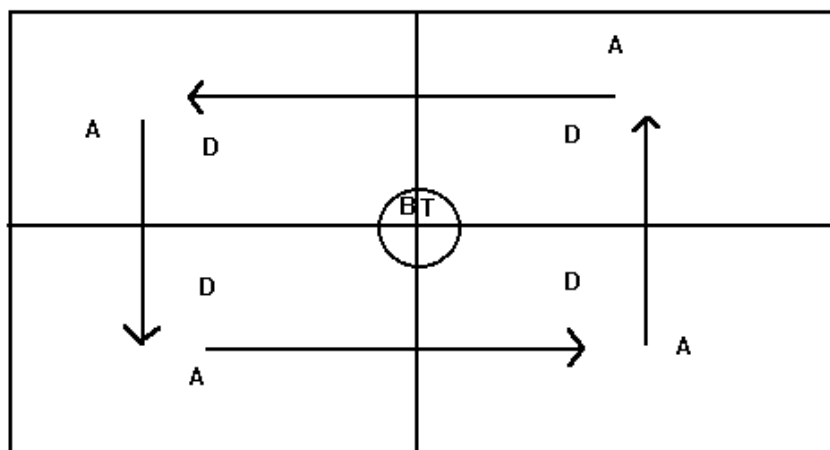
- Ball
- Netball Court
- 9 players (5 Attackers, 4 Defenders)
- Dots to mark out area

CUE WORDS

- Eyes up
- Talk
- Timing
- Close angles

ORGANISATION:

- Defenders each have their own area.
- Attackers move through from one area to the next in a given direction, retaining balanced spacing. On a signal change direction and positions.
- Attacker (BT) in the middle passes to any attacker and receives a return pass.
- Defenders move to intercept.



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