

| Team Training & Matches At Netball Of Excellence |   |          |            |
|--|---|----------|------------|
| <b>C</b>   | Crystals                                | <b>X</b> | Diamonds 1 |
| <b>A</b>   | Athena                                  | <b>Y</b> | Diamonds 2 |
| <b>R</b>   | Revels                                  | <b>K</b> | Rockette   |
| <b>F</b>   | Full Diamonds Squad - X, Y & other U14s |          |            |

| Crystals & Diamonds 1 / Athena & Diamonds 2 |                             |       |                                      | Revels & Rockettes / All Diamonds & U14's |                             |         |                                      |
|---|-----------------------------|-------|--------------------------------------|---|-----------------------------|---------|--------------------------------------|
| Date  | Time                        | Teams | Notes                                | Date                                      | Time                        | Teams   | Notes                                |
| 3/9/14                                      | 7pm -8pm<br><i>Training</i> | C v X | Fitness & speed                      | 10/9/14                                   | 7pm -8pm<br><i>Training</i> | R v K   | Fitness & speed                      |
|   | 8pm -9pm<br><i>Training</i> | A v Y | Footwork with Accurate passing       |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Assertive Catchg                     |
| 17/9/14                                     | 7pm -8pm<br><i>Training</i> | C v X | Assertiveness & Communication T      | 24/9/14                                   | 7pm -8pm<br><i>Training</i> | R v K   | Assertiveness & Communication T      |
|   | 8pm -9pm<br><i>Training</i> | A v Y | Shooting Tech & circle, Barge ctrl   |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Fast circle pass, timing & placing   |
| 1/10/14                                     | 7pm -8pm<br><i>Training</i> | C v X | Assertiveness & Communication C      | 8/10/14                                   | 7pm -8pm<br><i>Training</i> | R v K   | Assertiveness & Communication C      |
|   | 8pm -9pm<br><i>Training</i> | A v Y | Getting free, creating space         |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Sprinting into space to catch        |
| 15/10/14                                    | 7pm -8pm<br><i>Training</i> | C v X | Observe& React to take control       | 22/10/14                                  | 7pm -8pm<br><i>Training</i> | R v K   | Observe& React to take control       |
|   | 8pm -9pm<br><b>Match</b>    | A v Y | Match                                |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Bounce passes, ask/delv/recv         |
| 29/10/14                                    | 7pm -8pm<br><i>Training</i> | C v X | Zone & Area responsibility           | 5/11/14                                   | 7pm -8pm<br><b>Match</b>    | R v K   | MATCH                                |
|   | 8pm -9pm<br><i>Training</i> | A v Y | Att Centre passes, unit holds&offers |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Centre passes unit play              |
| 12/11/14                                    | 7pm -8pm<br><i>Training</i> | C v X | Ball-side, fast flat & timed passing | 19/11/14                                  | 7pm -8pm<br><i>Training</i> | R v K   | Ball-side, fast flat & timed passing |
|   | 8pm -9pm<br><i>Training</i> | A v Y | Stage 1 def, facing forward          |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Stage2 def & quick reactions         |
| 26/11/14                                    | 7pm -8pm<br><i>Training</i> | C v X | Speed/discipline Step into pass      | 3/12/14                                   | 7pm -8pm<br><i>Training</i> | R v K   | Speed/discipline Step into pass      |
|   | 8pm -9pm<br><i>Training</i> | A v Y | Stage2/3 def,                        |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Zoning / Unit defending              |
| 10/12/14                                    | 7pm -8pm<br><i>Training</i> | C v X | Fake passes & deflection/ match      | 17/12/14                                  | 7pm -8pm<br><b>Match</b>    | A v K   | MATCH                                |
|   | 8pm -9pm<br><b>Match</b>    | R v Y | Match                                |   | 8pm -9pm<br><i>Training</i> | F (X&Y) | Free play observation                |

Dear Captains.

The new netball season is about to begin, hoping you all feel refreshed and ready to start, after the short break. Above is the plan for September 2014, please confirm receipt by return email, or text: *Received* to mobile number 07901 925064.

1. See the terms and conditions of the training sessions and the handbook for full details which can be viewed on the website: [www.netballofexcellence.co.uk](http://www.netballofexcellence.co.uk).
2. Brief Summary. The teams that play in EIS leagues will have match play incorporated within the training sessions as and when needed. Other teams have 2 matches within the 8 week block to put the training into practice.
3. Matches - If any one wishes to practice or be mentored for umpiring please feel free to attend any match week, to be the second umpire (make arrangements with Di before attending). Most leagues now require a qualified umpire to be provided by each team, so it is wise to take advantage of this opportunity to gain the experience and practice for your

# Team Training Wednesday Nights – September to December | 2014

---

test. There is no charge for this.

Di – mobile 07901 925064. Other contact and account details are found on website: [netballofexcellence.co.uk](http://netballofexcellence.co.uk)