



you better put them in races sometimes to get the context. Some sports are about repeating exactly the same action again and again to develop perfect technique and routine. These are different to invasion ball games which is where I spent most of my time.

When it comes to invasion ball games, the principles are all the same. You get hold of the thing, you try to keep it, you get penetration and try and score. If you lose it then you try to force errors and get it back again. Once you have it back again, you keep it, work for penetration and try to score. If you are missing any of these elements then you are not going to be very successful.

These principles work any invasion ball game such as basketball, football, netball, basketball, hockey or any of those games.

How you divide your time as a coach depends on where you are and what your team needs but essentially you will be working towards these key principles.

