

RANDWICK NETBALL ASSOCIATION

Fuel the Game

The On-Court Coaching Series

Three practical, on-court sessions led by elite players and coaches, run across two rounds — where our coaches learn by watching coaching, and our players learn by doing.



FUEL
TOMORROW

Coaches learn by watching coaching

Our coaches are asked to teach defence, mid-court structure and shooting technique — often with no formal training and no opportunity to see it taught properly. Courses give them theory. Almost nothing gives them a live session, run by someone at the top of the game, with the freedom to watch, ask and take it back to their own team.

Fuel the Game puts both audiences on the same court. Players work through elite-level technique. Coaches sit inside the session with a coaching lens — watching how it is set up, sequenced, corrected and coached — then debrief with the session lead before they leave.

6

Sessions across two rounds — September and October

2

Audiences on one court — coaches and players together

\$0

Cost to clubs — underwritten by the Fuel Tomorrow partnership

Fuel the Game runs alongside the Coach & Parent Development Series. One programme builds the environment around the athlete; this one builds what happens on court.

HOW IT WORKS

Two audiences, one court

ON COURT — THE PLAYERS

Selected players work through the session live: technique, decision-making and match application, coached by an elite player or coach. Numbers are capped so every player gets touches and direct feedback.

COURTSIDE — THE COACHES

Coaches watch the session run in full, with a session guide setting out what to look for: how the skill is broken down, how the drill progresses, when the coach steps in and when they let it run.

THE LAST FIFTEEN MINUTES

Coaches and the session lead come together for a debrief — the reasoning behind the session, the questions coaches bring, and how to scale it for a NetSetGO, junior, senior or representative team.

SESSION FLOW

60 MINUTES

Whiteboard brief — the skill and the session plan	10 min
Live on-court delivery — players working, coaches observing	35 min
Coaches' debrief with the session lead	15 min

Defence

Round One • Monday 14 September

Round Two • Monday 12 October

ON COURT — THE PLAYERS

- One-on-one body position, footwork and staying in the contest
- Timing the intercept against holding the space
- Defending the drive, the reload and the second effort
- Working as a defensive unit — pressure, cover and communication
- Rebounding, tips and turning defence into attack

THE COACHING LENS

How to teach body position without over-coaching it. Building a drill from 1v1 through to 3v3 and full-court pressure. What to watch for, when to intervene and when to let the mistake happen. Giving defenders feedback that grows confidence rather than hesitation.

TAKE IT BACK TO TRAINING

- Set the drill up small — 1v1 in a third before you add a third defender
- Coach the feet before the hands; the arms come once the body is right
- Finish every defensive drill with the turnover ball going somewhere

Session lead: to be announced — drawn from Super Netball playing and coaching ranks.

Centre Court

Round One • Monday 21 September

Round Two • Monday 19 October

ON COURT — THE PLAYERS

- Centre pass structures, timing and the reoffer
- Driving, changing direction and clearing space for a team-mate
- Feeding angles and delivery into the circle
- Transition — turning a turnover into a scoring opportunity
- Decision-making and workload late in a quarter

THE COACHING LENS

Designing centre pass plays a team can actually execute. Reading a mid-court that has stalled and knowing what to change. Drills that build decision-making rather than pattern-running. Rotating players through mid-court positions and holding court balance.

TAKE IT BACK TO TRAINING

- Run centre pass work live against a defence, not against cones
- Give the mid-court a decision to make in every repetition
- Rotate players through positions so they read the court, not just their role

Session lead: to be announced — drawn from Super Netball playing and coaching ranks.

Goal Shooting

Round One • Monday 28 September

Round Two • Monday 26 October

ON COURT — THE PLAYERS

- Shooting technique — base, balance, release and follow-through
- Holding, front cut and back cut — movement and timing in the circle
- Working as a circle pair and reading the feed
- Rebounding and the offensive follow-up
- Shooting under fatigue and pressure, and the Super Shot decision

THE COACHING LENS

Correcting technique without breaking a shooter's rhythm. Building repetition and volume into a training night. Training the circle pair as a combination rather than two individuals. Knowing when to coach and when to leave a shooter alone.

TAKE IT BACK TO TRAINING

- Build volume — shooters need repetition more than instruction
- Train the circle pair together so the feed and the hold are practised as one
- Add fatigue and a scoreboard before you call the shooting done

Session lead: to be announced — drawn from Super Netball playing and coaching ranks.

What coaches take away

- 01 A session plan for each of the three areas, taken from a live session rather than a handout
- 02 Drill progressions that scale from NetSetGO through to representative level
- 03 Language and feedback they can use on a Saturday morning
- 04 Direct access to elite coaches and players, and the chance to ask their own questions
- 05 A step along the Netball NSW coaching pathway, with accreditation clinics built into the wider programme

WHO DELIVERS

Every session is led by an elite coach or current Super Netball player. Session leads will be confirmed and announced ahead of registrations opening.

Open to coaches and players from every affiliated club.

The programme at a glance

SESSION	ROUND ONE	ROUND TWO
Defence	Mon 14 Sept	Mon 12 Oct
Centre Court	Mon 21 Sept	Mon 19 Oct
Goal Shooting	Mon 28 Sept	Mon 26 Oct
Time	6.30 – 7.30pm	
Venue	Heffron Centre, Maroubra	



Registration is through Coach Hub.

Scan the code to join Coach Hub by Gatorade — free, and about two minutes. Coach Hub membership is required to register for any session in the Fuel Tomorrow programme.

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