

PASSING ON POINT

With the new netball season underway your match fitness should hopefully be improving. It's natural to relax intensity in training but it doesn't take long for skills to deteriorate without focused attention and it's easy to forget the importance of the basics – passing the ball.

Coaches are often understandably concerned with drills to improve player performance and team movement down the court – but it is equally essential to ensure that passing accuracy is always there.

As you undoubtedly know already, Solo Sessions are fun, informative YouTube videos of England Netball star and (brand new) Loughborough Lightning player Sasha Corbin. Simple to follow and inspirational for any netballer looking to improve their skills, the clips are designed for solo practice as if you're training one-on-one with Sasha. In each of the clips she shares her personal tips and leads

you through drills to work on by yourself.

In Sasha's latest **#SoloSession** she shows you how to practise your

pinpoint passing by giving yourself a target. Use tape, stickers or anything you can find to mark your target on the wall and pass until you are hitting it without fail. Watch, learn and get ready to revel in your teammates' praise – 'great ball!'

Follow [@England_Netball](#) and [@sasha_corbin](#) on Twitter to stay posted for the next **#SoloSession** and let us know how you get on.

#SoloSessions *with Sasha Corbin*

Sasha Corbin™

[@Sasha_Corbin](#)

Here's a quick one for u. If you haven't done it already, give it a try!



click to
watch



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