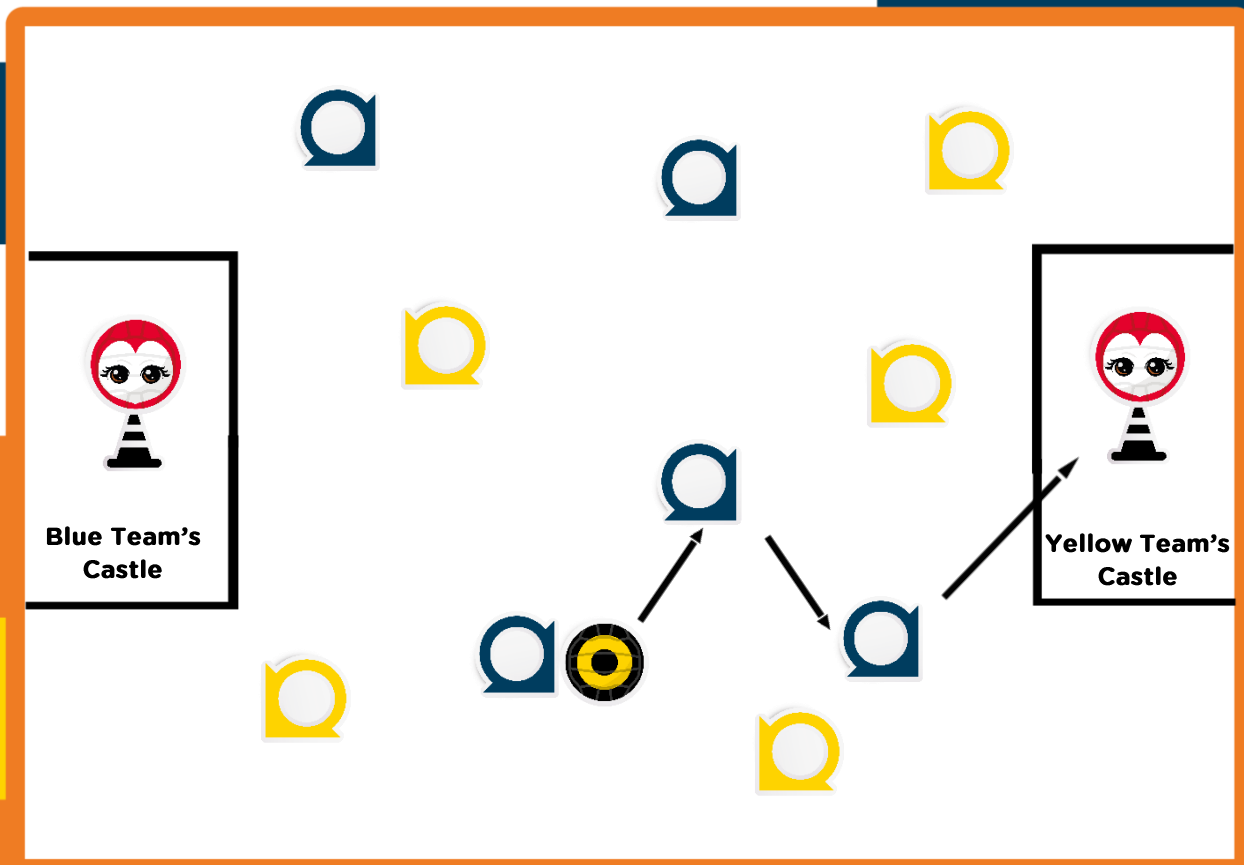




Queen of the Castle



Description

The aim is to knock the other team's ball off the cone first.

Divide the group into three smaller teams. Two teams will be playing whilst the third team are 'mini coaches' on the side.

Each team has a ball placed on a cone in a marked out box - this is their castle to protect.

Teams pass the ball between them and aim towards the ball in the opposite teams castle.

If a team successfully hit the ball off the cone, the ball is placed back on the cone and possession swaps over.

Children are allowed to defend the ball and intercept a pass, however no-one is allowed in the box.

After a few minutes, encourage the teams to break and the mini coaches to ask questions and provide feedback before playing again.

Netball rules apply.

You'll need

Netballs x3

Cones x2

Floor Spots

Bibs

Make it Easier

- Increase the number of targets.
- Choose one player to defend the castle.
- Reduce the number of passes a team can make before they score a goal.

Coaching Points

- Head up, eyes facing forwards
- Use hand signals or call to signal for a pass
- When passing, step forward for power and accuracy

Key Questions

Encourage the team of 'mini coaches' to ask their teams the following questions:

1. What do you think you did well as a team?
2. How did it feel when you were playing the game?
3. What would you do differently next time?

Make it Harder

- Introduce a new condition - teams can only use one type of pass throughout the duration of their game.
- Introduce the rule 'Held Ball' - children can only keep hold the ball for 4 seconds.

Inclusive Coaching



Increase the time for SEN children to hold the ball to 5 seconds to allow longer processing time.

Teachers do not have to make the whole group aware of the adaptation, but can count the 5 seconds internally.