

LEARNING OBJECTIVES

To familiarise players with a netball and the netball court

SKILL

- Ball Handling
- Passing
- Shooting

ACTIVITIES

- Ball Handling
- Boat Race
- Name Cake
- Spots
- Anywheres

Introduction

RULE OF THE WEEK

FOOTWORK

You cannot run with the ball, your landing foot must remain in contact with the court



Key



Tips



Make it harder



Make it easier

WARM UP

Pacman

1. Using the netball lines on a court players are trying to avoid the pacman
2. One player has a ball and is pacman, their role is to try and tag someone else with the ball
3. If they tag someone with the ball that player becomes the pacman and they hand the ball over
4. Players must avoid being tagged and move around on the lines to get away

Ball Handling

1. Each player needs a ball
2. Use one third of a netball court
3. Start with all players running around in the third holding onto a ball

4. Next introduce some ball movements whilst still running:

Throwing the ball up in the air and catching it

Switching the ball between their hands

Passing the ball around their waist

Figure of 8 around their legs






- Remind players about spacial awareness
- Use smaller/ different balls



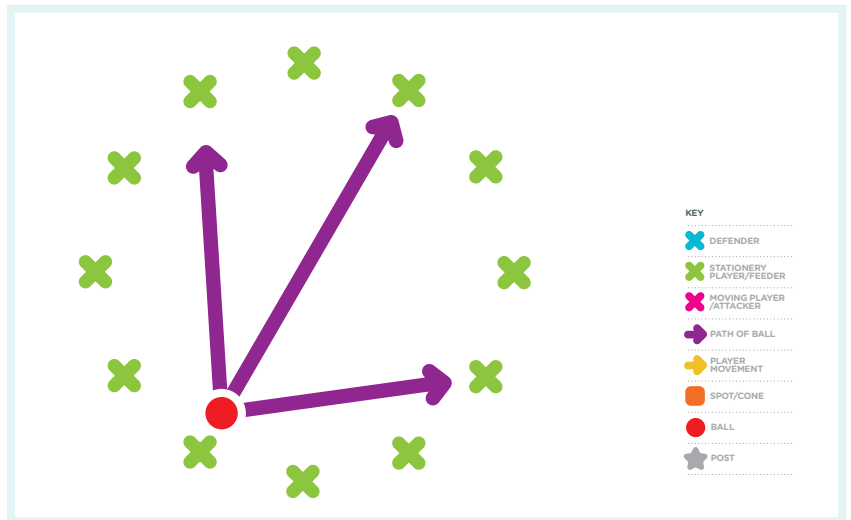
- Assign numbers to the movements ie, 1. Round your waist, 2. Figure of 8 and leader shouts the numbers
- Add different movements ie. side steps/high knees/heel kicks




Boat Race

1. Split players into teams of 5-7 players standing one behind the other at one end of the court facing the post at the opposite end
 2. The player at the front has the ball and passes the ball over their head to the next player
 3. The next player passes the ball through their legs and then they keep alternating until the ball makes it to the last person in the queue
 4. The player with the ball runs to the front of the queue and the process starts again
 5. The first team to make it to the opposite end of the court wins
-  • Assign a leader to each team who can shout the directions, “over, under, over, under”
 -  • Once they have mastered ‘over, under’, change to a side to side movement instead
 -  • Everyone has to pass over or everyone has to pass under

Name Cake

1. Start with players stood in a circle passing the ball to the person next to them
2. The player throwing the ball must tell the person they are throwing to their name
3. Once they are successful in doing that add in the opportunity to pass to anyone not just the player next to them whilst still continuing to say their name



-  • Emphasise eye contact between the thrower and receiver
-  • Change so they have to say the name of the player they are passing to not their own name
 - Follow their pass so they change places in the circle
 - Add more balls
-  • Don't add the names and continue to pass in order around the circle

Spots

1. Allocate groups of about 6-10 players to a third each with one ball in each group
2. Lay out spots all over the court
3. Ask players to run around in the third and pass the ball between themselves
4. Every time they pass the ball they have to run to a new spot
5. Make 10 passes to score a point ensuring everyone has touched the ball



- Emphasize the footwork rule
- Reiterate eye contact with the person they are passing to



- Speed it up
- More passes
- Increase the number of spots they have to run to



- Walk not run
- Less passes

Anywheres

1. One ball between two players standing about 1.5 metres apart
2. The feeder has to throw 10 passes which can be 'anywhere' and the player has to catch them and pass it back 10 times
3. The passes can be high balls in the air, dropped balls or chest height balls which make their partner move in order to catch them



- Encourage players to make passes which are realistic for their partner to catch
- Reinforce the footwork rule
- Let the player get back to where they started before they throw the next pass, you could add a spot for reference



- More passes
- Speed it up
- More challenging passes



- Choose only one type of pass ie. chest pass