

# Passing/Shooting

## LEARNING OBJECTIVES

To demonstrate an understanding of netball passing/shooting skills

## ACTIVITIES

Create 8 stations around the netball court to complete the following skills challenges. Players will be in pairs to complete the challenges

1. How many chest passes can you do in 1 minute
2. How many bounce passes can you do in 1 minute
3. How many shoulder passes can you do in 1 minute
4. How many times can you hit a target on a wall in 1 minute
5. How many times can you do a figure of 8 around your legs in 1 minute
6. How many shots can you get in 1 minute
7. How many shots can you score from 5 different spots on the floor (score out of 5)
8. How many points can you score from throwing the ball at 5 different targets on the wall (score out of 5)

**Record their scores and repeat to see if they can beat their scores second time around**

## GAME

Repeat the same game as week 3, 4 & 5 but introduce more positions and the specific areas players are allowed

# Attacking/Defending

## LEARNING OBJECTIVES

To demonstrate an understanding of netball attacking/defending skills

## ACTIVITIES

Create 8 stations around the netball court to complete the following skills challenges. Players will be in pairs to complete the challenges

1. Shadow Dancing, how many times can you dodge around your player in 1 minute
2. How many times can you change direction zig-zagging between spots in 1 minute
3. How many times can you complete a court sprint, changing pace at every third line you hit in 1 minute
4. How many times can you complete an agility course in 1 minute (leaders to design)
5. How many times can you tap your partners knees in 1 minute whilst facing each other
6. 1 vs 1 (from week 5), how many times can you get to the spot in 1 minute
7. 1 vs 1 (from week 5, make it harder) how many times can you get through the gate in 1 minute
8. One player has a bib tucked into their shorts, how many times can you steal it in 1 minute

**Record their scores and repeat to see if they can beat their scores second time around**

## GAME

Play a full game of netball or if you feel they aren't ready repeat the same game as week 3, 4, 5 & 6 with any appropriate adaptations

# Competition

## LEARNING OBJECTIVES

Practice all the skills learned so far in a competitive environment

## AIM

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To use the attacking, defending, shooting, passing and ball handling skills learnt to play a full game of netball

## ACTIVITIES

### Leaders to:

- Choose a warm up from weeks 1-5 or design one themselves
- Split group into teams
- Design a competition structure including the length of the games
- Keep score, time and record results
- Ensure that the teams are of an even ability
- Remind players of the rules they have learnt in weeks 1-5 and add any fundamental rules to play the competition

## TEAMS

### Leaders to decide:

- Whether players should be allowed everywhere or whether to play in normal netball zones
- If playing in zones which players should play against each other
- Scoring system