



Appendix 1 Invasion Games Activities

1. PRESSURE BALL

THE PURPOSE

This game is relevant to a match situation. There are key questions that can be asked of the players within the game. There are both technical, tactical, game intelligence and behaviours that can be observed.

THE ORGANISATION

Half a court. 1 netball. 1 team attacking and 1 team defending. 5v5 or 4 v4.

Netball Rules apply. Play randomly in any direction "keeping possession" for 1 minute. If defenders gain possession they pay for the remaining time of the minute.

At the minute deadline the player or coach shouts goal. Whoever is in possession chooses which way to score - the sidelines are goals. There is now a designated time (decided in advance) to see how many goals are scored. To score a goal a player must place the ball over the line. When a goal is scored the player places the ball down and another player in their team picks the ball up and now score the opposite side line and continue. If defence turn over the ball there are different alternatives that would have been decided by the coach to meet different objectives. Game stops or Defence have opportunity to keep scoring until the time is up. Timings can be varied. Possibly each time it is completed that = a game. Therefore one can play a best of 3 games or an alternative. Need a purpose to this game - DECISION MADE ON TIMINGS REQUIRED

2. CONTINUOUS END BALL

THE PURPOSE

This game has both an attacking and a defensive focus: **Attacking:** Score goals, create options, move towards the goal, work together and create space through feinting.

Defending: Work together to dictate the movement of the attackers so that they cannot move through the court towards their goal and are denied space to limit options.

THE ORGANISATION

4v4 on half a court. The aim is to score a goal in the netball goal. Only two players from each team are allowed into the attacking circle at any one time. If the attacking team scores a goal they maintain possession. If they win a rebound, they must play the ball back into the centre third and then attack towards the goal again. If the defence turnover the ball (or gain a rebound from a goal), they take the ball to the centre third and then they attack.

The games are set at two minutes before players are swapped on.

With 20 players the game can be played in two halves, in a 5 v 5, with one player only playing behind the attacking third line.

THE SCORING

Teams score one goal each time the ball goes through the ring.

3. GAUNTLET

THE PURPOSE

This game has a defensive focus. The defenders are aiming to work together to dictate the movement of the attackers, so that they do not move through the area towards their goal and are denied space, limiting their options.



THE ORGANISATION

The game requires one pair of attackers and four defenders. All other attacking pairs are waiting their turn. The playing area should be a quarter of a netball court. With groups of 20 players the game can be set up in each of the 4 quarters of the netball court. The 4 defenders are split into four bands and can only go in those designated areas. The attacking pair start on the back line with a ball. They must aim to catch the ball over the last line (line 4). If the ball goes out of court or is intercepted the next attacking pair start. Each attacking pair has four attempts.

THE SCORING

For every 'band' the attacking pair complete they score one point. Defenders forcing an error in their 'band' score one point for their team **GAUNT**

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4. FIND THE GAP

THE PURPOSE

This game has an attacking focus with the aim of finding and penetrating the gaps, seeing options and working together.

THE ORGANISATION

The game requires three attacking players and three defending players. The area used is one third of the court with one box in the middle. The attackers can move anywhere, but the defenders can only be outside the box. The goal is for the attacking players to run with the ball over one of three of the four boundary lines (edges of the third). One line is always "out of play". When a goal is scored over a line, that particular line becomes "out of play" for the next attacking goal. The defending team aims to tag the ball carrier before they score the goal; if the attacker is tagged they must pass the ball directly back to their attacking team. When a goal is scored, the game restarts in the central box. The game lasts 45 seconds.

With 20 players the game can be played in all three thirds with the additional spare players observing and swapping in after each 45 seconds.

THE SCORING

The attacking team score one goal, when a member of their team successfully run over one of the boundary lines with the ball.

5. COPS & ROBBERS

THE PURPOSE

This game has a defence focus. The defensive team must focus on transition to active defending from a fairly static situation, to prevent attacking players moving towards their own goal, forcing an error and limiting options.

THE ORGANISATION

With 20 players the game can be played with two groups of 10, each in one half of a netball court. This game is best played with 5 attacking players and 5 defensive players. One line of cones (line A) is set up in the circle and another line (line B), between the attacking third line and the centre circle. The ball starts on line A. The defensive 5 start in front of line A and the attacking 5 start in front of line B. The attacking team need to get the ball whilst the defensive team track and dictate the attacking players' movement. Once the attacking team have the ball they must aim to catch the ball over line B. The attacking team have 3 attempts and then they swap roles.

THE SCORING

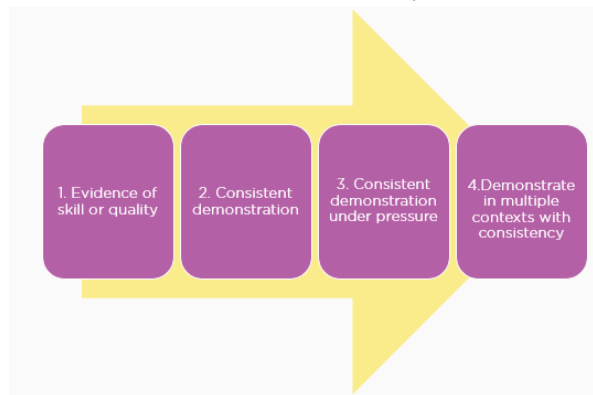
If the attacking team are successful and cross line B they score a point. If the defender intercepts the ball they must try to get the ball across line A and score a point. If the defenders do not achieve this the game stops and restarts again from the beginning.



Appendix 2 Movement Skills U13 and u15 Criteria

Take Off	<i>Demonstrate efficient technique from a stationary and moving start</i> <ul style="list-style-type: none">• Straight movement forward and backward• Diagonal movement to the left and right
Footwork	<ul style="list-style-type: none">• Demonstrate efficient running technique• Able to sprint and change direction• Side step• Speed of footwork• Recovery footwork• Working a number of combinations• Turning from a sprint movement
Jumping	<ul style="list-style-type: none">• Demonstrate efficient technique• Able to jump from both feet simultaneously• Able to jump off left or right foot• Able to turn in the air
Landing	<ul style="list-style-type: none">• Demonstrate safe and balanced technique• Able to land on left or right foot• Able to land on both feet simultaneously• Able to pivot in all directions with outside turn
Ball Handling	<ul style="list-style-type: none">• Catching 2 & 1 handed.• Passing 2 handed & 1 handed and variety.• With and without a defender

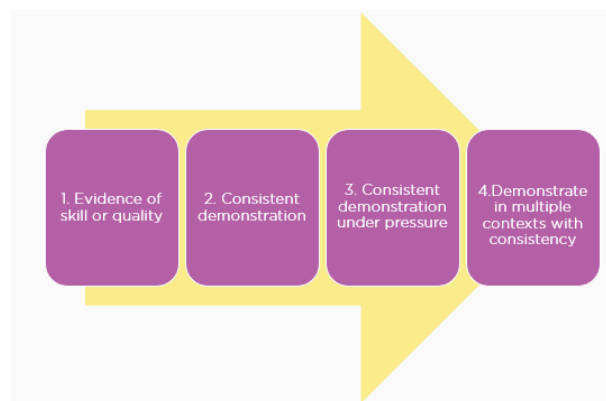
Appendix 4 Technical Characteristics – Ball Skills and Movement Template



ID	Catch One hand control Pass Release Point Under Pressure (Def)	Take Off Landing Footwork Jumping	Rating

Notes:

Appendix 5 Game Sense Template



ID	Attack Transition Width / Depth_Options/Choices Ball Side, Maintaining Possession	Defence Transition, Winning Ball, Working Together, Delay/deny opportunity.	Behaviours Thinking (adapt / implement/ counteract), Patience, never give up , Leadership, "Step up"	Rating

Notes: