Title: Yr 5 / 6 - Netball Lesson 3

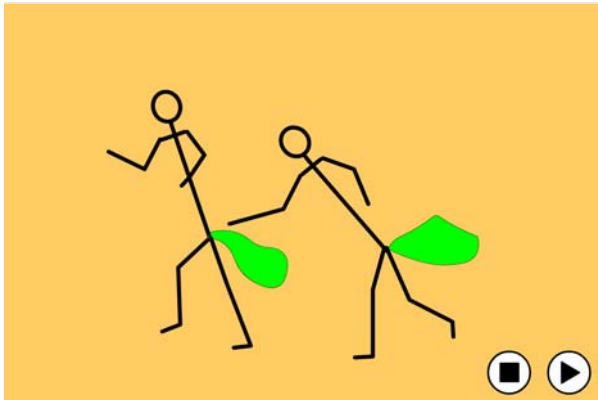**Coach:**   13/01/2005

Equipment: Netballs, Bibs, Cones

Purpose: To develop better understanding of creating space when playing netball. To further develop strategies to attack and defend

**Notes:** H&S: Jewellery, appropriate clothing, check hardcourt area for debris etc.

Tails

DESCRIPTION

All players have a bib tucked into the back of their waistband (must be visible).
On the whistle, players attempt to catch as many bibs as possible (Variation - in pairs. Each person tries to catch their partners tail.)
NB - complete this practice on a time basis so that players are not automatically 'out' when they lose a tail

Notes

start as a paired activity. then select 6-8 children within the class to be catchers. Can they work together to catch all children within 1 min? will need to communicate with each other and form un 'unconnected' barrier to 'coral' runners
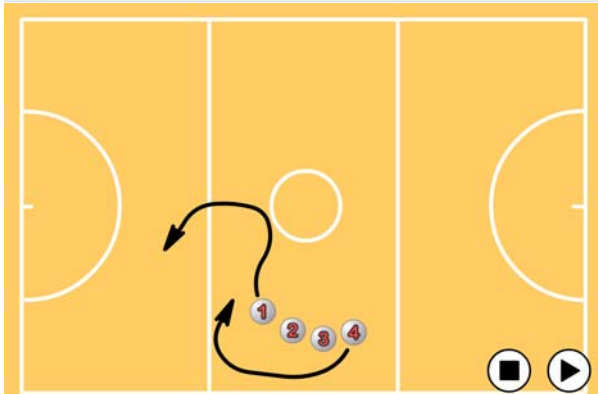
Train Run

DESCRIPTION

Front player runs in any direction, the rest follow. On the whistle, back player runs to the front and takes over the lead.
Variations
● person at the back weaves in and out of the line to get to the front
● person at the front turns round and weaves in and out you get to the back

Notes

Split class into 4-6. train can only move within the netball court. Alter the way they move e.g. start the train walking and gradually increase the speed each time when everybody has had one go. teacher to call when the back runner moves to the front
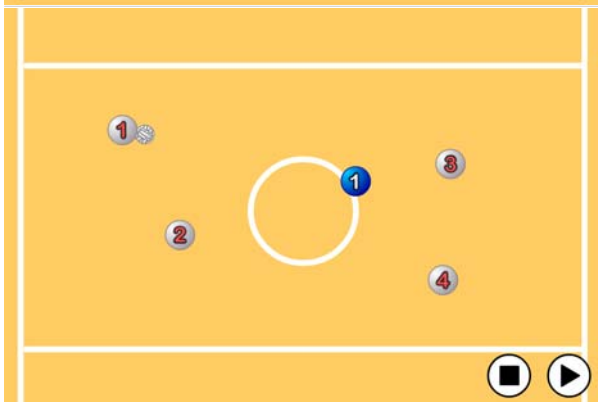
Tag Ball

DESCRIPTION

In 1/3 of the court any number of players with one ball between them, have to pass the ball to each other, whilst one player attempts to catch the player in possession of the ball. On doing so, the player caught becomes the catcher.
Then increase the number of catchers.
Variation
Players in possession of the ball must try to tag one of the opposition with the ball itself.
ie. By passing it between them to try and get near to one of the opposition to tag them.

Notes

split groups into 4 and divide the netball court into 1/6s. players swap over either a) after a tag or b) after 1 minute
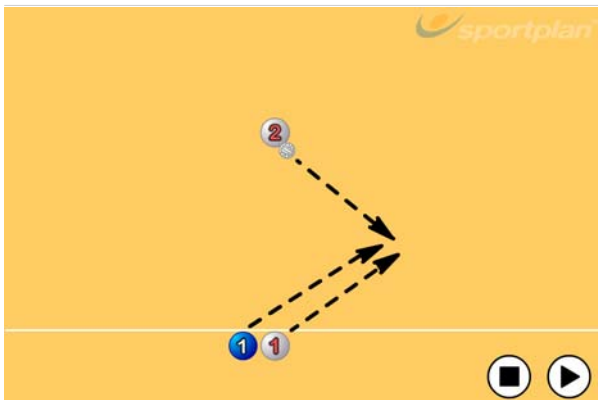
Sprint Dodge

DESCRIPTION

In 3s. One player has the ball. The other two stand behind a line - 1 attacker, 1 defender.
On a command from the feeder, the attacker drives out to receive the ball and the defence tries to intercept.

COACHING POINTS

● Attacker must push straight out from the line immediately following the command.
● The ball must be fed well ahead of the worker

Notes

Use the sidelines or pitch markings as the start point. feeder should use a controlled shoulder pass to loop the ball to the receiver. After 1 minute rotate jobs
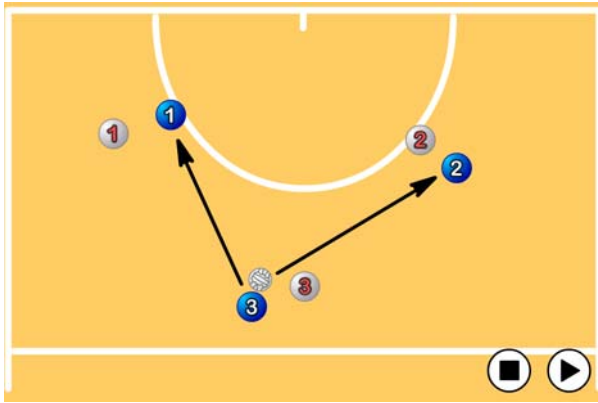
5 passes MK1

DESCRIPTION

Played in 1/3 of the court, 3v3.

Pass the ball amongst your team. Score 1 point for 5 consecutive passes.

Ball goes to other team,when a point is scored, ball goes out of the area or is intercepted.

COACHING POINTS

- Attacks must make positive moves into the space.
- Feed well ahead of the moving player.
- Defence - put pressure on the attack both with and without the ball

Notes

Play ths game within 1 third of the netball court.start this game as 4 vs 2. two defenders must stay with the same attackers when intercepted three times swap the teams over so theirare two new defenders. When everybody has had a turn change to 3 vs 3.
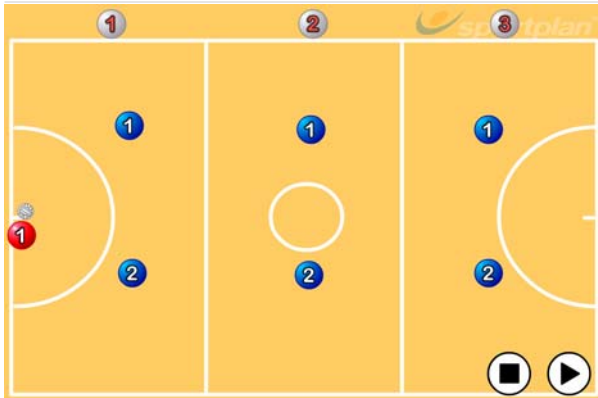
Gladiators

DESCRIPTION

10+ players. 1 ball.
One feeder stands at the side of each third of the court.They are on the same side as the attacker (red 1).

There are 2 defenders in each third. Using just half the width of the court, Red 1 has to work her way down the court receiving three passes from the player at the side, in each third.

COACHING POINTS

- The attacker must keep moving to ask for the ball.
- The defence must talk to each other and work as a unit.

Notes

fun activity to finish the game (if time remains. leave players in the same roles for i minute then swap feeders and defenders with the runners