



YEAR 3/4

## Netball

### Lesson 5

#### Learning Objective

To be able defend an opponent and try to win the ball.

#### Success Criteria

##### Year 3

- I can defend an opponent.
- I can explain my role as a defender.
- I can identify when I was successful.

##### Year 4

- I can use simple tactics to help my team gain possession.
- I can identify when I was successful and what I need to do to improve.
- I can delay and help prevent the other team from scoring when I play in defence.

## Handy Hints

Stay close to the attacker.

Stay in between the attacker and the ball.

Make sure you can see the attacker and the ball.

## Equipment

- Cones x 30
- Netballs x 10
- Team bands x 15

**10** Mins

## Warm Up and Introduction

### Catch me if you can:

In pairs, using two thirds of the court. One pupil is the attacker, one the defender. The attacker runs around the area and the defender must try to keep as close as possible to the attacker. When the whistle is blown pupils must stop. If the defender can touch the attacker the defender gets a point, if not, the attacker gets the point. Swap over.

Make this easier for the defender by playing in a smaller playing area.

45 Mins

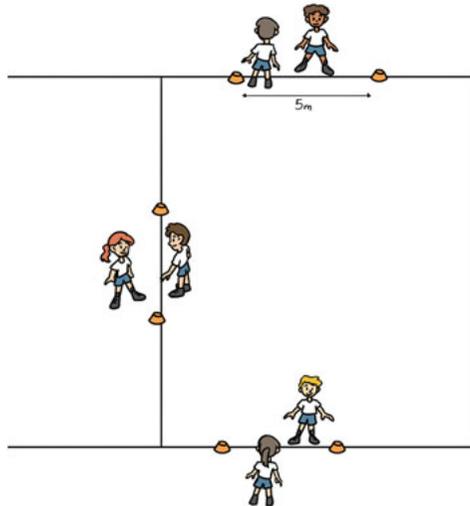
## Skill Development

### Stay tight:

A In pairs with two cones between them. One attacker and one defender. Using a straight line on the court, mark out 5m using two cones. The attacker stands on the line and can move side to side between the cones. The defender has to try to stay with them.

Rotate positions.

Stand side on to the attacker so that if they were in a game, they would be able to see the attacker and the ball.

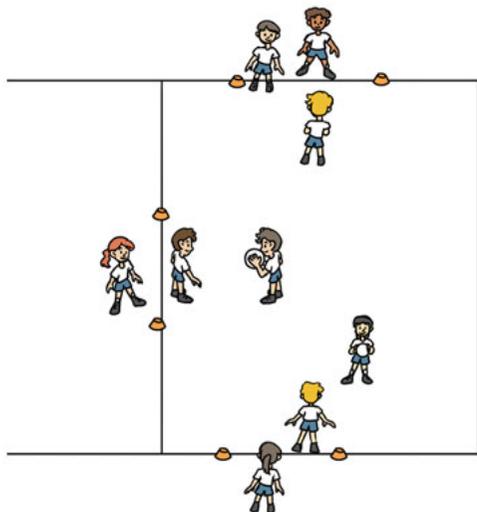


B Add a ball carrier into the practice. The attacker is not allowed off the line, but can dodge side to side to try and lose the defender. The ball carrier can pass to the attacker when they are free. Defender to try to stay with the attacker and intercept the pass. Rotate after four passes.

Encourage the defenders to stay side on and close to the attacker.

Feet shoulder width apart, quick feet to stay with the attacker.

Make this easier for the defenders by decreasing the distance between the cones.

**Any direction:**

In groups of three with one ball and one cone. One pupil begins at the cone as the attacker. One pupil the defender and one the ball carrier. The attacker can move in any direction to receive the ball. The defender tries to intercept the pass. After each pass the attacker must return to the cone to start again.

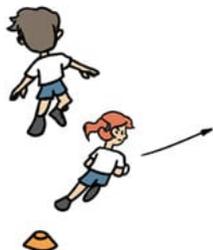
Four passes each and rotate positions.

Encourage the defenders to stay close to the attacker.

Take the ball with two hands.

Drive on to the ball to intercept.

Make this easier for the defender by specifying that only bounce passes can be used.

**3v3:**

Place two cones 8m apart. Pupils play three against three. One team scores by placing the ball on one cone and the other team scores by placing the ball on the opposite cone. High 5 Netball rules apply. Once a goal is scored, the conceding team gains possession of the ball and begins play from a free pass in the middle of the two cones.

Encourage the defenders to mark side on so that they can see the attacker and the ball.

Make this harder by specifying a number of passes to be made before a team can score.

Make this easier by giving a team more cones to cone on.



5 Mins

## Plenary

What two things must you be able to see when defending?

What helps you to defend successfully?

Can you think of someone who you think was successful? Who, how?