



YEAR 5/6

Netball

Lesson 7

Learning Objective

To develop the shooting action.

Success Criteria

Year 5

- I can move into space to help my team.
- I can shoot the ball with some control under pressure.

Year 6

- I can create and use space to help my team.
- I can shoot the ball with increasing control under pressure.

Handy Hints

Feet shoulder width apart.

Hold the ball high above your head.

Equipment

- Cones x 40
- Hoops x 1
- Netballs x 20
- Posts x 4
- Team bands x 15
- One handed netball shot Video
- Two handed netball shot Video

10 Mins

Warm Up and Introduction

On the line:

All pupils space out along the lines of the netball court. They begin by jogging around the outside lines. Change the movement action along each third line to side steps, heel flicks, high knees etc.

[Set a steady pace that you can maintain.](#)

45 Mins

Skill Development

Shooting technique:

Teach the pupils the shooting technique. See the resource video 'one handed netball shot.'

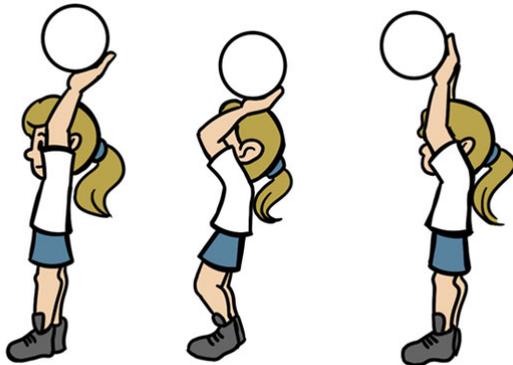
Feet start shoulder width apart.

Hold the ball on your dominant hand, high above your head. Place the other hand on the side of the ball.

Bend your knees and elbows.

Extend your knees and elbows pushing the ball high.

Make this easier by teaching a 'two handed netball shot.'



Shooting practice:

Split the class into as many groups as there are netball or basketball posts. Each group has four balls. Pupils take turns practising their shooting technique.

Make this harder by placing cones around the post and challenging the pupils to score from each cone.

Make this easier by lowering the height of your posts.

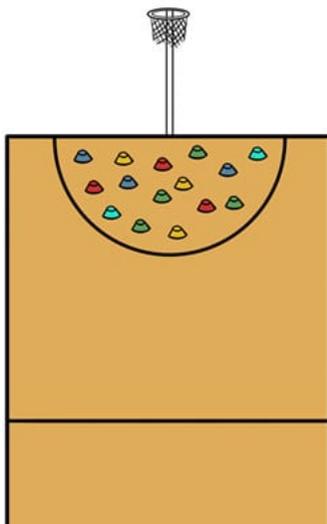
Shooting stations:

Split the class into four groups. Set up the following stations and have pupils rotate.

A Complete the markers: Randomly place cones or rubber markers at varying distances around the post. Pupils try to shoot and score from each marker.

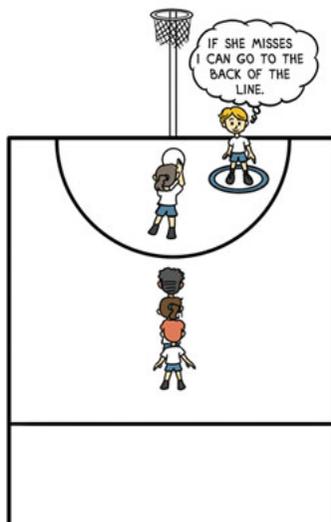
Make this harder by specifying that they cannot move on from a cone until they have scored from that spot.

Make this easier by placing the markers closer to the post.



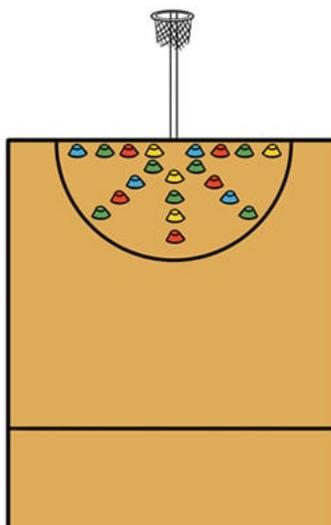
B Hot Spots: Pupils line up one behind the other in front of the post. They take turns to shoot. If they score, they go to the back of the line. If they miss, they stand in a hoop (the hot spot). If the next person scores they are out. If the next person misses they can go to the back of the line and are replaced by the person who just missed. If pupils are out they move to

the back of the court and help to collect the rebound balls.



C Step back: Place out five rows of four cones with a small gap between each. Pupils start at the cone closest to the post and take it in turns to shoot. If they score, they take a step back and so on. The first person to complete their line is the winner.

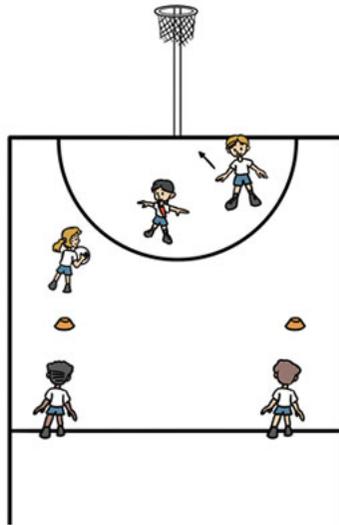
Make this harder by specifying that they must step forward when they miss a shot.



D 2v1: Pupils line up behind one of two cones. Two attackers play against one defender. The attackers start with the ball 7m away from the post. They must pass and move to get close enough to the post to shoot. If the defender intercepts the ball, the defender gets a point and the next two attackers start. Change the defender every few minutes.

Encourage the attackers to pass and move to get close to the post so that they have a better chance of scoring.

Make this harder by playing two attackers against two defenders.



Half court netball:

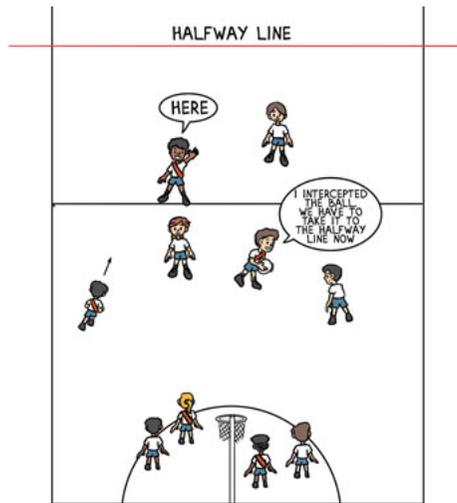
Using the four groups from the previous activity. Two teams play against each other in each half of the netball court.

- Teams score one point by scoring in the netball post.
- Both teams shoot into the same post.
- If the ball is intercepted, the team that intercepted the ball must pass the ball up to the half way line, before they can attack back towards the post.
- After a goal, the conceding team gain possession and play starts from the half way line.
- Select up to two players from each team to be the shooters, they are the only players allowed in the semi circle to shoot. After a few minutes rotate who these players are.

Remind the pupils not to rush their shot and that they have four seconds to shoot.

Encourage the attackers to pass and move to get close to the post so that they have a better chance of scoring.

Make this easier by counting shots that touch the rim as a goal.



5 Mins

Plenary

Ask the pupils about the correct technique for shooting.

Why do they think the ball should be kept high instead of being thrown from the chest?

Teacher note: so that it is harder for the defenders to intercept it.