



YEAR 5/6

Netball

Lesson 2

Learning Objective

To develop passing and moving towards a goal.

Success Criteria

Year 5

- I can move into space to help my team.
- I can pass and receive the ball with some control under pressure.
- I can use the rules of the game.

Year 6

- I can create and use space to help my team.
- I can use the rules of the game consistently.
- I can pass and receive the ball with increasing control under pressure.

Handy Hints

Do not lift up and place back down your landing foot, that is footwork.

Equipment

- Netballs x 7
- Team bands x 15

10 Mins

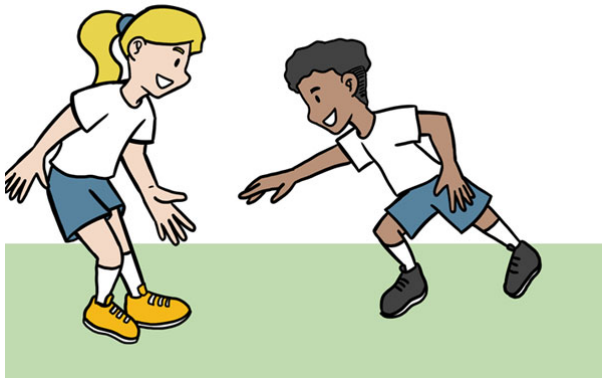
Warm Up and Introduction

Knee boxing:

Pupils work in pairs against each other. They score one point by touching their partner's knee. They must stay facing their partner throughout the game. They work for 45 seconds and keep their own score, then repeat.

Start in a ready position with knees bent.

Use quick small steps to move around.



45 Mins

Skill Development

Pass and follow:

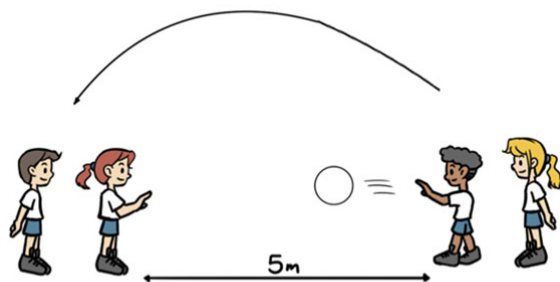
In groups of four with one ball. Two pupils stand one behind the other facing the other pair, 5m apart.

- A Use a chest pass to pass the ball to the pupil ahead of you and then run to the back of the opposite queue.

Step forward with one foot as you throw the ball.

Throw from chest height.

Finish with hands pointing towards partners' chest height.



- B Same set up as A. This time increase the distance between the group and practise with a shoulder pass.

Pass the ball with one hand from shoulder height.

Catchers hold your hands out ready to receive the ball.

- C Pass and follow - challenge: How many passes can each group do in 60 seconds? If the ball is dropped, they start again from zero. Repeat – can they beat their first score? If not, the group complete ten star jumps.

Make this harder by decreasing the time given on their second attempt.

Run, catch, pivot, pass:

Set up as above.

- (A) The first pupil runs towards the ball carrier to receive a pass. They catch the ball, then pivot round to face the queue they came from, pass the ball and run to the back of that line.

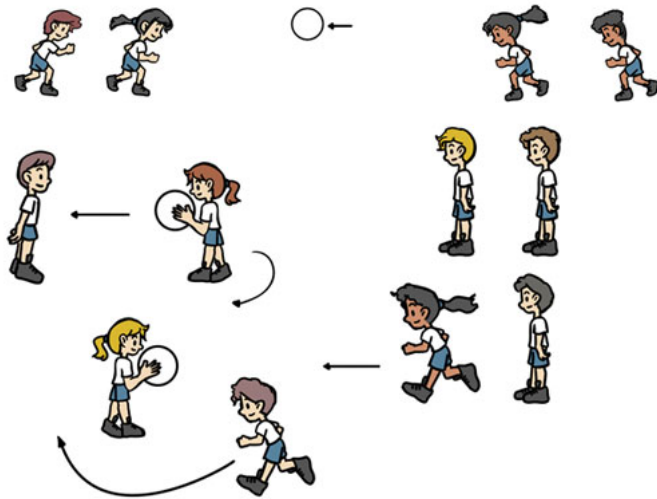
Encourage clear landing feet, one foot and then the other.

Pivot around on the foot that landed first (landing foot).

Pivot on the ball of your foot to be able to throw in a balanced position.

- (B) Repeat A. Run, catch, pivot, pass. This time in a challenge: first team to fifteen passes, no dropped balls. Make this harder by giving pupils a time limit.

Make this easier by challenging first to ten passes.



Pass and move towards end lines:

In groups of five with one ball. Two groups work in the same area, widthways in one third of a netball court. They need to negotiate the space between both groups.

- (A) Each group must pass the ball from one line to the other line continuously.

Use pivoting to turn and face the end line.

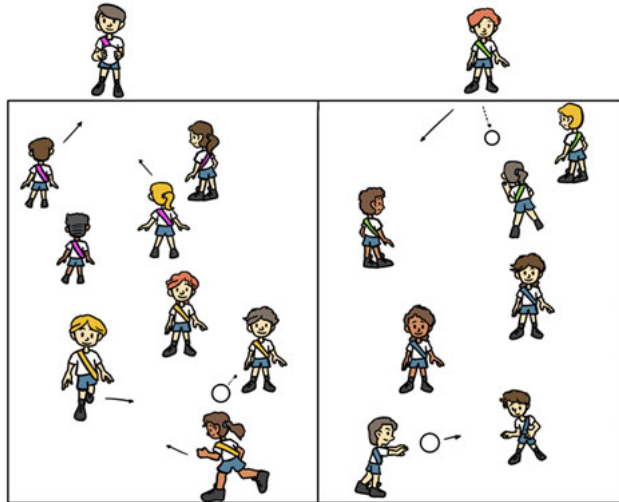
Move ahead of the ball to help bring it across court.

Make this easier by playing with one group in each area.

- B Repeat A, this time challenge the pupils: how many times can they pass the ball from end to end in 1 minute? If they footwork, they must pause for 5 seconds before continuing.

Spread out within your space and signal when you want to receive the ball.

Make this harder by conditioning the game so that teams must make at least five passes before they can touch an end line.



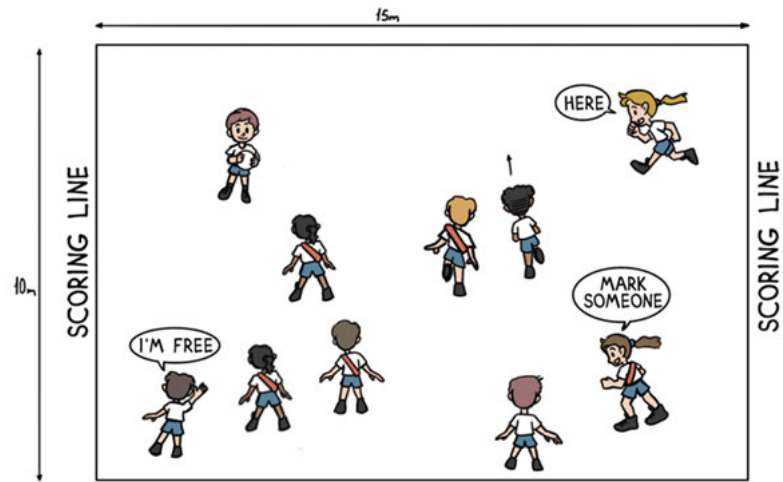
Lineball:

In teams of five. Pupils play five against five. Pupils play widthways in one third of the netball court.

- One team will be scoring on one line and the other team on the opposite line.
- To score they must place the ball on their scoring line.
- Once the ball has been placed on their line, the conceding team gain possession of the ball.
- High 5 Netball rules apply, e.g. no footwork, contact, held ball.

When attacking, look for space away from the defenders and towards the scoring line.

Make this harder for one team, by making them complete five passes before they can score.



5 Mins

Plenary

Ask the pupils to talk about one person, either in their team or in the oppositions' team who played well.

Ask them to explain why.

Ask the pupils to explain the footwork rule.

Why does pivoting help?