



YEAR 5/6

## Netball

Lesson 6

### Learning Objective

To be able to change direction to get free from a defender and receive a pass.

### Success Criteria

#### Year 5

- I can move into space to help my team.
- I can pass, receive and shoot 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 select and apply different movement skills to lose a defender.
- I can use the rules of the game consistently.
- I can pass, receive and shoot the ball with increasing control under pressure.

## Handy Hints

Turn your hips to face the direction you want to run in.

## Equipment

- Cones x 30
- Hoops x 4
- Netballs x 10
- Posts x 2
- Set of netball bibs x 2
- Team bands x 15

**10 Mins**

## **Warm Up and Introduction**

### **Cones:**

**A** Pupils take one cone each and place it in a space in the teaching area. Pupils begin by jogging around the teaching area avoiding the cones. Change the movement action to skipping, high knees, side steps etc.

**B** Pupils see how many cones they can touch with their hand in 30 seconds.

*Bend low to touch the cone and push off with the leg nearest the cone to change direction.*

Repeat. Can they beat their score?

**C** Pupils jog to a cone, stop as if it were a defender and dodge to get past. Change direction once to perform a single dodge or change direction twice to perform a double dodge.

*Keep low to change direction.*

45 Mins

## Skill Development

### Change direction:

In groups of three with one ball between them.

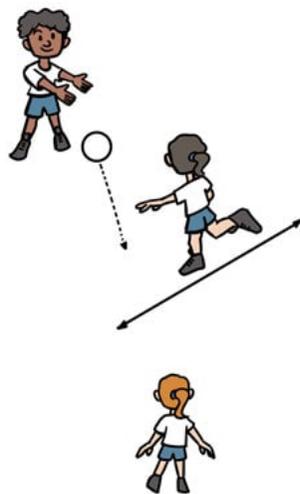
- Two pupils are the throwers. They start opposite each other 6m apart.
- The other person is the attacker, and starts in the middle of the two throwers.
- The attacker receives a pass from the first thrower, pivots on their landing foot and gives it to the other thrower before receiving it back and so on.
- The attacker must make a change of direction before they can receive a pass.

Six turns each and change over.

Encourage the attacker to run in different direction not just sideways.

Can they run back to come forward?

Make this easier by placing rubber markers in different spaces and ask the attacker to change direction and move back to the middle when they reach these markers.



### Pass and move:

(A) In groups of three with one ball. Pupils work in a 5m x 10m area. They must pass the ball in their group, but can only pass to someone once that person has made a change of direction.

Make this easier by numbering the pupils and have them pass the ball in numerical order.

(B) In groups of three with one ball.

Two attackers against one defender.

The attackers must make a change of direction before they can receive a pass.

Attackers win one point for every four passes made.

If the defender intercepts a pass, they give it back to the attackers and the game starts again.

Change the defender after a minute.

Encourage the attackers to be aware of each other and to move to different spaces to each other.

### 3v3 possession game:

In groups of six. Pupils play three against three. Using a 5m x 10m area.

Teams win a point by making four consecutive passes. After a point is scored, the ball is given to the conceding team and play starts again. Netball rules apply and pupils can only pass to a teammate that has made a change of direction.

Encourage the pupils to lose the defender by using quick changes of direction.

Make this harder by specifying that five passes must be made to gain one point.

### Games:

Split the class into four teams. Two teams play High 5 netball and two teams play corner ball. In both games, players can only receive the ball after a change of direction.

- **High 5 netball:** If any players start off, they are involved by keeping the score and are rotated in every couple of minutes.

- **Corner ball:** Two teams play against each other in a space 10m x 10m.

Place a hoop in each corner of the playing area.

Teams score one point every time they place the ball in one of the hoops.

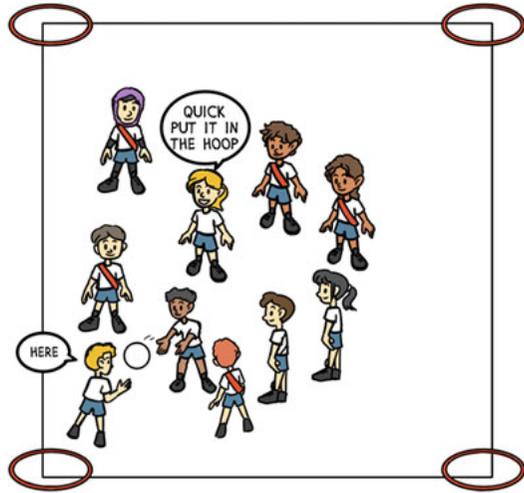
Both teams can score in any of the four hoops, but they cannot use the last hoop that was scored in.

After a goal, play restarts with a free pass taken from inside the hoop by the conceding team.

Look for available space.

Make definite movements when you want the ball.

If one of the hoops is crowded, move towards another hoop to create space.



Both groups switch games after 10 minutes.

**5 Mins**

## **Plenary**

Ask the pupils how using a change of direction before they received the ball affected their game.

Who do they think played well in their game and why?