



YEAR 5/6

Netball

Lesson 5

Learning Objective

To be able to defend ball side and know when to go for interceptions.

Success Criteria

Year 5

- I can stay with an opponent when I am playing in defence.
- I can use the rules of the game.

Year 6

- I can use marking and intercepting skills when defending.
- I can use the rules of the game consistently.

Handy Hints

Stay in front of your attacker, between them and the ball (ball side).

Equipment

- Netballs x 7
- Posts x 2
- Set of netball bibs x 2
- Team bands x 15
- High 5 Netball Rules Document

10 Mins

Warm Up and Introduction

Centre third:

Run six lengths of the netball court. Change the movement action through the centre third each time to the following:

- High knees
- Side steps
- Heel flicks
- Lunges
- Two footed broad jumps
Jump as far as you can, taking off and landing on two feet.
- Running backwards.
Look over shoulder.

Make this harder by completing the above twice so that pupils run 12 lengths in total.

45 Mins

Skill Development

Mark ball side:

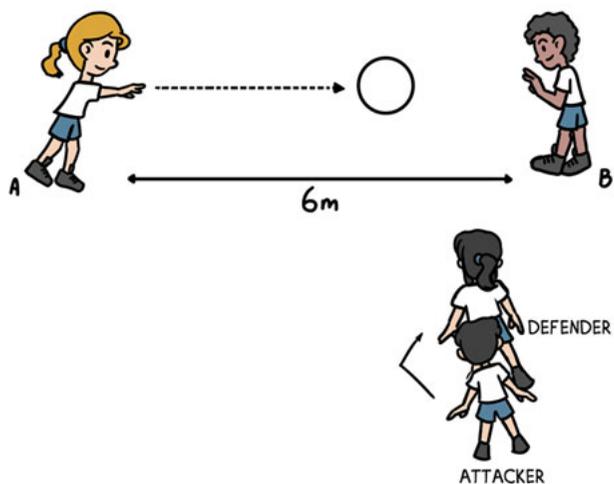
In groups of four with one ball between them.

- Pupils A and B are the throwers and stand 6m apart. They are not allowed to move.
- One pupil is a static attacker.
- One pupil is the defender.
- The throwers pass the ball continuously to each other.
- The defender must keep moving as the ball does to stay in front of the attacker.
- If the throwers see that the defender is not in front of the attacker, they can pass to the attacker.
- Work for 45 seconds and then change roles.

Defender stay quick on their feet to keep in front of the attacking player, between the attacker and the ball.

Defender to use small steps to get in front of the attacker.

Make this harder for the defender by having the attacker move towards ball carrier if the defender is not ball side (between the attacker and the ball).



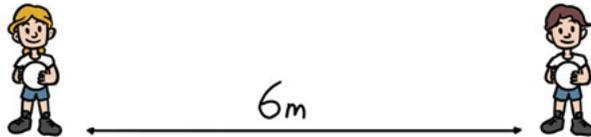
Intercept:

In groups of four. Two ball carriers have one ball each. The attacking player must try to receive a ball from one of the ball carriers and then the other one. No overhead passes allowed.

Six turns each and then change over.

The defender must stay in front of their player and try to intercept the pass, also known as marking ball side.

Make this easier for the defender by having the attacker walk back to a central cone after each attempt.

**Catching line ball:**

Split the class into four teams. Set up two games of the following.

In their teams, two teams play against each other in one third of a netball court.

Two pupils from each team begin standing on their end line. They are the catchers. They are not allowed to come off their line but can move sideways along the line. To score, teams must pass the ball to one of their catchers.

Once a goal is scored the pupil who passed the ball to their catcher swaps places with them. The conceding team takes possession of the ball and play starts again.

When a team is not in possession of the ball they are the defenders and must mark a player on the other team.

Remind the defenders to mark ball side.

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



Games:

Using the same four teams. Two teams play High 5 netball and two teams play catching line ball. No overhead passes allowed in either game.

Teacher note: by not allowing overhead passes, it will give the defenders more opportunity to intercept.

Give teams time to discuss and plan defensive tactics. When should they go for interceptions and when should they stay marking one on one.

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

Defence focus on marking ball side and staying close to their attacker.

Make this easier by awarding two points for an interception. This will encourage the pupils to practise the learning objective for today's lesson.

Teacher note: refer to resource card 'High 5 Netball Rules.'

Both groups switch games after 10 minutes.

5 Mins

Plenary

Ask the pupils why is it better to mark ball side?

Can they name someone who was a strong defender and say why?

What do they need to do to improve their game?