



YEAR 3/4

Netball

Lesson 4

Learning Objective

To be able to lose a defender.

Success Criteria

Year 3

- I can change direction to lose a defender.
- I can use the rules of the game.

Year 4

- I can use the rules of the game.
- I can change direction to lose a defender.
- I can help my team keep possession and score goals when I play in attack.

Handy Hints

Change direction and speed to lose the defender.

If you haven't lost the defender the first time, move again.

Equipment

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

10 Mins

Warm Up and Introduction

Warm up:

Give each pupil a cone. Ask them to complete the following exercises next to their cone:

- Star jumps
- High knees
- Heel flicks
- Two footed jumps over the cone

Footwork patterns:

Using the cones laid out, pupils complete the following movement actions from cone to cone.

- Jog
- Side steps
- Jog backwards

Use quick changes of direction when you get to a cone.

45 Mins

Skill Development

Cone touch:

Using the cones already laid out, pupils jog around the area, touching cones with their hand as they pass.

Bend down low and push off quickly to change direction.

Challenge: How many cones can they touch in 20 seconds?

Repeat. Can they beat their score?

Make this harder by stating that pupils must change their movement action in between cones e.g. jog, side step, jog backwards.



Dodge the gate:

Label half of the pupils 'defenders.' They collect two cones of the same colour and place them 3m apart to make a gate. The defenders must stay in their own gate. The rest of the class are the attackers. They score points by running through a defenders' gate. The defenders use side steps to get in the attacker's way.

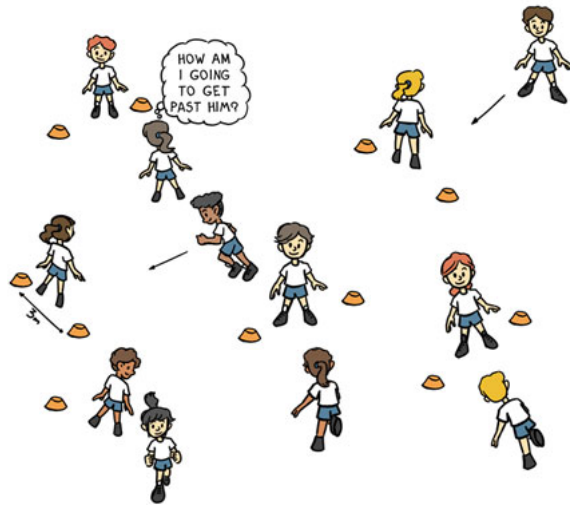
Encourage the attackers to recognise that if they haven't lost the defender on the first move they need to move again.

Move at speed to lose a defender.

Use changes of direction and changes of speed to get past.

Challenge: How many gates can they go through in 1 minute? Change the attackers and defenders over.

Make this easier for the attackers by making the gates bigger.

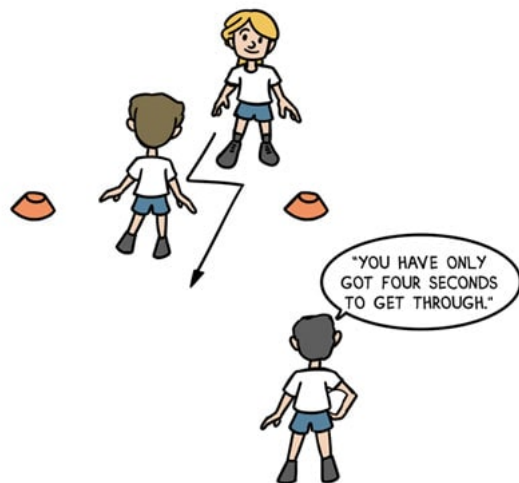
**1v1:**

- (A) In groups of three with one ball. The defender starts in a gate 3m wide. The attacker must sprint or dodge to get through the gate and receive a pass from the ball carrier on the other side. Remind pupils that in netball, a player can only hold the ball for 4 seconds, so that is how long the attacker has to get through the gate. Six turns each then change roles.

Encourage the attacker to move quickly and to change direction if they haven't lost the defender.

Make this harder for the attacker by making the gate smaller.

- B Repeat activity, this time without the gate. The feeder must recognise when the attacker has lost the defender and is free to receive a pass.



3v3:

In an area 5m x 10m. Pupils play three against three using netball rules. To score a point a team must make four consecutive passes. If a team in possession does footwork, holds the ball for longer than 4 seconds or the ball is intercepted, the opposing team receives the ball and tries to make four passes.

After each point scored the conceding team gains possession.

Tell the pupils that they are not allowed to contact another player. If they do they must stand by their side while a free pass is made.

Encourage the attackers to move into space away from each other.

Move again if they have not lost their defender.

Make this easier by playing three attackers against two defenders.

Make this harder by playing in a smaller area.

5 Mins

Plenary

Ask the pupils how they knew when to change direction.

How did they lose a defender in the game?

How do you know when to pass the ball?

What happens if you contact the opposition?