



YEAR 3/4

## Netball

### Lesson 6

#### Learning Objective

To develop the shooting action.

#### Success Criteria

##### Year 3

- I can move with a ball towards goal with increasing control.
- I can shoot the ball with some control.

##### Year 4

- I can help my team keep possession and score goals when I play in attack.
- I can shoot the ball with increasing control.

## Handy Hints

Feet shoulder width apart.

Hold the ball high above your head.

## Equipment

- Cones x 12
- Netballs x 20
- Posts x 4
- Team bands x 4
- One handed netball shot Video
- Two handed netball shot Video

**10 Mins**

## **Warm Up and Introduction**

### **Stuck in the mud:**

Ask the pupils to spread out in two thirds of the netball court. Select three pupils to be the taggers. If caught by a tagger, pupils must complete star jumps until another pupil frees them, by touching them on the shoulder.

Spread out within your space.

Make this harder for the taggers by playing in a larger playing area.

Make this harder for the runners by selecting more taggers.

**45 Mins**

## **Skill Development**

### **Shooting technique:**

Teach the pupils the shooting technique:

Feet start shoulder width apart.

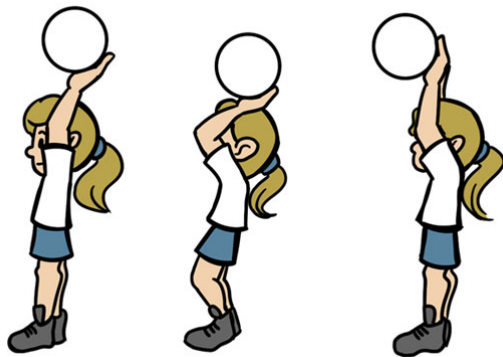
Hold ball in dominant hand, high above the head.

Other hand on the side of the ball to balance it.

Bend knees and elbows.

Extend knees and elbows pushing the ball high.

Make this easier by teaching the pupils a two handed shot, see video resource.



### **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.

**First to ten:**

In their groups, challenge the pupils to be the first team to ten goals.

Try to concentrate and take your time when shooting even under pressure.

Quickly collect the ball and get it to the next person in your group.

Make this harder for a group by specifying a higher target number.

Make this easier for a group by lowering the netball post or by counting balls that hit the ring.

**3v1:**

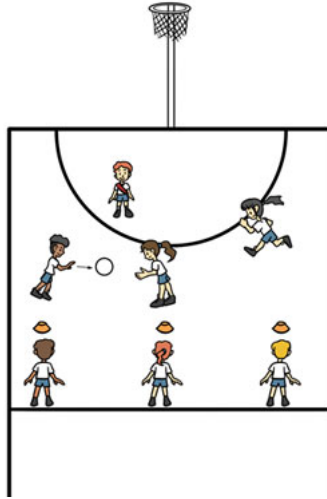
In their groups, pupils line up behind one of three cones.

- Three attackers play against one defender.
- The attackers start with the ball 7m away from the post.
- They must pass and move to get close to the post to shoot.
- If the defender intercepts the ball they get a point and then the next group of attackers start.

Change the defender every few minutes.

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

Make this harder by playing two attackers against one defender.



### Golden child:

- Two teams play against each other, one team are the shooters, the other team are the runners.
- The runners line up at one corner of the court and the shooters have two balls and line up in front of the netball post.
- The runners goal is to get home by running one at a time around the goal third line, while the shooters try to make them stop by scoring goals.
- When a goal is scored the shooters call 'STOP' and the live runner must freeze. The next runner can then begin.
- The last runner is the golden child. When they run they tag all of the runners who have had to stop.
- If the runners get home before a goal is scored they win. If they don't the shooters win.

Change over.

Encourage the shooters to rebound their own shot and quickly give the ball to the next person in their team.

Make this harder for the shooters by using markers further from the post, to show where the shooters have to shoot from.

Make this easier for the shooters by allowing them to shout 'stop' if they touch the ring of the post.

Make this harder for the runners by asking them to dribble a ball with their hands whilst running.



**5 Mins**

## Plenary

Ask the pupils about the correct technique for shooting.

Why should they start with their feet shoulder width apart?

Teacher note: for balance.