



## Netball Session Plans

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Official Outreach Netball Organization

Email: [info@oonthemove.com](mailto:info@oonthemove.com)

[www.oonthemove.com](http://www.oonthemove.com)

*“Our Mission is to provide and promote physical activity for youths and adults of all ages for the betterment of the Communities' health and Netball.”*

# **OFFICIAL OUTREACH NETBALL** **ON THE MOVE**

Dear Teacher,

The aim of this resource is for you to implement the sessions with your students, giving them the skills, knowledge and ability to understand and come to play and enjoy the sport of Netball.

The sessions are designed to be worked through in progression from one to the next. These sessions follow a more 'teaching games for understanding' approach as opposed to the more traditional progression approach.

If you choose to use checklists for your students development with these skills these can be made from the teaching points listed for the skills in each session (this could also be peer reviewed).

Throughout your teaching of these sessions, if you have any questions/concerns, feedback, or if you would like to look into booking a school clinic, please do not hesitate to ask our Development Officer; [info@oonethemove.com](mailto:info@oonethemove.com)

Thank you for teaching this to your students and we are sure you and your students will enjoy your netball activities.

## **Content Breakdown**

### **Introduction to Netball**

History of Netball  
Court set up  
Positional Information  
Positional Areas  
Equipment

### **Session Plans**

**Session One:** Stable body positioning  
Passing and Catching

**Session Two:** Pass Variation  
Footwork: dodging and pivoting

**Session Three:** Shooting  
Defending the shot

**Session Four:** Attacking skills  
- roll and ½ roll  
- dodging and pivoting review

**Session Five:** Defensive Skills  
- a player with the ball  
- a player without the ball  
- the receiver

**Session Six:** On court game play  
Centre pass variations

### **Basic Rules**

### **Contacts**

## Introduction

Netball is a fast moving, dynamic sport made up of passing a ball and shooting into a goal similar to a *basketball hoop but without a backboard*. Once a player has caught the ball, they *cannot run or dribble* with it and have *three seconds to pass or shoot*, depending on where they are on the court. Although you wouldn't always believe it when watching high level and international matches, netball is also a *non-contact sport*.

Netball is played on a rectangular court measuring ~30m x 15m. The court is divided into thirds, two goal thirds at either end of the court and one center third in the middle. In each goal third there is a semi circle known as the goal circle, *goals must be attempted and scored within this circle. Every goal is worth one point*. In the center third there is a small circle known as the center circle, this is where games and started and re-started after every goal is scored. The games are started and re-started with a *center pass* taken by the center player standing inside the center circle. The center passes are *alternated between the two teams without taking into account which team scored*. For example, if the red team has just scored, they will get the next center pass if it is their turn.

Each team has *seven players* on court and every player has a specific *position* and role to play on their team which is designated by the letters on their bib or pinnie. No single player is allowed in all areas of the court so it is important to know the positional areas as going out of your area will result in an offside call. Positional area information and diagrams can be found later in this guide.

A game of netball is made up of *four quarters, each lasting fifteen minutes*. There is a five minute half time break and two three minute breaks after the first and third quarters. The team that scores the most goals wins. Goals can be scored by the *GS and the GA only*, so the team must create opportunities for them to score by passing the ball down the court and 'feeding' the ball into the shooters in the circle. If the ball goes out of court, it is *thrown in* by the team that was not the last to touch the ball before it went out of court. The throw-in is taken from exactly the same place where the ball went out. Throw-ins can be taken by any player allowed in that area of the court. For example, a center player is not allowed in the circle, therefore cannot take a throw-in from behind the circle.

For an excellent general overview of the game and rules, we recommend watching and showing your students a seven minute clip on netball by **into-sport**. It can be found at [www.youtube.com](http://www.youtube.com), under the title, 'Netball Game- Rules Introduction'.

## **History of Netball**

In 1895, Professor James Naismith sent his drawings for his newly invented game of basketball to Clara Baer, a sports teacher in New Orleans. Clara misinterpreted Naismith's drawings to mean that certain players were not allowed to leave certain areas of the court. In 1899, Clara's mistake was ratified into the rules of women's basketball as zones. Women's basketball was then taken to Britain where the original game was transformed into a passing, no dribbling game called "Netball".

In 1995, Netball became a recognized Olympic sport and was included in the 1998 Commonwealth Games in Kuala Lumpur. The IFNA (International Federation of Netball Associations) is the sole, internationally recognized, governing body of netball. For more information about IFNA you can visit their website at [www.netball.org](http://www.netball.org).

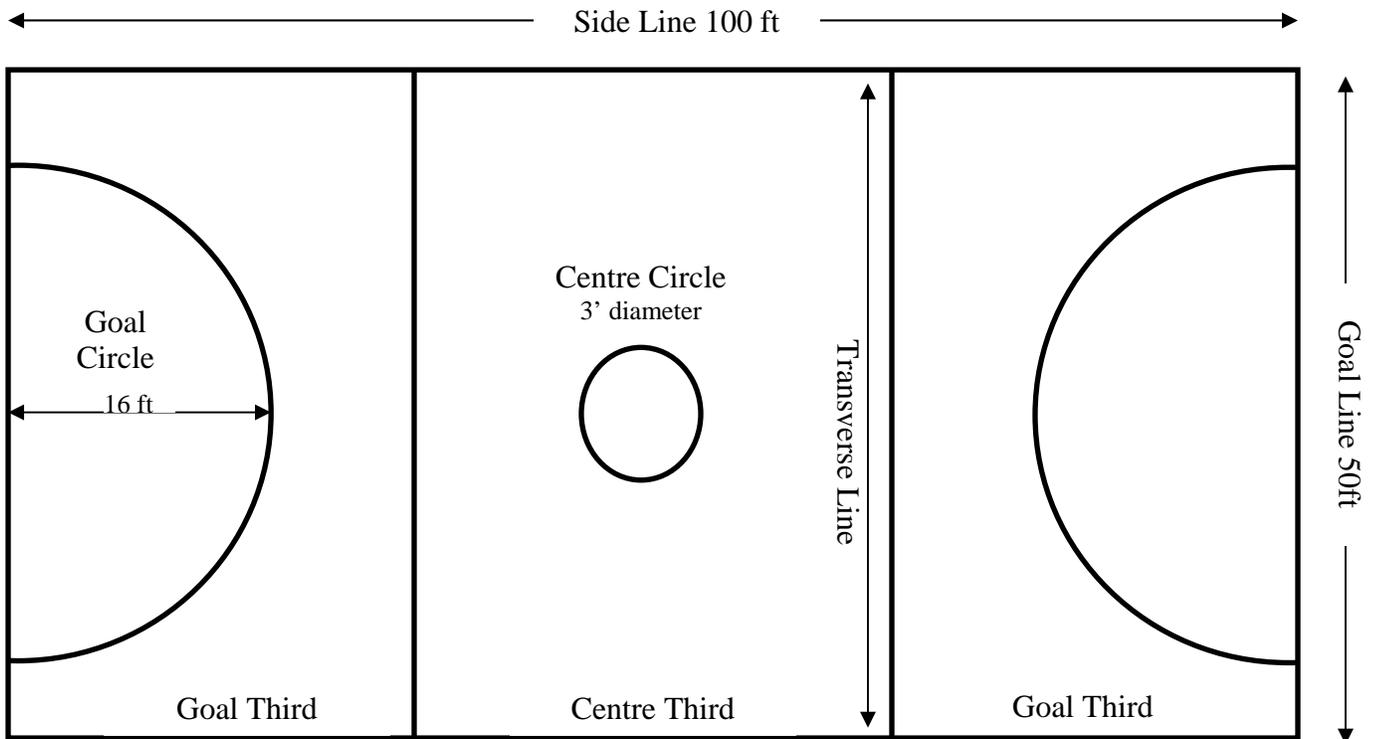
Netball has become one of the biggest female dominated sports around the world today and is played by 20 million people, in 70 countries. In the UK, over one million girls and women take to the courts every week to play netball. Many Schools, globally, include Netball in their curriculum to teach important skills such as ball work, communication, and team work.

Netball in Canada continues to gain momentum every year. There are four Provincial Netball Associations operating in Quebec, Ontario, British Columbia and Alberta. Manitoba has recently joined these provinces in an effort to participate in Canadian Netball National Championships. Netball Canada ([www.netballcanada.com](http://www.netballcanada.com)) is a member of the IFNA and the body responsible for training Canada's top athletes to participate in international competitions.

# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Court Set Up

(Diagram is not to scale)



## **Positional Information**

### **GK (Goal Keep)**

- Defends the area of the goal third especially in the goal circle.
- Aims to reduce the movement, shooting accuracy and rebounding opportunities of the GS.

### **GD (Goal Defence)**

- Defends in both the goal and centre third areas.
- Aims to reduce the movement, shooting accuracy and rebounding opportunities of the GA.

### **WD (Wing Defence)**

- Defends the centre and goal third areas excluding the goal circle
- Aims to limit the WA attacking the ball and passing into the circle.

### **C (Centre)**

- Only position allowed movement in all three thirds, excluding both goal circles.
- Is the linking player between goal (offensive) and opposition (defensive) ends.
- Centre begins the game with a centre pass in the centre circle inside the centre third.

### **WA (Wing Attack)**

- Allowed movement in the centre and goal third, excluding the goal circle.
- Is the key deliverer of the ball to the shooters and predominately the first option to receive the centre pass.

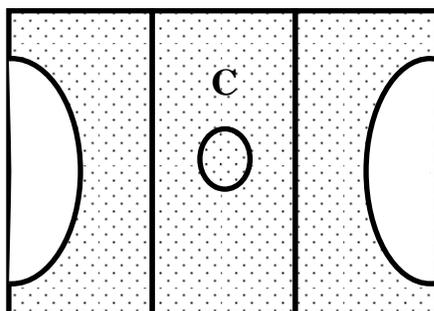
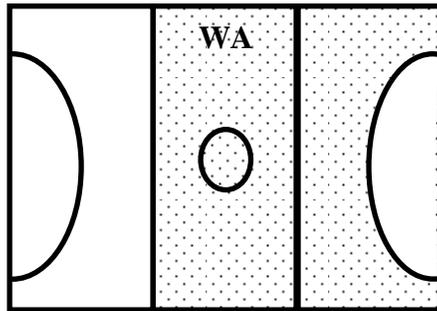
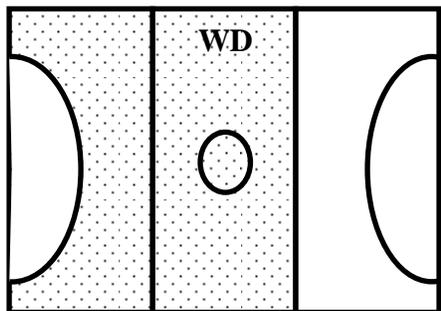
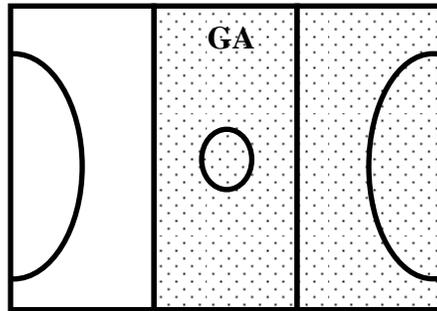
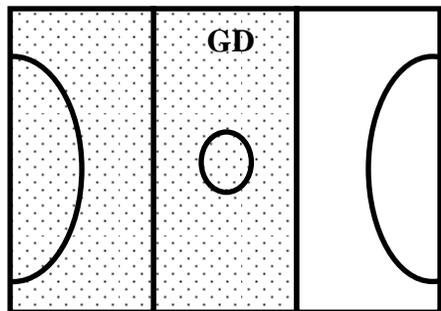
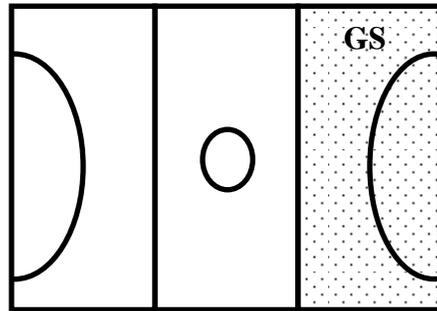
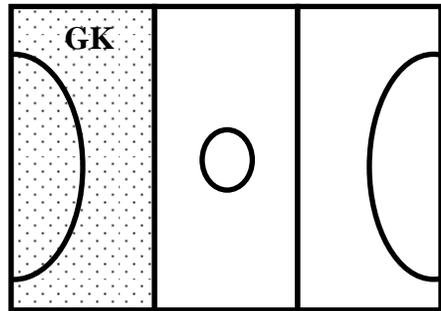
### **GA (Goal Attack)**

- Allowed movement in the centre and goal third, able to shoot for goal (as well as GS).
- Often needed as a receiver of the centre pass.

### **GS (Goal Shoot)**

- Allowed movement within the goal third, main goal is to get into a good position near the post and shoot for goal.
- If accuracy is lacking GS also aims to rebound own and GA'S shots along with the GA.

Positional Areas



# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Equipment

- Netball (size 5 for 8 years and older)
- Bibs/pinnies (seven positions per team, indicated on the bib)
- Two Goal posts- free standing, no backboard
- Netball court (see above for court set up)



### **Netball**

Price: \$32.50 CDN each

Rugged 18 panel composite ball with pebbled finish for sure grip. Official size 5.

### **Netball Pinnies/Bibs**

Price: \$47.50 CDN set/7

Set of 7 pinnies with position letters screened front and back. Available on Gold, Green, Blue, or Red.



### **Netball Posts**

Price: \$195.00 CDN ea



Uprights manufactured from 50mm diameter x 1.6mm thick plated steel with punched hole which allow hoops to be adjusted to 2.5mm, 2.6mm, 2.7mm and 3.05m heights. Triangular base which doesn't protrude into the playing court, complete with double Nylon wheels and rubber pads for floor protection. Complete with 10mm solid steel hoops and rings.

# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Session One

Focus: Stable body positioning  
Passing and Catching

### Teaching Points:

#### **Stable Body Position**

- Keep upper body upright
- Have feet hip distance apart
- Knees and hips slightly bent
- Arms relaxed at sides
- Head up and facing intended direction
- Movement should be relaxed

#### **Passing**

- Thumbs and fingers should make a “W” grip behind the ball (keeping the elbows in)
- Should be able to make passes from both left and right sides
- Body weight should be balanced over both feet, one foot to step slightly in front of the other
- Weight to be on the front foot as pass caught and released
- Arms to follow through with pass, ending with finger tips pointing to target

#### **Catching**

- The hands, arms and body should drive forward to meet the pass
- Allow arms and hands to ‘give’ and bend towards the body as the ball is caught
- Fingers should be spread on the ball and controlled with the fingers, not the palm of the hand

#### **Rules for consideration**

- Replayed ball (if ball is caught, dropped and picked up again, or bounced/dribbled up in a controlled manner)

### Warm up games

#### **Ankle Chase**

Each player to receive a balloon and a piece of string (x2). One is to be blown up and tied around the ankle with around 1/2m between ankle and balloon, the other to be set aside for round two.

Players placed in small designated area on court (can be modified to make the challenge harder/easier).

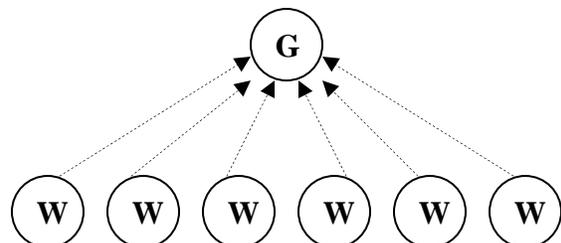
The aim is to stomp on the others balloons while protecting your own.

After a few attempts, host a discussion re: stable body position, feet underneath and body, methods of defence/staying protected etc, and then repeat with the second balloon.

#### **Sneak up on Granny**

One player/coach (‘granny’) to stand in the centre circle with their back facing the players lined up across baseline. On granny’s call of ‘go,’ players can begin to move, (run, skip, walk, jog,) toward Granny. If granny turns to face the approaching players, they must use their stability and balance to stop (see footwork rule), if granny sees any player move, she/he sends them back to the start/baseline again.

The aim is to be the first player to successfully tag granny using a stable body position and quick stopping reactions to get there without being sent back.



# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Skill activities

### **Speed Ladder (Agility Ladder)**

Speed ladder to be set up and coaches to determine first three activities to use. Players to be asked if they know any, or could come up with three more activities.

Emphasizing stable body position, feet remaining underneath the body, using little feet, (small steps), and very little weight on feet.

Examples:

- One foot in each square
- Two feet in each square
- High knees
- Side steps
- Two in , two out etc

### **Around the World**

Emphasize landing in a stable body position

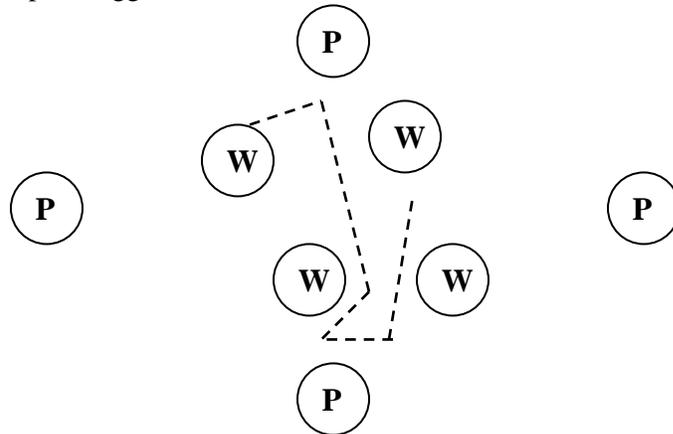
Players divided into two even teams, one team on the outside of the area, and one team inside.

Players inside the area move around the area receiving as many passes as possible, must land “one, two,” when receiving the pass. Ball is returned to the post/passer they received from before driving somewhere else to receive another pass.

Cannot move around in a circular pattern, must change direction, drive, and look for space.

Extension: zigzag run, change direction off different feet. Run to cones, land on left foot, right foot etc.

Modifications: make space bigger/smaller



### **Passing and Catching**

(See teaching points above)

### **Catch Ten**

Speed passing

Players in two teams, arranged in two circles, with each person standing about 2m away from each other.

Team which will win is the team who can complete ten circuits the fastest, without mistakes.

If the ball is dropped, it goes back to the first person in the circuit.

Focusing on the teaching points, (see above) especially the footwork and target of the pass.

Extension: more circuits, change space between players, vary passes

# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Banana Peel

Players split into two teams and form two lines facing the middle (face to face).

The ball will always start at the far end of the line (farthest from the intended direction of movement).

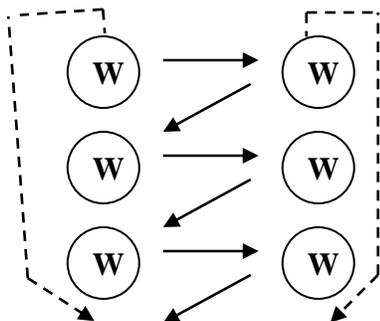
The ball is passed in a zigzag shape to the next person in the line opposite, back and forth.

After the ball is passed, the passer is to use small footwork, (little steps) and roll away from the next person in their line, run behind the people in their own line and to the end of the same line in order to receive the last pass.

The lines should move down the court together.

Modification: If there are more than twelve players there can be a second team made (six minimum) race to the other end of the court. With no dropped balls!

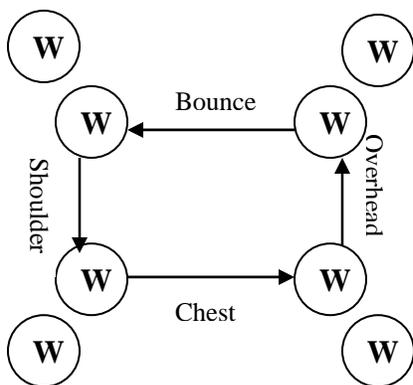
Extension: Once mastered and confident, a second and possibly third ball can be added (only roll and run after the last ball has been passed).



## COBS

Eight or more players in four corners making a square, (at least two at each corner) passing the ball in a clockwise direction and then running behind the cone they just passed to, using the following pattern of passing;

1. Chest, 2. Overhead, 3. Bounce, 4. Shoulder

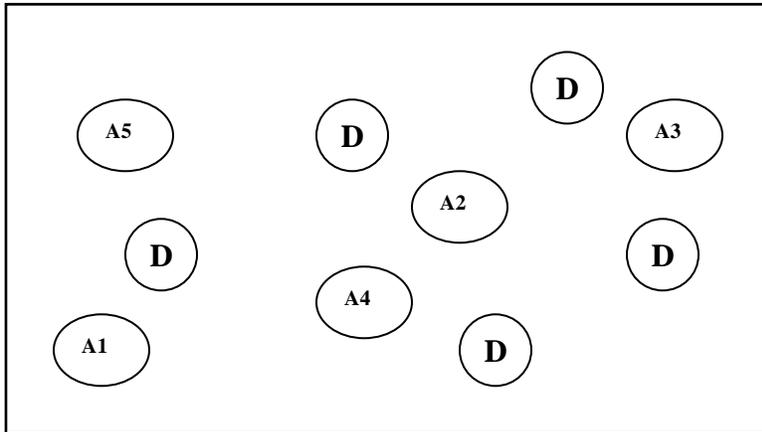


# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Order Ball (one minute)

Players are divided into two teams and spread throughout one third. One team is A, one team is D. (A=attack, D=Defence). On the A team, players are numbered 1-5. The aim is to see how many successful passes can be made in the correct numerical order. D team is working on intercepting the ball and pressuring the passes for one minute.

The D team then to become A team and vice versa. One minute to be given to new A team as above. Teams are then given 1 minute to discuss how they could be more effective in increasing their number of successful passes.



## Possible Questions

- “How (on attack) could we beat the D?”
- “How could we change our defence to get more intercepts/tips?”

## Extension(s)/Modifications:

- Change the order of the passing (e.g. Reverse 5-1)
- Encourage the players to use varying styles of pass (refer to COBS drill).

## Session Two

Focus: Pass variation

Footwork: Dodging and pivoting

### Warm Up Games

#### **Octopus**

All team members (except one tagger) are to line up behind specified line.

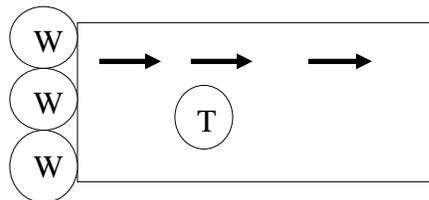
The one tagger can run anywhere in the space provided, and on their call of 'go' can tag any of the runners who will come over the line on 'go'. (Coming over the line will become an important concept once game play begins as in a center pass).

The runners are trying to get from one side of the provided space to the other, without being tagged. If tagged, players must keep their grounded foot on the floor (e.g. cannot move from where they are tagged) but can tag anyone running through close enough to them.

Last person running is to be the winner and become the next octopus.

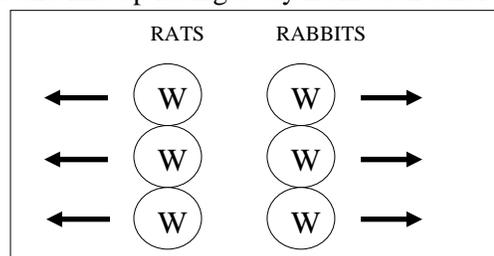
Focus on and questioning around: dodging, rolling, finding space, vision.

Example question: "what methods of 'getting free' are you using here which you could use in an 'on court' situation?"



#### **Rats and Rabbits**

Players split into two teams and line up facing away from each other through the center of the court.



Coach (or injured player) to call 'rats' or 'rabbits'.

If 'rats' is called- rats must run to a designated line in front of them, (home), without being tagged by their partner/rabbit

If 'rabbits' is called- rabbits must run to their line to be home

If either of the rats or rabbits are tagged by their partner in the opposite team they must join that team and change animals.

Aim: to increase time and speed of footwork. Also, to tag the opposition team before they make it "home" to strengthen their own team and increase numbers.

# OFFICIAL OUTREACH NETBALL

## ON THE MOVE

Modifications: change the distance between the lines, modify the length they have to run before getting home.

### Teaching Points:

#### **Pass Variation**

- Follow through should point in the intended direction of the ball
- (see passing)

#### **Footwork: Dodging** (for a player to lose their defender and receive the pass)

- Begin with body in upright, stable position
- A quick movement in one direction by a marked attacker, in order to deceive the defender and pushing off in the opposite direction to receive a pass
- Make movements strong, definite and in appropriate time to catch the ball
- Use the arms for a strong drive in the desired direction
- Keep moving towards the ball until received

#### **Footwork: Pivoting** (so players can turn with the ball)

- Body in a balanced and stable position
- Head up
- Knees slightly bent with weight evenly spread over both feet, keep the knee over the foot during the pivot
- Push with the free foot (non grounded foot)
- Be aware of grounded foot, or choose one if landed on two feet, to avoid the footwork rule
- Aim to pivot in the direction of play, away from defence (not backwards)

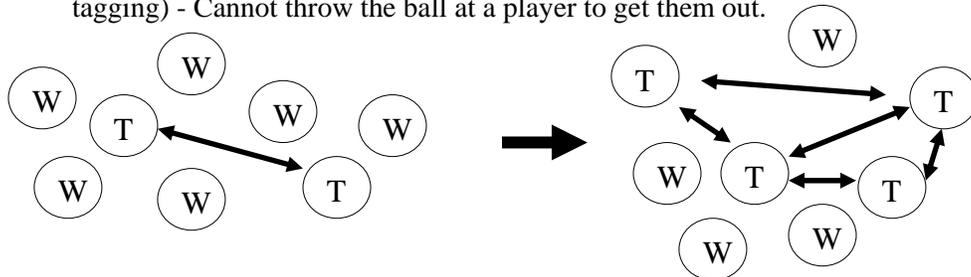
#### **Rules for consideration**

- Contact (when pushing away for dodge)
- Footwork

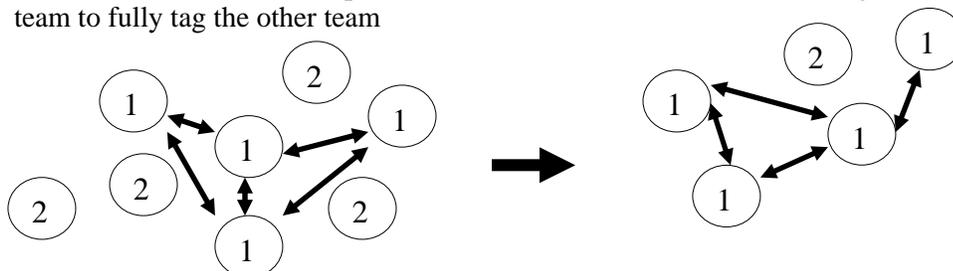
#### Warm up game

##### • **Tag ball**

Two taggers start throwing the ball between them to tag others with the ball; if tagged that player is to join the tagging players (eventually one person still 'in', every else tagging) - Cannot throw the ball at a player to get them out.



Variation (as above)- team splits into two teams and race to see how long it takes each team to fully tag the other team



### Skill Activities

#### Pass Variation

(Discuss points from previous class, possibly use COBS once more to reinforce).

Question:

“Why would you use a bounce pass rather than a chest pass?”

“Why wouldn’t you use an overhead pass if your receiver was directly in front of you without a defender?”

“When would you use a chest pass?”

“Why would you use a shoulder pass?”

#### Race Ball

Two equal teams, four goals marked with cones, all netball rules apply. One team A (attack), one team D (defence). Team A gets one minute to score as many goals as possible before switching roles with team D.

Goals are scored by landing with ball between goal areas (2 cones).

Extension: Everyone in team has to receive a pass

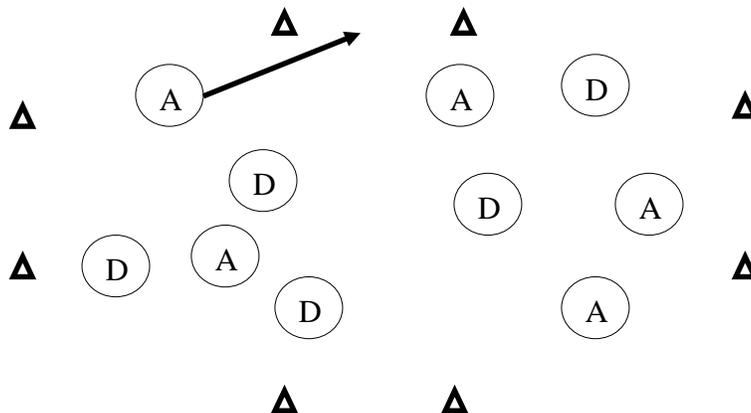
Questions to ask:

“What can we do if it is hard to pass the ball?”

“How can we stop them from scoring?”

“What pass are we using the most? Why? Could/should we be doing something different?”

Reinforce stable body position and passing techniques (previous session).

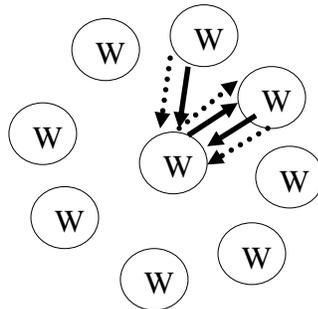


# OFFICIAL OUTREACH NETBALL

## ON THE MOVE

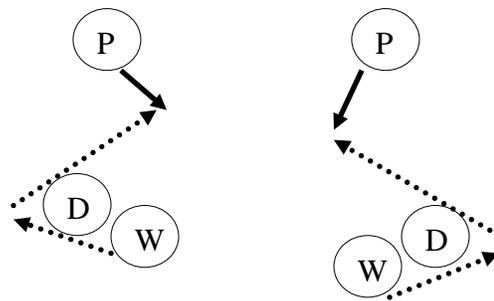
### Ins and Outs

Start drill with one ball. Runner drives to centre of the circle to receive the ball and passes to the next person on the outside of the circle etc.  
Add a second ball which is to be received by the runner as they exit the circle and to continue around the outside of the circle.



### Dodging

(see teaching points above)



### Demonstration

In three's- passer, worker, and, defender.

The worker dodges to receive the ball, D to begin working at 50%, 75%, 100%.

Do five each then swap

Ensure the dodges are being performed using *both sides* of the body and to *both directions*, and also that *each ball is driven forward for*.

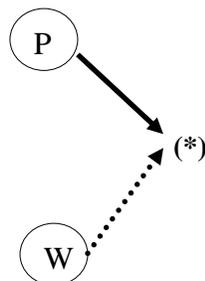
### Pivoting

#### 'Squash the Bug'

Players to run around in a defined area, on the whistle, players stop and find their grounded foot and leaving this planted to the ground, use the second foot to perform a pivot and 'squash the bug'.

Extension: Add different modes of movement e.g. skipping, running hopping, jumping.

Add a ball so when players catch it they need to use the correct footwork and perform a pivot (\*) before passing back to the initial passer.



# OFFICIAL OUTREACH NETBALL ON THE MOVE

## Gauntlet (combination of both pivoting and dodging consolidation)

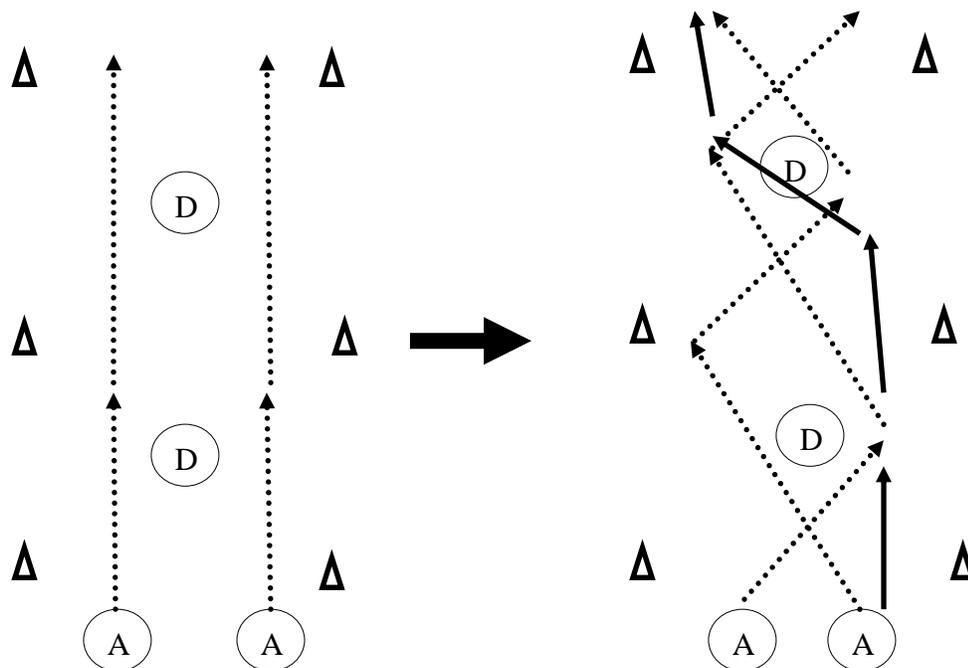
In a row of squares marked out by cones, one Defence occupying one square each.

Defence can only defend while players are in their square.

Two Attackers begin outside the first square (without a ball to begin) and attempt to run through the squares to the opposite end using dodging to get free and past the D in each square without pushing past.

Two Attackers then attempt this with the ball, passing to each other and getting free to move down the squares toward the end.

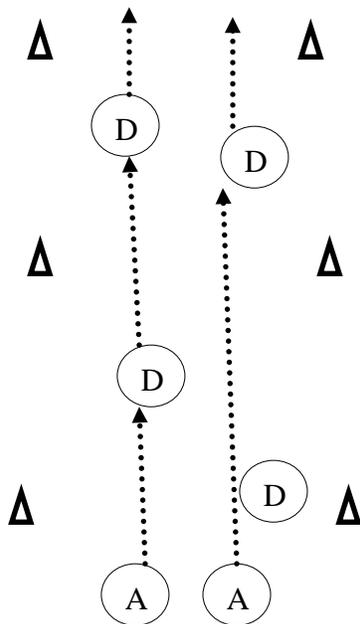
One pass must be caught in each square (introducing the 'over a third' rule).



Extensions/modifications: Can make squares bigger/smaller

Can introduce competition by timing each pair to get through the gauntlet, ensuring all the rules (especially contact) are adhered to.

Can introduce a second defender in each square.



## Session Three

Focus: Shooting  
Defending the shot

### **Shooting**

Teaching Points;

- Body should be in a stable, balanced position (refer to session one) and square to the goal
- Dominant hand to be placed under the ball, elbow facing the goal. The other hand to provide support and direction to the side of the ball
- Release of the ball should be over the head and flicked through the wrist and hand (giving a backspin to the ball)
- From bent knees and elbows, straighten the body in sequence with the ball released when at full extension
- Aim for the ball to make an 'upside down J' shape
- Shot should be followed towards the goal for better rebound position

### **Defending the Shot**

- Must be 0.9m before attempting to defend
- Maintain body balance
- Once shot has left shooters hands aim to quickly turn for the rebound

### **Rules for Consideration**

- Obstruction (on defence)
- Footwork
- Held ball (3 seconds)
- Must be completely in the goal circle to shoot (E.g. .both feet)

### Warm up games

#### **Knee Tag**

Players are in pairs and facing each other. On 'go' the players aim to tag the others knees while trying to move and defend their own from being tagged.

Modifications:

If too easy, change to ankle tag

If too challenging, change to hip tag

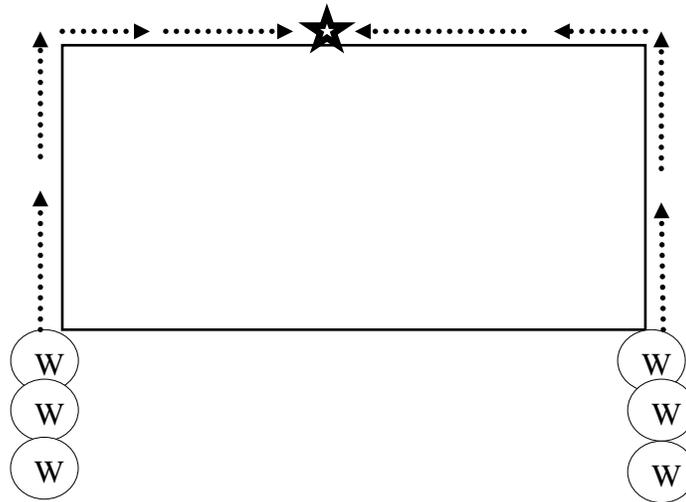
Safety consideration: be aware of players knocking heads

### Rock, Paper, Scissors, Run

Players split into two teams and line up at the left and right corners of the same end of the court. On 'go' the first person in each line runs up to the first transverse line and in towards the middle of the court until they meet. On meeting the runners do 'rock, paper, scissors' (until there is a winner).

The winner carries on running along the line toward the oppositions starting place, the loser is to go back to the back of their line, while a new runner from their line takes off to meet the winner where rock, paper, scissors is performed again.

The aim: to get across the line of the oppositions starting point= 1 run. Team communication is key!



### Skill Activities

#### Shooting Practice

In pairs, shooters to go away and practice shooting, giving each other feedback and adding D if needed.

#### Shooting Zigzag

Set up two sets of cones in a zigzag shape in the goal third angling toward the goal circle. Two even teams set up with one person behind each cone.

The ball starts at the top of the cones and is passed cone to cone in a zigzag fashion. When the second to last player receives the ball, the last player drives into the circle to receive their pass. They must aim to shoot for goal and keep trying until they score.

Everyone is to move down a cone as the shooting player runs with the ball to the top cone and the game continues.

The aim is for your team to get through the entire team the quickest

#### Angels Child

Players to split into two teams, (one team to shoot first, one to run).

One team is to be lined up at the centre circle with the ball at the front (shooters).

The other team is to be lined up behind the base line, with the runner at the end of the line labelled 'angels child' (runners).

# OFFICIAL OUTREACH NETBALL ON THE MOVE

On 'go' the front player of the shooting line runs inside the goal circle (where the ball is received from a passer) and tries to shoot for goal, the front person from the base line begins running

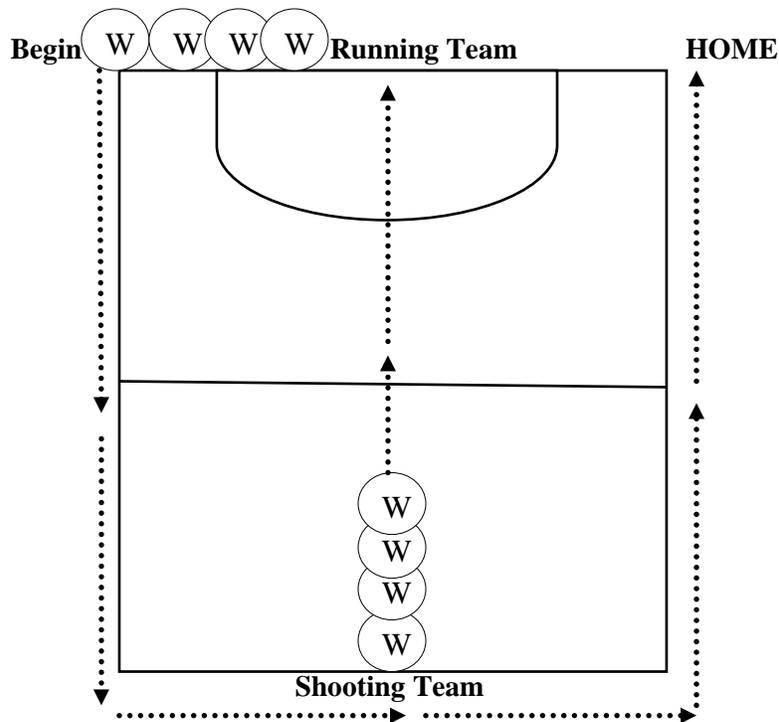
around the edge of the court aiming to be at the end of their run before the goal goes in (home run).

Once the shooter is successful the shooter yells 'stop' and the runner must stop running exactly where they are on the edge of the court.

The second shooter runs into the circle to receive a pass from the first shooter, the second runner from the line takes off and so on.

The last runner is the 'angles child', once they run past the stalled players on the court edge they are free and must run to the finish (on the opposite side of the court, on the baseline) in order to be counted.

The number of players 'home' before the last shot goes in is the score for the team.



### Possible questions:

- "What are the specific netball skills you are working on in this drill?"
- "Where could these skills be used on court?"
- "How could we make the drill harder/easier/more game like?"

### Modifications:

- Can increase/decrease running path
- Can move the initial position of the shooters (e.g. move closer to/further from the goal circle)
- Can offer three attempts at goal and coach/assistant to then attempt every second shot

## Session Four

### **Focus: Attacking skills**

- Roll and ½ roll
- Recap of pivot and dodge (session two)
- Passing into space

### **Teaching Points:**

(see dodge and pivot teaching points in session two)

### **Passing into space:**

- The space should be considered as an area where a defender is not
- Ball should go to the space the receiver is moving to
- The receiver and the ball should arrive at the same time

### **Rules for consideration**

- Footwork
- Replayed ball

### **Warm up games**

#### **Cones up/cones down**

Cones to be spread in a confined space (e.g. goal circle) half of which are to be upright, half are upside down. Players split into two teams, one team begin picking them up, opposing team to place them back upside down. Each time a player touches a cone they must make a change in direction.

Each team is to this for 60 seconds, count the number of up vs. down cones and switch for another minute. (Repeat x2 if needed).

## **Skill Activities**

### **½ roll and roll demonstration**

A roll or half roll is an attacking move to get from one side of the defender to the other (and free for a pass).

A half roll gives the defender the impression a full roll will be performed although the attacker stops the full half way to come back in the direction they came from to receive a pass in space.

Teaching points of roll:

- Beginning to the side or slightly behind the defender
- Outside foot steps behind the body (as body rolls outwards) until arriving on opposite side of the defender
- Once on the other side important to keep driving towards the ball to make the most of the space created through the roll

Teaching points of the half roll:

- As above, although when half way behind the defender, attacker changes direction again to drive back the way they came
- Important to drive forward for the pass

# OFFICIAL OUTREACH NETBALL ON THE MOVE

## In Three's

Attacker, defender and passer.

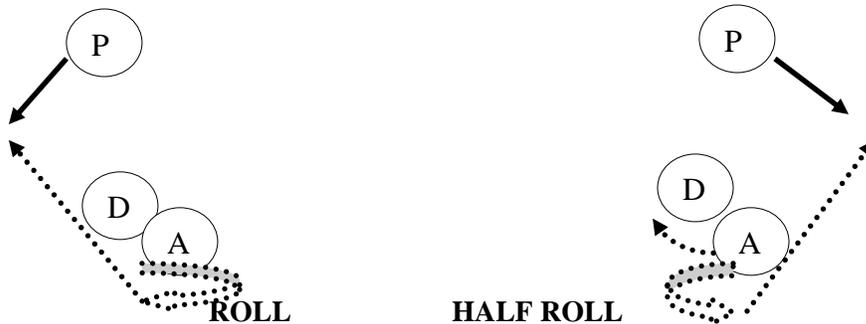
A and D to line up side by side and, A to practice rolling around D from both directions.

Passer to give feedback.

Attacker to receive five passes using a combination of directions; pass must be received in the space.

Extension: As above adding the ½ roll.

Attacker then to choose between using full or ½ roll and drive forward for five more passes. Defender aims to defend. (Again ensuring to practice on both sides).



## Passing into space

Three passers to line up on side line, three passers on the base line and 3 passers to line up on opposite side line.

The first three passers give a chest pass, the next three give a bounce pass, and the last three give a shoulder pass.

From a line of workers (standing behind the baseline) the first will go run around inside the court about 2m from the passing players all the way around the 'path'. The passers will release their style of pass ahead of the worker as they run around; aiming for the worker to receive this ball in the space they are running into.

The worker is to take the ball in space, pull it in towards their body, secure their footwork and pass back to the same passer before continuing to the next.

After each has had a turn, switch with a passer. Continue through three times.

## Into the space...

Players split into two teams within one third (specified area on court).

One team begins with the ball. Their aim is to pass the ball amongst themselves into the space they are creating and keeping the ball as far away from the other team (defenders) as possible.

The defending team aims to intercept/tip/pressure the attacking team to gain possession. If the ball goes out of the area a throw in from the sideline by the opposition occurs.

## Modifications/Extensions

- Encourage players to use a particular skill e.g. how many different passes can be used?
- Every player in the team must receive a pass and then a point can be scored by shooting for goal.
- Move into the goal third and after all team members have touched the ball, a goal can then be attempted for an extra point.

## Session Five

### Focus: Defensive skills

Defending:

- A player with the ball (creating pressure to force poor pass/decision making and therefore intercepting)
- A player without the ball (forcing the ball into a situation where it can be intercepted).

### Teaching Points:

- Keep your head up (using peripheral vision)
- Arms at sides but ready to make contact with the ball
- Use small steps with feet no wider than shoulder distance apart
- Keep weight even across balls of the feet to move in any direction
- Stand close but do not touch attacker
- Concentration on ball and player

### **Defending player with the ball:**

- Be ready to quickly move 0.9m from passes
- Make sure of distance before extending arms over the ball
- Follow any movement of the ball with one or two hands

### **Defending player without the ball:**

- Keep feet comfortably underneath the body as approaching the ball
- Vary the start position in relation to the player (from side, behind etc.)
- Keep vision wide to see both the ball and your opponent

### **Rules for consideration**

- Contact
- Obstruction

### Warm Up Games

#### **Bib Tails**

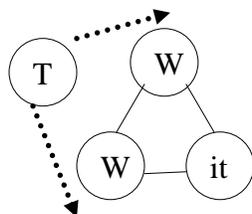
Each player is to be given one bib, to be folded in half and placed inside shorts in the middle of the back. On 'go', each player is aiming to steal one bib at a time from the other players, while ensuring theirs is not stolen from them.

Players can only take one bib at a time and must place it inside their shorts immediately. The bibs cannot be held in place by hands. (observe contact rule).

#### **Triangle tag**

In groups of four. Three people join hands making a triangle; the fourth player is a tagger on the other side of the triangle and aiming to tag to tag one of the three. Triangle players must move around to 'protect' the player who is being chased.

Begin with tagger on the opposite side of the players they are aiming to tag.



**Skill Activities**

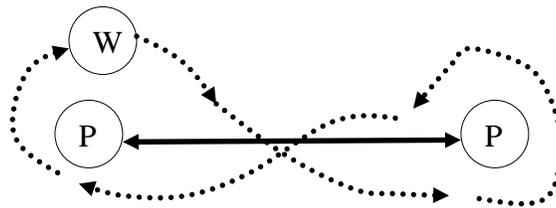
**Figure 8**

Focus: body angles

Two and then three players

No ball. Begin with A moving and using body angles to get around post/person one. Add a ball and second post: Posts pass back and forth to each other while A runs around posts (using body angles and outside arm) to create a figure eight shape.

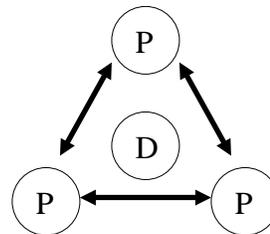
Add pressure: posts become D and as A runs around to receive the ball, D can take one step either side in an attempt to tip/intercept.



**Triangle Defence (like piggy in the middle)**

In four's. Players stand in a triangle, with one D in the middle of the triangle as 'piggy'. D aiming to get three tips/intercepts before switching.

Looking at position, footwork, vision, and, body angles.



**Five Point Player**

Two even teams, playing in one third of court with two end zones.

Only one player from the attacking team is allowed in the end zone. This person may move only within the end zone and catches the ball there to score a point for their team.

One point is awarded for everyone in the team receiving a pass in the middle section and one additional point for every successful goal.

A: focus on getting free and choosing the best passes for the situation.

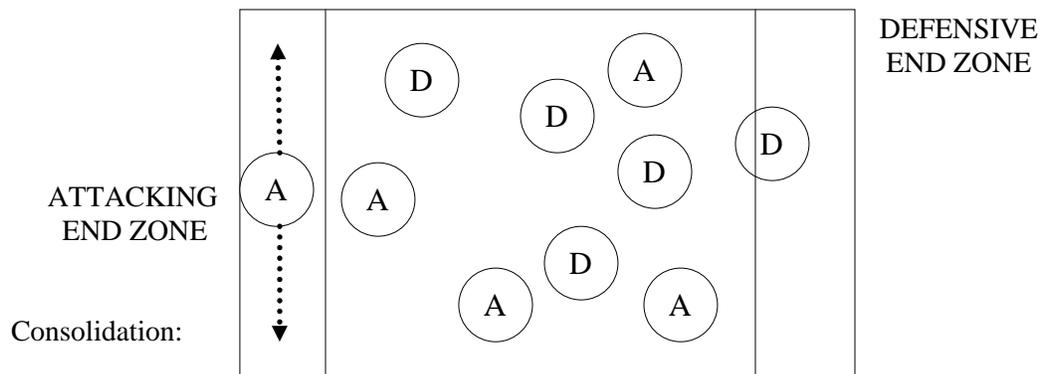
D: aiming to read the play, stay with their A and tip/intercept

Additions: If a D intercepts/tips a pass, three points can be deducted from the A team score. Then the ball is to be placed on the ground for A to continue to play.

All players should have a turn to be the player in the end zone.

# OFFICIAL OUTREACH NETBALL

## ON THE MOVE



### ‘Hit the post’

All netball rules apply aside from scoring through the net for goal and off sides.

Throw in to occur from the baseline after a goal is scored by the opposing team (e.g. do not set up for a centre pass as the traditional game would require).

Everyone is allowed in every area of the court (to begin); the ball must be touched in every third.

To score a goal the ball needs to ‘hit the post’ by being passed/shot to from inside the goal circle.

(Allow team a break to speak to each other about strategy and what may/may not work better for them)

Possible questions: “what is similar in hit the post to the traditional game of netball?” “How is what you are doing in this game going to help you when you are on the netball court?”

### Modifications:

Only two people from each team allowed in goal circles.

Everyone in the team must catch the ball before a goal is attempted.

One point for a hit post and two for a successful goal.

Add “order ball” (ball must be passed in a specific sequence, e.g. players numbered off 1-7)

Bonus point: if all players touch the ball in each third without interception

## Session Six

**Focus:** Specific netball skills (recap)  
On court game play

**Teaching points:**  
(Recap teaching points of previous sessions)

### **Rules for consideration**

- First pass must be caught in the centre third (new concept)
- All rules as specified within rule information (majority of which should have been covered in your sessions by this point).

### **Warm Up Games**

#### **Line tag**

Players must stick to lines of the court to escape the tagger (also running on the lines).

Note: you can use any and all lines on the court- not just netball lines.

#### **Mirror Tag**

In partners, one player is to run/walk/skip/move around the court while partner mirrors the exact same. Add change in pace, change of direction etc. (aim for players to keep a 3 feet, (0.9m) distance between them at all times).

Coach can stop/whistle to see if players are able to land 0.9m away from their opposition each time. (If the situation warrants, you can begin to encourage defending players to put their arms up as if to defend the pass, once their feet are 0.9m away from the opposition's landing foot).

## Skill Activities

### **Netball Skill Relays**

(Aiming to incorporate many of the skills worked on throughout the sessions)

These can be created at the teachers' discretion however, here are a few ideas:

1. Team begins behind the base line, on 'go' first person dodges (runs in a zigzag pattern, pushing off their outside foot) until they reach the second transverse line where they receive a pass from a waiting passer, pivot right around to pass back to the passer, and sidestep back to 'high five' the next person in line.
2. Worker leaves the line on 'go' and stops at a designated line, jumps with 2 feet and performs a ¼ turn (always returning back to face front), runs to the second line and performs a ½ turn, runs to the third line and performs a ¾ turn and finishes the last line performing a full turn, (comes back in opposite direction to face the front), turns and runs back to own line.
3. With a ball placed at opposite end of the court, on the floor, the player leaves on 'go' and dodges all the way to the ball. On arrival the player picks up the ball (being mindful of stepping) and attempts 10 chest passes to the wall, places the ball back down and sprints back to 'high five' the next player.

Note: Skills to choose from which have been covered so far;

- Speed ladder work (quick feet, agility)
- COBS passing
- Reaction time
- Pivoting/dodging
- Passing into space
- Rolls and ½ rolls
- Stable body positioning
- Passing and catching

## Basic Rules

### **Offside**

Player moving out of their area with or without the ball, (free pass to opposing team, where infraction occurred). (On a line is within the area or not offside)

### **Over a third**

Ball may not be thrown over two transverse lines without being touched, (free pass).

### **Out of court**

The ball is out of court when it contacts anything outside the court area (not the goal posts). The ball is returned into play by a throw-in taken from a point outside the line where the ball left the court. The player stands with foot close to the line and the ball must be thrown within 3 seconds of being picked up.

### **Contact**

No player may contact an opponent, either accidentally or deliberately, (penalty pass, or shot if within goal circle).

### **Obstruction**

A player must stand 3ft from the player with the ball, (penalty pass, or shot if within goal circle).

### **Footwork**

A player cannot take two steps with the ball, hop or drag the landing foot (the first foot to hit the ground). (Free pass).

### **Playing the ball**

Once the ball is caught it must be passed or shot within 3 seconds and cannot be bounced or thrown to self without touching either another player or hitting the post first (replayed ball). (Free pass).

NB:

Each goal is worth one point only and must be shot within the goal circle

The game is started and restarted after each goal with a center pass from the centre circle, and the first pass must be received in the centre third. (Untouched- free pass)

A penalty pass or shot is set up where the infraction occurred and the offending player must stand beside the player taking the pass or shot, out of play until the ball has been passed or shot).

For more information please see the umpiring section of our website

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