**TOPIC: NETBALL**

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| **Game Phase**  **Activity 1: ‘Lead and Pass’**  Real Time: **09:42am – 09:52am**  Instruction Time: 2 minute  Activity Time: 8 minutes  Overall Time: 10 minutes  **Activity Area:**  Basketball Court (Basketball Stadium)  **Equipment:**  4 x Netballs  1 x Set of Netball Bibs  **Source:**  J Carlson. (Personal communication, 16th April, 2012) | **Teaching points: (Stepping)**   * Jump before receiving the ball (Land on two feet where possible) * Bend the knees when landing * Pivot using one foot only.   **Common Errors:**   * Failure to halt forward momentum by not jumping prior to receiving the pass. * Straight kegs when landing * Pivot using alternate feet.   **Safety:**   * Ensure there is adequate space between groups. * Ensure the activity areas aren’t too close to the grandstand seating/walls to avoid any potential injuries. * Be mindful of students running to collect stray passes from other group’s activity areas. | **Activity Description: ‘Lead and Pass’**   * One student stands out the front of the group with possession of the ball and will act as the feeder * Remaining 4 members of the group stand in a straight line approximately 10m from the feeder. * One at a time the students lead off the line at the feed to receive a pass from them   **Demonstration:**   * Organize one group to demonstrate the activity to the class.   **Progressions:**   * Add in a defender * 2 attackers vs. 2 defenders   **Modifications: (Easier)**   * Have the students complete the task at walking pace * Decrease the size of the pass   **Modifications: (Harder)**   * Add in a defender * Add in another set of attackers & defenders (2 vs. 2)   **Transition:**  Upon command, students are to meet in the middle of the court   * Organize the class into 2 groups. * Within their 2 groups split the students into attackers and defenders. Give the defenders a netball bib * Send one group to one half of the court and the other group to the other half of the court. |
| **Game Phase**  **Activity 2: ‘Centre Pass Feed / 4 vs. 3’**  Real Time: **09:52am – 10:02am**  Instruction Time: 2 minute  Activity Time: 8 minutes  Overall Time: 10 minutes  **Activity Area:**  Basketball Court (Basketball Stadium)  **Equipment:**  1 x Basketball  6 x Coloured Sashes (2 for each third of the court)  Cones (If necessary)  **Source:**  J Carlson. (Personal communication, 16th April, 2012) | **Teaching points: (Move to Space)**   * Move to where you think the next pass could/should go. * Be quick in off the line * Have your hands prepared to receive the pass   **Common Errors:**   * Failure to recognize space and move into a position to receive the pass. * Failure to get in quickly off the line * Failure to get your hands in the preparatory position to receive the ball.   **Safety:**   * Ensure there is no contact in the activity * Ensure there is no water on the playing surface to help prevent students from slipping * When moving, instruct players to keep their head up & eyes open, to help avoid collisions. | **Activity Description: ‘Centre Pass Feed / 4 vs. 3’**   * Aim of the game is for the attacking team to score a goal from a centre pass. * A point is scored when a goal is shot by the attacking team. * After 5 consecutive centre passes, the teams swap roles. * Normal netball rules apply * Depending on the numbers - rotate the students in and out of the activity. Also ensure they regularly swap positions   .  **Demonstration:**   * Organize student’s one group to demonstrate the activity to the rest of the class.   **Progressions:**   * Sideline Pass * Shooting Circle Feed   **Modifications: (Easier)**   * Reduce the number of defenders * Remove the goal shooting component of the activity. Instead, a point is scored when the ball is passed into the shooting circle   **Modifications: (Harder)**   * 4 vs. 4 * Chest passes only   **Transition:**  Upon command, students are to meet in the middle of the court.  Send students with bibs to one side of the centre line & students without bibs to the other side of the centre line.  Organize them into positions them |

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| **Skill Development Phase**  **Activity 1: ‘4 vs. 2’**  Real Time: **09:42am – 09:49am**  Instruction Time: 2 minute  Activity Time: 5 minutes  Overall Time: 7 minutes  **Activity Area:**  Basketball Court (Basketball Stadium)  **Equipment:**  3 x Netballs  1 x Set of Netball Bibs/Coloured Sashes  **Source:**  J Carlson. (Personal communication, 16th April, 2012) | **Teaching points: (Moving into Space)**   * Increase the angle between you, the person with the ball and the defender. * Pass the ball and then move into a space to receive it again. Avoid remaining stationary. Constant movement * Provide multiple leads. If you don’t receive it the first time, move to another area on the court. (Make Cuts / Empty out the space behind you)   **Common Errors:**   * Failure to move into a position which increases the angle between themselves, the person with the ball and the defender * Failure to pass the ball and then move into another space to receive it again * Failure to provide multiple leads because of an inability to recognize where the next pass could/should go   **Safety:**   * Ensure there is adequate space between groups. * Ensure the activity areas aren’t too close to the grandstand seating/walls to avoid any potential injuries. * Be mindful of students running to collect stray passes from other group’s activity areas.   **Cues/Organization:**   * ‘Back to the wall’ teaching * Specific feedback where possible | **Activity Description: ‘4 vs. 2’**  **(Theme: Keeping possession, knowing when to pass & moving into space)**   * In their groups of 6. Have the students sort themselves into 4 attackers and two defenders. * Attackers must successfully pass the ball between themselves on 5 occasions to score a point. * See how many points they can score within a minute. * After a minute swap the defenders. * Do this twice, so that each student has a turn as a defender.   **Demonstration:**   * Organize one group to demonstrate the activity to the class.   **Progressions:**   * 3 vs. 3   **Modifications: (Easier)**   * Remove a defender * Add in another attacking player   **Modifications: (Harder)**   * Add in another ball * 3 vs. 3   **Transition:**  Upon command, students are to meet in the middle of the court.  Students will remain in their groups and return to the same activity area for the next drill. |
| **Skill Development Phase**  **Activity 2: ‘Netball Thirds’**  Real Time: **09:49am – 09:59am**  Instruction Time: 2 minute  Activity Time: 8 minutes  Overall Time: 10 minutes  **Activity Area:**  Basketball Court (Basketball Stadium)  **Equipment:**  1 x Netball  6 x Netball Bibs /Coloured Sashes  (2 for each third of the court)  **Source:**  J Carlson. (Personal communication, 16th April, 2012) | **Teaching points: (Moving into Space)**   * Increase the angle between you, the person with the ball and the defender. * Pass the ball and then move into a space to receive it again. Avoid remaining stationary. Constant movement * Provide multiple leads. If you don’t receive it the first time, move to another area on the court. (Make Cuts / Empty out the space behind you)   **Common Errors:**   * Failure to move into a position which increases the angle between themselves, the person with the ball and the defender * Failure to pass the ball and then move into another space to receive it again * Failure to provide multiple leads because of an inability to recognize where the next pass could/should go   **Safety:**   * Ensure there is no contact when defending. * Ensure that the basketball rings are firmly secured back against the wall * Ensure that there is padding around the netball posts/goals. | **Activity Description: ‘Netball Thirds’**  **(Theme: Keeping possession, knowing when to pass & moving into space)**   * Aim of the game is for the group in possession of the netball to move the ball from their defensive third to their attacking third without losing control of the ball. * In each third there will be 3-4 attacking players and 2 designated defenders. * When the ball is in play, players must remain in their third only. They can’t cross into another third * A point is scored when a goal is shot by the attacking team in their attacking third. * Once a goal is scored each third moves down a third. * Normal netball rules apply   .  **Demonstration:**   * Organize students in one third of the activity area to demonstrate the activity to the rest of the class.   **Progressions:**   * Dropped ball = Turnover * Introduce a minimum number of passes in each third   **Modifications: (Easier)**   * Defenders are in a designated position and can’t move. * Remove the goal shooting component of the activity. Instead, a point is scored when the attacking team completes 3 successful passes in their attacking third.   **Modifications: (Harder)**   * Increase the number of defenders * Minimum of 5 passes is required before you can pass the ball into the next third.   **Transition:**  Upon command, students are to meet in the middle of the court.  Organize the students into 2 teams. |
| **Game Phase**  **Activity 3: ‘End Zone’**  Real Time: **09:59am – 10:09am**  Instruction Time: 1 minute  Activity Time: 9 minutes  Overall Time: 10 minutes  **Activity Area:**  Basketball Court (Basketball Stadium)  **Equipment:**  1 x Netball  2 x Sets of Netball Bibs  **Source:**  J Carlson. (Personal communication, 16th April, 2012) | **Teaching points: (Stepping)**   * Jump slightly in the air when receiving a pass * Land on both feet and bend the knees when landing * After landing, take one step only and/or pivot using one foot only   **Common Errors:**   * Failure to get jump off the ground when receiving a pass. * Stiff/Straight legs when landing * Tendency to want to move more than one step when in possession of the ball.   **Safety:**   * Ensure there is adequate space between end zone and the wall of the gym. * Ensure boundaries aren’t too close to the grandstand seating/walls to avoid any potential injuries. * Remind student that when moving to keep heads up and eyes open. Be aware of each other | **Activity Description: ‘End Zone’**  **(Theme: Keeping possession, knowing when to pass & moving into space)**   * Aim of the game is for the group in possession to pass & catch the netball towards their end zone, while the group not in possession endeavors to intercept and gain control of the ball. * A point is scored when the ball is caught on the full by a member of the team in possession standing behind the group’s end zone. * Once a point is scored, possession is then lost. * Normal netball rules apply.   \*Pay particular attention to the stepping rule\*  .  **Demonstration:**   * Organize two of the students to demonstrate to the class how a point is scored.   **Progressions:**   * Dropped ball = Turnover * Minimum number of passes required before a point can be scored. * Sideline Support ( Interchange / Out of uniform students can participate from the sidelines)   **Modifications: (Easier)**   * Increase the size of the activity area. * Increase the size of the scoring area. Remove the hula hoop & create an end zone instead.   **Modifications: (Harder)**   * To score a point, each member of the scoring team must have passed a designated half way line * Before scoring a point each member of the scoring team must have had a possession.   **Transition:**  Upon command, students are to meet in the middle of the court   * Organize the class into 3 groups of approx. 6-8 students. * Send one group to each of the different netball thirds. * Designate two defenders for each group |
| **Game Phase**  **Activity 4: ‘ Game of Netball’**  Real Time: **10:09am – 10:24am**  Instruction Time: 2 minute  Activity Time: 13 minutes  (6 x minute halves + 1 minute changeover)  Overall Time: 15 minutes  **Activity Area:**  Basketball Court (Basketball Stadium)  **Equipment:**  1 x Netball  2 x Sets of Netball Bibs  **Source:**  J Carlson. (Personal communication, 16th April, 2012) | **Teaching Points:**   * When attacking - attacking players are to provide multiple leads. *(If you don’t receive it the ball on the first lead, move to another area on the court and make a second lead) (Make Cuts / Empty out the space behind you)* * When attacking - maintain possession of the ball. *(Where possible pass the ball to a teammate who is open and in a better position. Move the ball quickly and minimize the risk by passing the ball over a short distance).* * When defending – defending players are to stand inside (goal side) their opponent. *(Maintain light touch of your opponent, stand slightly in front or slightly behind and gently push them towards the sidelines).*     **Errors:**   * Attacking players fail to provide multiple leads for the person in possession of the ball. * Defenders stand on the wrong side/outside of their opponent * Tendency to want to throw long distance passes.   **Safety:**   * Enforce the laws of netball - ensure there is no contact in the activity. * Ensure there is padding around the netball poles. * Ensure that the basketball rings are firmly secured back against the wall | **Activity Description: ‘Game of Netball’**  **(Theme: Keeping possession, knowing when to pass & moving into space)**   * Play a game of netball. * Normal netball rules apply. * Substitute players on and off the court every 3 minutes. (Depending on the size of the class on the day, approx. 4-6 students could potentially be off the court at any one time). * Alter positions at half time.   **Demonstration:**   * Demonstrate what it means to make a cut and/or multiple leads. * Demonstrate what it means to stand inside (goal side) your opponent * Demonstrate what the students need to do if the umpire deems them out of play.   **Progressions:**   * Sideline Support ( Interchange / Out of uniform students can participate from the sidelines) On court players can pass the ball to sideline players during the game.   **Modifications: (Easier)**   * Increase the period of team students have to dispose of the ball (i.e. 5 second rule instead of a 3 second rule) * No defending a player who is taking a shot at goal   **Modifications: (Harder)**   * Teams must successfully complete 6 passes before taking a shot at goal. * Each member of the team must have possessed the ball before a shot can be taken.   **Transition:**  Upon command, students are to pack up all equipment and return to the middle of the court for a quick debrief |