



Australian Government

Australian Sports Commission

ACTIVE AFTER-SCHOOL COMMUNITIES

***playing for life***

# Netball

COMPANION BOOK



## Acknowledgments

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A significant number of the activities included within the Netball Companion Book have been adapted from the Playing for Life Resource Kit, with the assistance of Karen Worland (Netball Australia), Anita Keelan (Netball Australia) and Emma Davis (AASC). These contributors also provided suggestions for the inclusion of new activities and the sport specific content.

Gayle Rogers (ACHPER/Schools Network), Sue Cormack (ACHPER/Schools Network), Bruce Knights (Keilor Downs Secondary College) and Les Bee developed the content for the introduction and principles for how and when to change activities.

The editorial team of Jeff Dry, Wenda Donaldson (AASC), Teena Jackson (AASC), Lainie Houston (AASC), Melissa Backhouse (Junior Sport Unit) and Ashley Beaver (AASC) developed, proofread and edited written materials and significantly contributed to the overall content and format of the final product.

## Disclaimer

The Playing for Life companion books have been designed for use with students aged 4–12. Each book assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the student's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these books, the publisher and authors do not accept any liability arising from the use of the books including, without limitation, from any activities described in the books.

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# About this book



The Playing for Life companion books have been developed to complement the Active After-school Communities (AASC) Playing for Life resource kit. They are primarily designed for members of the local community who will be delivering programs to participating primary school-aged children.

More specifically, they are designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy. This places an emphasis on providing safe, fun, engaging activities that ensure maximum participation from all children, regardless of their level of ability.

# Playing for Life – what is it?

The Playing for Life philosophy adopts a ‘game sense’ approach to physical activity.

- » **THE GAME IS THE FOCUS** — Players develop skills through fun, game-like activities (by ‘playing the game’) rather than through traditional skills and drills.
- » **COACH IS A FACILITATOR** — Coaches play more of a facilitator role than a director’s role. Rather than instructing players how to perform a particular skill, coaches provide key coaching points for performing the skill then set the players a challenge that they must solve through activity. For example, they might ask:
  - » How many different jumps can you perform in 30 seconds?
  - » Where will you stand to field the ball?
  - » How can you work together to stop the opponents scoring?
  - » How can you include everyone?

This engages players in the activity at a level that suits their own ability, and players learn through self-discovery rather than coach direction.

- » **DISCRETE COACHING** — Coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one coach support where required.
- » **ROLE MODELS** — Use player role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.

## Remember!

The activity sets the challenge

The game asks the questions, and

The players' response is the answer

### » ASK THE PLAYERS —

The use of player questioning is a valuable strategy to engage the players themselves in changing the activity to increase participation and to make the activity more or less challenging.

- » **CHANGE IT** — Simple variations to activities are introduced to make the activities easier or harder in order to accommodate all player ability levels and backgrounds. Use the CHANGE IT acronym to assist you in modifying the activities, and remember to 'Ask the players':

**C**

**C**oaching style e.g. deciding when to direct activities and when to ask the players. Knowing when to provide discrete coaching and when to 'just let the kids play'

**H**

**H**ow you score or win e.g. introduce zones for batting or target games

**A**

**A**rea (playing area) e.g. make the playing area smaller or larger; alter distances to targets or between players

**N**

**N**umber of players e.g. consider different team sizes to keep all players active. Have several games of 2 v 2 or, if focusing on defence skills, change to 3 v 2 or 2 v 1 etc

**G**

**G**ame rules e.g. allow 2 bounces before catching or stopping a ball, or introduce a no-go zone

**E**

**E**quipment e.g. use a larger or softer ball; rackets instead of bats; bins or markers for targets

**I**

**I**nclusion e.g. modify the game to maximise the involvement of all players. Ask the players how to change the game

**T**

**T**ime e.g. reduce or extend the time to perform actions; change the number of passes within a time limit; vary the length of time a player can hold the ball

It is more important to follow the concept of **CHANGE IT** than to remember what each letter represents.

**If it is not working.... CHANGE IT!!**

# How do I know when to **CHANGE IT**?

The first step is to play the game and observe player involvement and responses.

When observing the game being played, and player involvement and responses, ask yourself the following questions:

- » Is the game safe?
- » Are all players having fun?
- » Are all players engaged in the game?
- » Is the game working?
- » Do all players understand the game?
- » Is the objective of the game being achieved?
- » Are all the players being included?
- » Is participation being maximised?
- » Is the game appropriate to the ability level of each player?
- » Are all players being challenged?

If the answer to any of the above questions is No, then **CHANGE IT**.

The diagram on the following page provides a step-by-step guide about when and how to apply the **CHANGE IT** principles.



# When and how to apply the CHANGE IT principles

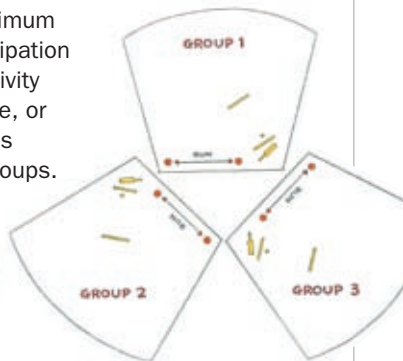
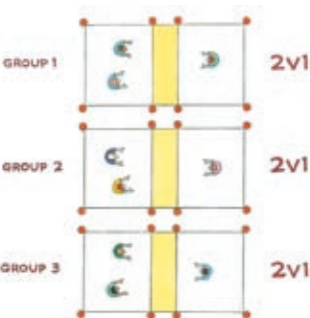


PLAY THE GAME AGAIN · OBSERVE RESPONSES · MAKE FURTHER VARIATIONS AS NECESSARY



# Tips for delivery

- » Do not limit yourself to the structure of the lesson plans provided. Be creative and add your own flair as you become more confident as a deliverer.
- » Use the Easier and Harder variations to modify the games to suit the ability levels of the players. Remember to use your own CHANGE IT variations and 'Ask the players'.
- » Use the Tips section to provide discrete coaching where needed to develop players' skill levels.
- » As the lessons progress, the games evolve to become more complex and similar to the sport itself. However, remember to match the game with the ability of the players and modify it as necessary.
- » On the other hand, if the players grasp the games quickly, you may find you complete them in a shorter timeframe than estimated. In these circumstances, introduce games that the children enjoyed from previous lessons, to fill in time.
- » Remember some games may not work with one group, whereas they could work really well with another. Don't be afraid to CHANGE IT to suit the needs of your group or even replace the game completely.
- » Keep group sizes to a minimum to ensure maximum participation of all children. Run the activity with several groups at once, or set up stations with various activities and rotate the groups.





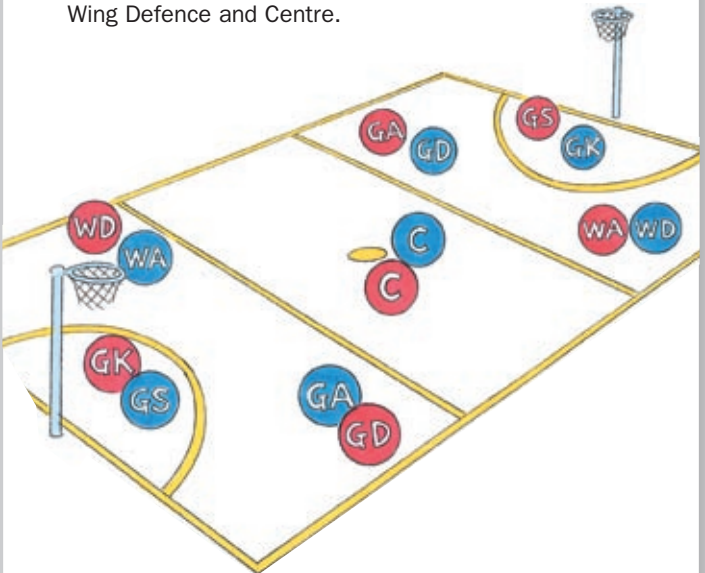
NETBALL

# Introduction to netball



## What is netball?

- » An international sport, played by 2 teams of 7 players, based on throwing and catching.
- » The object is to score goals from inside the goal area by throwing a ball into a ring attached to a high post. Each goal is worth one point and the winning team is the one with the most points at the end of play.
- » A game of netball usually consists of four periods of 15 minutes (for adults) or 10 minutes (for juniors). Teams change ends after each period of play.
- » Netball positions are: Goal Shooter, Goal Keeper, Goal Attack, Goal Defence, Wing Attack, Wing Defence and Centre.



- » Players are restricted to various areas on the court depending on the position they play.

**CENTRES****GOAL ATTACK  
& GOAL DEFENCE****GOAL SHOOTER &  
GOAL KEEPER****WING ATTACK &  
WING DEFENCE**

Two umpires control the game, making decisions according to the rules and the skills of the players. Their aim is to make the game enjoyable, safe and as free-flowing as possible. To be qualified, umpires have to pass practical and theory tests, but a good game can take place with responsible people acting as umpires for recreational games.

## **Netta (modified netball) rules**

Net Set Go! Netball is the modified game of netball for 5–7 year olds (Fun Net) and 8–10 year olds (Netta). The rules and equipment have been designed to align the game with the psychological and physical capabilities of young children.

Netta incorporates skill development and round robin game play with an emphasis on mass participation and fun. It allows children to learn and develop their skills in a series of fun activities and minor games, which they can then apply in a game situation. Following is a summary of the key rules of Netta:

- » Use a size 4 netball.
- » Use an 8ft or 2.4m high goal post.
- » Players have up to 6 seconds to release the ball.
- » Players may shuffle their feet on the spot when pivoting.
- » Players must defend a player with the ball from at least 4 ft (1.2m).

- » Players rotate court positions each game –  $\frac{1}{4}$ ,  $\frac{1}{2}$  or  $\frac{3}{4}$  time.
- » Games generally consist of 10-minute quarters.
- » No scores are recorded and no finals are played.
- » Players who obstruct or contact other players are not stood out of play – the umpire positions them at the correct defending distance and play continues.

## Tips for delivering netball

**Following are some specific tips for delivering  
Playing for Life netball:**

- » Make sure you establish a rule early on that players must keep the balls still while you are talking.
- » Size 4 balls are the best size for young children (5–10 years). Similar sized balls may be used (such as a soccer ball or a basketball), although these balls may not be as suitable for some netball-related activities.
- » Where the book refers to a netball goal ring, the goal posts should ideally be 8ft (2.4m) high for 8–10 year old children. You can use similar goals, such as basketball goals, but small children are unlikely to be able to reach a full height ring and modified height rings won't always be available. Alternative targets, such as a spot on a wall, buckets, hoops and cones etc, should be used to allow children to experience the concept of shooting goals, while maintaining an achievable target.

## Introduction to basic netball terms and skills

### General

- » **TRANSVERSE LINES** — lines 10 metres apart that divide the netball court into 3 zones/thirds (attack, mid-court and defence).

### Footwork

- » **FOOTWORK** — where a player lands on either their left or right foot or both feet, then pivots. Players need to practise landing (on either or both feet), balancing and then passing effectively to a team-mate.
- » **LANDING** — a method of stopping when catching the ball. Good technique when landing after catching the ball will reduce the risk of injury. Players should be able to land on both feet together, or on their left foot or right foot, balance and then pass effectively to a team-mate.
- » **PIVOTING** — must always be on the landing foot, turning on the ball of the foot and pushing off with the other foot to provide direction and balance.



- » **STEPPING** — an infringement where a player lifts their landing foot and then re-grounds it before throwing the ball.

## Attacking skills

- » **LEADING** — sprinting strongly to the ball, either directly forward or diagonally to the free space (away from the defender/opponent). The emphasis should be on the first 3 or 4 steps.



- » **DODGING** — moving a few steps away from the intended catching position then placing the outside foot strongly on the ground and pushing off in the desired direction to evade an opponent or receive a pass.



## Defending skills

- » **DEFENDING** — guarding a player who may or may not have the ball. One-on-one defending techniques include defending in front (shadowing), from the side or from behind.

- » **SHADOWING** — defending from in front. If the ball is coming directly from in front, the defender would use in-front defence.



## Shooting

- » **GOAL POST** — a pole with a hoop/ring attached that you throw the ball through to score goals/points. To score, the ball must go through from the top.

- » **GOAL SHOOTING** — the method by which the ball is thrown at the ring to score a goal. One hand should be below the ball and the other guiding from the side. Follow through with the shooting hand.



## Passing

- » **BOUNCE PASS** — passing the ball to another player by bouncing it on the ground. Used over short distances and to avoid the arms of a close defender.



- » **CHEST PASS** — passing with two hands from your chest, aiming at the chest of another player. Used for short, sharp passes.



- » **LOB PASS** — a high ball pass you use to lift the ball in a high looping arc over the arms of your defending player.



- » **SHOULDER PASS** — a one-handed pass made side-on. Use this pass for speed and accuracy over long distances.



- » **FAKE** — pretending to pass or shoot the ball, to create space and deceive the opponent.





# What you need from the kit...



## START OUT

### WILDCARD

- START OUT WC 01A** Form a group
- START OUT WC 01B** Birthday groups
- START OUT WC 03B** Look out for others!
- START OUT WC 04A** Throw, throw, throw
- START OUT WC 04B** Fish in the net
- START OUT WC 08A** Partner tag
- START OUT WC 08B** Low 5s, high 5s
- START OUT WC 09A** Warriors and dragons
- START OUT WC 09B** Flip it
- START OUT WC 10A** Fun on the spot
- START OUT WC 10C** Loose carriage

### COOPERATIVE PLAY

- START OUT CP 01A** Shuttle ball
- START OUT CP 01B** Underarm return relay
- START OUT CP 02B** Untie the knot
- START OUT CP 03** Run the circle
- START OUT CP 04B** Take a seat!
- START OUT CP 06B** L-o-n-g throw
- START OUT CP 08** Back to back pass

### INVASION GAMES

- START OUT INV 01** Base run
- START OUT INV 02** Names
- START OUT INV 03** Pairs passing
- START OUT INV 04** Boundary pass
- START OUT INV 05** On court, off court rapid pass

### TARGET GAMES

- START OUT TG 02** Bullseye

## GET INTO IT

### INVASION GAMES

- GET INTO IT INV 01** Interceptor
- GET INTO IT INV 02** 4 square
- GET INTO IT INV 03** Pass and run
- GET INTO IT INV 04** End to end
- GET INTO IT INV 05** Defenders on the line
- GET INTO IT INV 06** 5-point player
- GET INTO IT INV 07B** Team passing
- GET INTO IT INV 08** End ball
- GET INTO IT INV 09** Find the goal line
- GET INTO IT INV 10** Keep the ball
- GET INTO IT INV 12** Keentan
- GET INTO IT INV 14** Numbers

### STRIKING & FIELDING

- GET INTO IT SF 03** Runners v passers

### TARGET GAMES

- GET INTO IT TG 07** Gorri

## FINISH UP

### FINISH UP

- FINISH UP 01** Great work  
Put it away!  
Let's see it
- FINISH UP 02** Circle and push  
or retreat  
Trust me
- FINISH UP 03** What did you like?

Remove or print each of the above cards from the Playing for Life resource kit and add to the ring-bound holder provided.

This companion book cross-references these cards throughout the 8-week lesson plan.



# Overview of lessons

LESSON	1	2	3	4	5	6	7	8
OBJECTIVE	Introduction to throwing, catching and moving	Developing passing, moving and footwork	Passing, catching and running to evade an opponent	Throwing, catching and intercepting	Goal shooting, cooperative throwing and catching	Cooperative activities emphasising teamwork	Creating and finding free space	Skills and rules of modified netball
START OUT	Form a group START OUT WC 01A Shuttle ball START OUT CP 01A Underarm return relay START OUT CP 01B	Back to back pass START OUT CP 08 Base run START OUT INV 01	Birthday groups START OUT WC 01B Boundary pass START OUT INV 04	Fish in the net START OUT WC 04B Partner tag START OUT WC 08A	Look out for others! START OUT WC 03B On court, off court rapid pass START OUT INV 05	Throw, throw, throw START OUT WC 04A Run the circle START OUT CP 03	Take a seat! START OUT CP 04B Flip it START OUT WC 09B	Loose carriage START OUT WC 10C Names START OUT INV 02
GET INTO IT	Interceptor GET INTO IT INV 01 Keep the ball GET INTO IT INV 10	Keentan GET INTO IT INV 12 4 square GET INTO IT INV 02	L-o-n-g throw START OUT CP 06B Pass and run GET INTO IT INV 03 End ball GET INTO IT INV 08	Bullseye START OUT TG 02 Gorri GET INTO IT TG 07 End ball GET INTO IT INV 08	Pairs passing START OUT INV 03 Runners v passers GET INTO IT SF 03 Defenders on the line GET INTO IT INV 05	Interceptor GET INTO IT INV 01 5-point player GET INTO IT INV 06	Warriors and dragons START OUT WC 09A Teams passing GET INTO IT INV 07B Find the goal line GET INTO IT INV 09	Numbers GET INTO IT INV 14 End to end GET INTO IT INV 04
FINISH UP	Great work! FINISH UP 01 Put it away! FINISH UP 01	Let's see it! FINISH UP 01 Put it away! FINISH UP 01	Circle and push or retreat FINISH UP 02 Put it away! FINISH UP 01	Low 5s, high 5s START OUT WC 08B Put it away! FINISH UP 01	Trust me! FINISH UP 02 Put it away! FINISH UP 01	Untie the knot START OUT CP 02B Put it away! FINISH UP 01	Fun on the spot START OUT WC 10A Put it away! FINISH UP 01	What did you like? FINISH UP 03 Put it away! FINISH UP 01

# How to use this book

- 1 Read the introductory pages to make sure you have an understanding of the Playing for Life philosophy and a basic understanding of the sport, including terms and skills, safety considerations and equipment requirements.
  - 2 Read through each lesson plan to make sure you understand the objectives and requirements for each lesson.
  - 3 Collect and review the required Playing for Life activity cards referred to in each of the lessons.
  - 4 Add the loose-leaf activity cards to the ring-bound holder (shown). A companion book can sit alongside the activity cards — just slide the cover into the holder.
- 
- 5 Before conducting each lesson, organise an appropriate and safe playing area and the necessary equipment (based on the number, ability levels and backgrounds of the players and the available area and equipment). A full equipment kit for this companion book has been prepared and is available through the Active After-school Communities preferred supplier. To order, visit our web site at [www.ausport.gov.au/aasc](http://www.ausport.gov.au/aasc).
  - 6 Deliver the lesson, using the indicated Playing for Life activity cards and the instructions provided in the book. Remember to vary the activities, where required, to cater for the needs of different players. If the activity is not working, remember to CHANGE IT.
  - 7 Review the lesson immediately afterwards so you can identify what worked well/what didn't, what level the players are at, and what you need to remember for next time. The outcome of this review will influence what you include in the next lesson and how you deliver it.

While this book is primarily designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy, we do encourage you to consider attending a coaching course to improve your knowledge and skills. Information about the relevant coaching courses can be found in the 'Where to from here' section of the book.

# Lesson 1

<b>OBJECTIVE</b>	Introduction to throwing, catching and moving
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 8 marker cones</li><li>» Tape/chalk for ground markings</li><li>» 1 size 4 netball for each pair of players (or similar ball)</li><li>» 3 bibs per team</li><li>» 3 or 4 hoops/bins/cones</li></ul>

## Card summary

- » **Start Out WC 01A**
- » **Start Out CP 01A**
- » **Start Out CP 01B**
- » **Get Into It INV 01**
- » **Get Into It INV 10**
- » **Finish Up 01**



Remember, if the game isn't working **CHANGE IT**

# 1

## Form a group

**START OUT WC 01A**  
5 MINUTES

Players move around in random directions avoiding body contact with other players. As they enter different zones they must jump, hop or leap within that zone. You call a number and players form groups of that size.

**SKILL FOCUS** *Improves running and footwork movement, space awareness*

### Use the activity card, PLUS...

- » When players cross into a new zone, they must jump (using two feet to take off and land), hop (using the same foot to take off and land), or leap (using one foot to take off but landing on the opposite leg) accordingly.



- TIPS** » Finish with groups of 3 and assign each group an area for follow-up activity.

# Shuttle ball

**START OUT CP 01A**  
5 MINUTES

A cooperative game. A ball is thrown to a catcher. The thrower runs to take the place of the catcher while the catcher runs to join players at the thrower's line. (Play with teams of 3 or more.)

**SKILL FOCUS** *Aids basic passing and catching with accuracy*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per team  
(or similar ball)*

## Use the activity card, PLUS...

- » Players change the type of pass when you call 'CHANGE!' (e.g. chest pass, one-handed lob pass, bounce pass, shoulder pass)

**BOUNCE PASS****CHEST PASS****ONE-HANDED LOB PASS**

**ASK THE PLAYERS** » Which pass is the most accurate?

## Underarm return relay

**START OUT CP 01B**  
10 MINUTES

Players run to a point, return and on the way back, pick up a ball and throw a pass to the team-mate next in line. This pattern continues. (Play with groups of 3.)

**SKILL FOCUS** *Aids passing and catching and being able to pass to a target*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per group of 4–6 (or similar ball)*

### Use the activity card, PLUS...

» Introduce different passes (e.g. chest pass, one-handed lob pass, bounce pass, shoulder pass)

**TIPS** » Use role models to reinforce the correct footwork movement when stopping to pass.

## Interceptor

**GET INTO IT INV 01**  
15 MINUTES

Two players pass a ball to one another. An opponent between the two players attempts to intercept the ball. Players change roles frequently.

**SKILL FOCUS** *Shows how to pass while being defended*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per group (or similar ball)*

### Use the activity card, PLUS...

- » Players must use a different type of pass each time.
- » The player with the ball cannot move.
- » After all players have been the interceptor, increase group size to 5 and play 3 v 2.

### Harder:

- » Introduce a second interceptor.
- » Restrict the type of pass e.g. bounce passes only.

**TIPS** » Introduce the rule of 'stepping' – players must not shuffle their feet.  
» Players can 'fool' the interceptor by dodging and leading.

# Keep the ball

**GET INTO IT INV 10**  
15 MINUTES

**Two teams of 3 are distributed over the playing area. The team with the ball aims to make 5 passes between team-mates without the ball being intercepted.**

**SKILL FOCUS** *Practises passing under pressure*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per group (or similar ball)  
1–2 hoops/bins/cones per group*

## Use the activity card, PLUS...

- » The player with the ball cannot move.
- » Change the type of pass allowed.
- » After playing the game for a set period of time, introduce targets for bonus points.
- » After the 5th pass, players may shoot for the target.

### Easier:

- » Increase the number of targets.

### Harder:

- » Reduce the size of the playing area.

**TIPS** » Attackers should dodge, change direction and lead to receive a pass.



**DODGE**



**LEAD**

- » Consider having multiple playing areas set up alongside one another to allow all children to participate at once.
- » Each playing area does not need to be the full size of a netball court.



## Great work!

**FINISH UP 01**  
5 MINUTES

Provide positive examples of feedback to the group

Refer to the activity card...



## Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



# Lesson 2

<b>OBJECTIVE</b>	Developing passing, moving and footwork skills
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court
<b>EQUIPMENT</b>	» 2 cones per pair » 1 size 4 netball per pair (or similar ball) » 4 bibs per team

## Card summary

- » **Start Out CP 08**
- » **Start Out INV 01**
- » **Get Into It INV 02**
- » **Get Into It INV 12**
- » **Finish Up 01**



Remember, if the game isn't working **CHANGE IT**

# 2

## Back to back pass

**START OUT CP 08**  
5 MINUTES

Players stand back to back in pairs and pass a ball to each other.

**SKILL FOCUS** Warm up activity that improves ball handling and control

**ADDITIONAL EQUIPMENT** 1 size 4 netball per pair (or similar ball)

Refer to the activity card...



## Base run

**START OUT INV 01**  
10 MINUTES

Two players with one ball try to stop a third player from reaching a base at either end of a playing area.  
Warm up by playing without the bases.

**SKILL FOCUS** Warm up activity that improves passing and moving

**ADDITIONAL EQUIPMENT** 1 size 4 netball per group (or similar ball)  
4 marker cones per group



# Keentan

**GET INTO IT INV 12**  
15 MINUTES

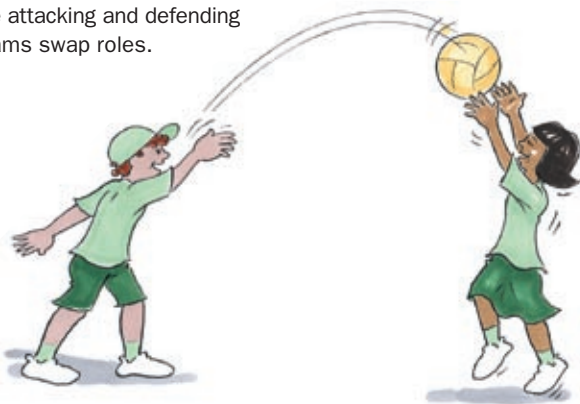
**Two teams play. The team in possession throws the ball between team-mates. The receiver must be off the ground when the ball is received. (Play in teams of 4 or more.)**

**SKILL FOCUS** *Improves footwork movement and pivoting*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per pair (or similar ball)*

## Use the activity card, PLUS...

- » Use lob passes.
- » The receiver pivots before passing the ball to another team member.
- » If the ball is intercepted, the attacking and defending teams swap roles.



### Easier:

- » Allow players to shuffle when pivoting.
- » Reduce the number of players on the defending team.

### Harder:

- » Reduce the size of the playing area.

- TIPS**
- » Use role models to highlight good examples of players landing on both feet together, balancing and then passing.
  - » Encourage players to also leap and land on one foot then quickly ground the other foot. This helps with balance.
  - » Eye contact between the passer and receiver is essential for good timing.

- SAFETY**
- » Ensure the defenders keep a safe distance from the receiver when they are jumping.

# 4 square

**GET INTO IT INV 02**  
15 MINUTES

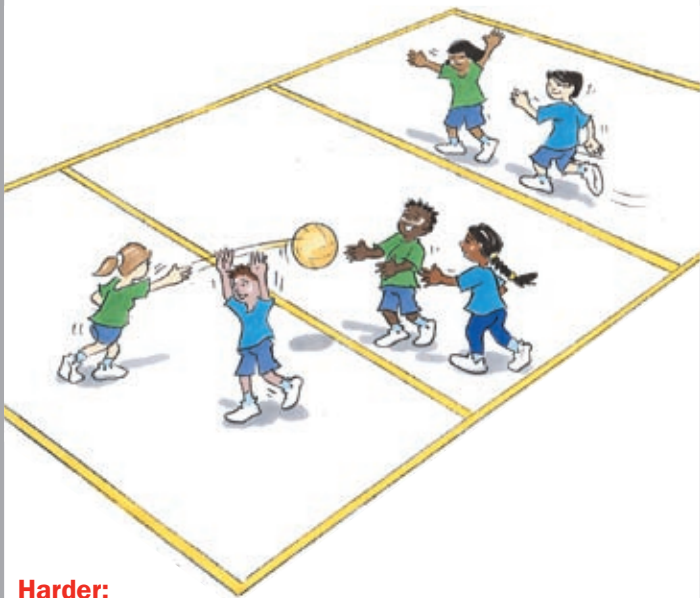
**Form teams of 3. The playing area is divided into 3 zones and one player from each team goes into each zone. The team in possession of the ball passes it to team-mates in an adjacent zone, trying to avoid interception. Players remain in their zone.**

**SKILL FOCUS** *Introduces modified netball skills and rules; teaches attacking and defending skills incorporating correct footwork movement*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per playing area (or similar ball)*

## Use the activity card, PLUS...

- » Divide the playing area into 3 zones, rather than 4.



## Harder:

- » Introduce Netta rules (see 'Introduction') re footwork, defending distance, and time to hold the ball.

- TIPS**
- » Players should lead into free space when attacking and when trying to get away from their opponent.
  - » Consider having multiple playing areas set up alongside one another to allow all children to participate at once.

## Let's see it!

**FINISH UP 01**  
10 MINUTES

Ask teams or individuals to highlight a skill or tactical play they have learnt during the lesson.

Refer to the activity card...



## Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



# Lesson 3

<b>OBJECTIVE</b>	Skills of passing, catching and running to evade an opponent
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court
<b>EQUIPMENT</b>	» 8 marker cones » 1 goal mat per team » 1 size 4 netball per pair (or similar ball) » Bibs for each team

## Card summary

- » **Start Out WC 01B**
- » **Start Out CP 06B**
- » **Start Out INV 04**
- » **Get Into It INV 03**
- » **Get Into It INV 08**
- » **Finish Up 01**
- » **Finish Up 02**



Remember, if the game isn't working **CHANGE IT**

# 3

## Birthday groups

**START OUT WC 01B**  
3 MINUTES

Birth dates are used in a variety of ways to form groups.  
Finish with pairs

**SKILL FOCUS** Warm up/energiser to form groups

Refer to the activity card...



## Boundary pass

**START OUT INV 04**  
7 MINUTES

In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, the pass has to be across a different boundary line every time.

**SKILL FOCUS** Improves passing and catching skills

**ADDITIONAL EQUIPMENT** 1 size 4 netball per pair (or similar ball)

Refer to the activity card...





# L-o-n-g throw

**START OUT CP 06B**  
10 MINUTES

A cooperative game in which a ball is thrown between two players. If the ball reaches the catcher on the full, both the catcher and the thrower step back. If it is dropped, both take a step forward. The winning pair is the one that has retreated the furthest. (Play with one or more pairs.)

**SKILL FOCUS** *Passing and catching skills over varied distances*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per pair (or similar ball)*

## Use the activity card, PLUS...

- » Experiment with different passes — low, high, one hand, two hands, bounce pass — to see which allows more distance.



- TIPS**
- » To gain power and distance, players should step forward with their opposite foot, rotate the hips and transfer the weight from the back foot to the front foot, then follow through with their throwing hand.
  - » A one-handed shoulder pass is better for speed and accuracy over long distances.

- ASK THE PLAYERS**
- » Which pass is the most accurate?
  - » Which pass is the most powerful?

- SAFETY**
- » Players may lose control of accuracy when passing over long distances.

## Pass and run

GET INTO IT INV 03  
10 MINUTES

Runners run in parallel down opposite sides of a court, passing the ball to each other. Interceptors try to intercept the ball but are restricted in their movements. Interceptors can only run up and down their designated line, as shown. (Play with 8 or more players.)

**SKILL FOCUS** *Practises passing, running and catching skills while evading defenders*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per pair (or similar ball)*

**Refer to the activity card...**

## End ball

GET INTO IT INV 08  
20 MINUTES

Form two teams. One player starts in the centre zone of the court with the ball, and passes the ball to team-mates in each zone. The object is to get the ball to the end player on the mat.

**SKILL FOCUS** *Works on passing and defending*

**ADDITIONAL EQUIPMENT** *1 mat behind each goal line  
or cones to mark the playing area  
1 size 4 netball per group (or similar ball)*

**Use the activity card, PLUS...**

- » The end player must stand on a mat.
- » A goal can only be scored if the end player catches the ball while on the mat.

**Harder:**

- » Introduce Netta rules (see 'Introduction') re footwork, defending distance, and time to hold the ball.



- TIPS**
- » Use role models to highlight good examples of passing and defending.
  - » To speed up the game, do not allow the player behind the goal line to be defended.
  - » Rotate players so all players play in different positions on the court.

## Circle and push or retreat

**FINISH UP 02**  
5 MINUTES

An activity of anticipation – players, in pairs, mirror each other's movements and either push or pull their hands away quickly in and out to get their partner off balance.

Refer to the activity card...



## Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



# Lesson 4

<b>OBJECTIVE</b>	Skills of throwing, catching and intercepting
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court, and free wall space with targets
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>» 8 marker cones</li> <li>» 2 goal posts per court or alternative targets (e.g. bins/buckets)</li> <li>» 1 size 4 netball per pair (or similar ball)</li> <li>» 1 large size ball (exercise ball, beach ball or similar)</li> <li>» Bibs for each team</li> <li>» Chalk or tape to mark targets on wall</li> <li>» Alternative targets including: bins/buckets</li> </ul>

## Card summary

- » **Start Out WC 04B**
- » **Start Out WC 08A**
- » **Start Out WC 08B**
- » **Start Out TG 02**
- » **Get Into It INV 08**
- » **Get Into It TG 07**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

# 4

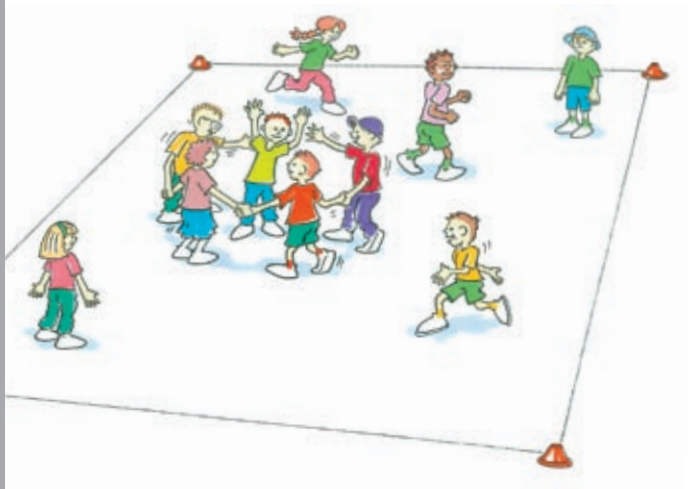
# Fish in the net

**START OUT WC 04B**  
5 MINUTES

Have 3 players form a net by holding hands. They catch other players by surrounding them. Caught players join the net and the game continues. (Play with 6 or more.)

**SKILL FOCUS** *Energiser activity*

**Refer to the activity card...**



# Partner tag

**START OUT WC 08A**  
5 MINUTES

Players are paired off. On your signal, one player uses a variety of attacking moves to try to evade their opponent and 'shake the shadow' (the tagger). The tagger tries to tag the other player.

**SKILL FOCUS** Encourages attacking movements and evasion skills

**ADDITIONAL EQUIPMENT** 1 size 4 netball per group of players (or similar ball)

## Use the activity card, PLUS...

- » The attacking player uses different attacking moves, such as leading, dodging and change of direction, to avoid being tagged.

### Easier:

- » Players can move anywhere on the court.

### Harder:

- » Restrict players to a smaller area — the size of one third of a netball court.
- » Add a stationary thrower who attempts to pass a ball to the attacker before they are tagged.



**DODGE**



**LEAD**

- TIPS**
- » When shadowing/defending, keep your eyes on the player — not the ball.
  - » Short, sharp chest passes, or bounce passes, are less likely to be deflected.

- ASK THE PLAYERS**
- » What different attacking moves can you use to evade another player?
  - » What is the best way for a defender to shadow another player?

- SAFETY**
- » Players need to be aware of other groups when 'shaking the shadow'.
  - » Players should keep a minimum distance away from their partner to avoid contact at the start of the activity.

# Bullseye

**START OUT TG 02**  
10 MINUTES

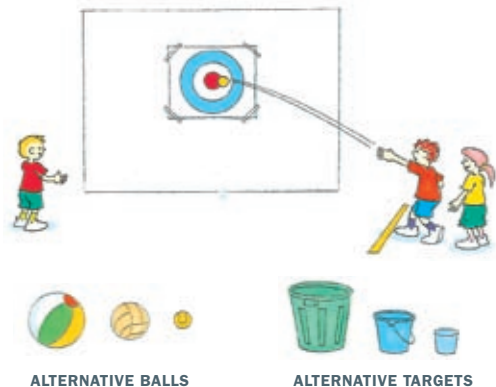
Players in small groups throw a ball at a target, aiming to score maximum points. (Play in groups of 3.)

**SKILL FOCUS** *Improves the accuracy of passes over varying distances*

**ADDITIONAL EQUIPMENT** 1 size 4 netball per group (or similar ball)

## Use the activity card, PLUS...

- » Set up 3 throw lines positioned at different distances and angles to the target.



ALTERNATIVE BALLS

ALTERNATIVE TARGETS

## Harder:

- » If the thrower catches a rebound on the full, they can attempt another shot.
- » The thrower and passer must exchange 2 passes of a different type before a shot can be made.

# Gorri

**GET INTO IT TG 07**  
10 MINUTES

A large ball is rolled and players try to hit it with a netball.

**SKILL FOCUS** *Improves throwing accuracy*

## Use the activity card, PLUS...

- » Players may use different types of passes (e.g. a chest or shoulder pass).

**ASK THE PLAYERS** » Which type of throw is more accurate?

# End ball

**GET INTO IT INV 08**  
20 MINUTES

**Form two teams. One player starts in the centre zone of the court with the ball, and passes the ball to team-mates in each zone. The object is to get the ball to the end player.**

**SKILL FOCUS** *Practises defending and marking, and improves accuracy in passing*

**ADDITIONAL EQUIPMENT** *1 goal post in each end zone (or alternative target)  
1 size 4 netball per court (or similar ball)*

## Use the activity card, PLUS...

- » Add a goal post or target within an end zone.
- » A point is scored when the end player catches the ball.
- » The end player has one attempt to shoot a goal, or hit the target, to score 1 bonus point. Make the target achievable for the ability and age of the players.



**ALTERNATIVE GOALS**

- TIPS**
- » The end player should try to receive the ball closer to the target or goal, to increase the chance of scoring a bonus point.
  - » Players should be balanced and facing towards the goal post when shooting.
  - » Remember to modify the goal post or target to suit the age and ability of the children.



# Low 5s, high 5s

**START OUT WC 08B**  
5 MINUTES

Players perform the nominated low 5s or high 5s with 4 other players.

**SKILL FOCUS** *Cool down activity/energiser*

Refer to the activity card...



# Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



# Lesson 5

<b>OBJECTIVE</b>	Skills of goal shooting, cooperative throwing and catching
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 2 marker cones per pair</li><li>» 1 hoop per pair</li><li>» 2 goal posts per court or alternative target</li><li>» 1 size 4 netball per pair (or similar ball)</li><li>» Bibs for each team</li></ul>

## Card summary

- » **Start Out WC 03B**
- » **Start Out INV 03**
- » **Start Out INV 05**
- » **Get Into It INV 05**
- » **Get Into It SF 03**
- » **Finish Up 01**
- » **Finish Up 02**



# 5

Remember, if the game isn't working **CHANGE IT**

## Look out for others!

**START OUT WC 03B**  
5 MINUTES

Players run in random directions in a defined area, focusing on learning how to play safely in the presence of other people.

**SKILL FOCUS** Warm up/energiser that promotes player and space awareness

Refer to the activity card...



## On court, off court rapid pass

**START OUT INV 05**  
5 MINUTES

Four people on court pass the ball around, each player trying to receive as many passes as possible. Two other on-court players are taggers who try to tag a passer with the ball. Off court, 2 players pass the ball to each other trying to reach a record total.

**SKILL FOCUS** Warm up/energiser activity

**ADDITIONAL EQUIPMENT** 2 size 4 netballs per group (or similar balls)

Refer to the activity card...



# Pairs passing

**START OUT INV 03**  
10 MINUTES

Players form pairs and, on your signal, practise shooting goals to each other for 30 seconds. At the end of 30 seconds, the player without the ball moves to form a new pair. Shooting starts again.

**SKILL FOCUS** *Introduces goal shooting*

**ADDITIONAL EQUIPMENT** 1 hoop/cone per pair  
1 size 4 netball per pair (or similar ball)



## Use the activity card, PLUS...

- » Players pass the ball to one another with a goal shooting action.
- » Experiment by shooting with one hand or both hands.



### Easier:

- » Shoot the ball through a hoop held horizontally.

### Harder:

- » Try and land the ball in an upside down cone.

### TIPS

- » Use player role models to emphasise effective goal shooting methods.
- » Shooters need to release the ball above their head with a flick of the wrist.
- » Encourage players to get the flight of the ball to form a high arc.

### SAFETY

- » Recommend players hold the cone or hoop away from their bodies to avoid the ball hitting them.

# Runners v passers

**GET INTO IT SF 03**  
15 MINUTES

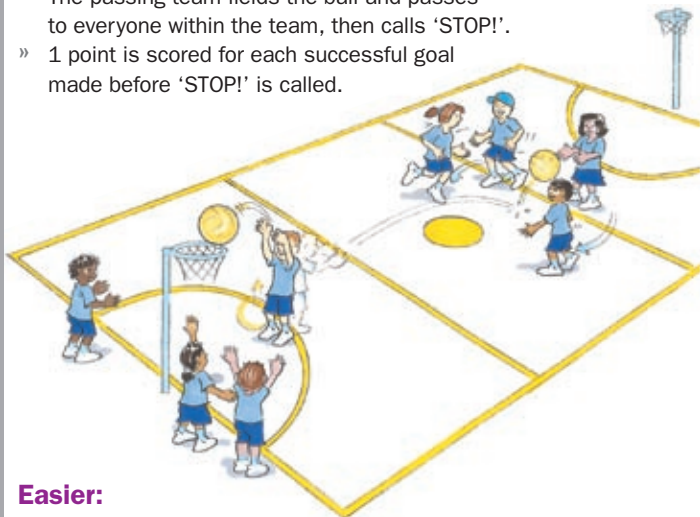
Form a shooting team and a passing team. The first shooter throws a netball into the free space of a netball court and, with a second ball, starts shooting goals. The other team gathers the ball and passes it to everyone in their team. When all the passers have touched the ball, they call out 'STOP!'. After each shooter has had their turn, the teams swap over. (Play with teams of 4.)

**SKILL FOCUS** *Introduces goal shooting and encourages quick passing under pressure*

**ADDITIONAL EQUIPMENT** *Netball goal post or alternative target, 2 size 4 netballs per team (or similar balls)*

## Use the activity card, PLUS...

- » The shooter throws one ball into court, and with a second ball starts shooting for goal.
- » Players waiting for their turn to shoot help by rebounding the missed goal shots.
- » The passing team fields the ball and passes to everyone within the team, then calls 'STOP!'.
- » 1 point is scored for each successful goal made before 'STOP!' is called.



### Easier:

- » The passing team has to complete at least 3 passes for each player before calling 'STOP!'

### Harder:

- » Increase the goal shooting distance.

*continued overleaf*

## Runners v passers *continued*

- TIPS** » Remember to modify the goals or target to make them achievable for the age and ability of the players.



### ALTERNATIVE GOALS

- » Ensure the shooter rests the ball on the base of the fingers of the throwing hand (not the palm).
- » The other hand should be on the side of the ball to support and steady the ball.
- » Shooters should hold the ball with their arms in line with their ears, fully extended high above their head.

- ASK THE PLAYERS** » Does the pressure of having to react quickly change the way you shoot?

- SAFETY** » Players must be careful to avoid contact with other team members when trying to rebound a missed shot on goal.

# Defenders on the line

**GET INTO IT INV 05**  
15 MINUTES

**Form 2 teams of 4, and have a playing area with a scoreline at each end. The team with the ball aims to pass the ball to a player within their scoreline. This player then attempts to shoot for goal. Teams are allowed 3 minutes' possession.**

**SKILL FOCUS** *Practises goal shooting and quick passing under pressure*

**ADDITIONAL EQUIPMENT** *Netball goal posts at each end (or alternative target) · 1 size 4 netball per court (or similar ball)*

## Use the activity card, PLUS...

- » Add an extra player (goal shooter) behind the scoreline.
- » Introduce Netta rules (see 'Introduction') re footwork, defending distance, and time to hold the ball.
- » When the goal shooter catches the ball, one shot at goal is allowed.
- » 1 point is scored if the shot is successful.
- » Rotate players after every attempt at goal.



### Easier:

- » Have no time limit for players shooting for goal.

### Harder:

- » Add a defender within the scoreline, to defend the player shooting for goal.
- » Allow the defender to be closer (i.e. 1m not 1.2m).

- TIPS**
- » Players need to be confident in goal shooting before being defended.
  - » For larger numbers, remember to split into smaller groups and replicate the game to ensure maximum involvement.

- ASK THE PLAYERS**
- » Why is it harder to shoot a goal when being defended?

# Trust me!

**FINISH UP 02**  
5 MINUTES

Ask players to try the simple trust exercises described within the activity card.

Refer to the activity card...



# Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...





# Lesson 6

<b>OBJECTIVE</b>	Skills of cooperative activities emphasising teamwork
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court, with end zones marked
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 8 marker cones</li><li>» 2 goal posts per court or alternative targets</li><li>» 1 size 4 netball per pair (or similar ball)</li><li>» 1 stopwatch per court</li><li>» Bibs for each team</li></ul>

## Card summary

- » **Start Out WC 04A**
- » **Start Out CP 02B**
- » **Start Out CP 03**
- » **Get Into It INV 01**
- » **Get Into It INV 06**
- » **Finish Up 01**



# 6

Remember, if the game isn't working **CHANGE IT**

# Throw, throw, throw

**START OUT WC 04A**  
10 MINUTES

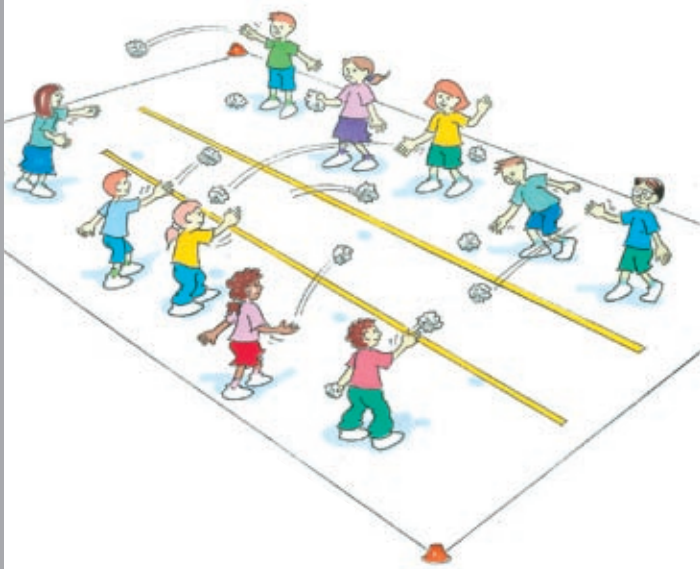
Two groups of equal size face each other. Each player has a netball. On your signal, players throw their ball over a line in the direction of the opposite team.

**SKILL FOCUS** *Short, sharp energiser*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per pair (or similar ball)*

## Use the activity card, PLUS...

- » Vary the type of throw e.g. balls must bounce through the neutral zone or pass over the neutral zone.



# Run the circle

**START OUT CP 03**  
10 MINUTES

Players form a circle and pass a ball from player to player around the circle, while another player runs around the outside of the circle. The runner tries to beat the ball around the circle. (Play with 6 or more.)

**SKILL FOCUS** *Encourages cooperative passing and catching*

**ADDITIONAL EQUIPMENT** 2 size 4 netballs for each circle  
(or similar balls)

## Use the activity card, PLUS...

- » Use only one netball and add a runner who tries to beat the ball around the circle.
- » Each player in the circle takes it in turns to try and beat the ball.



### Easier:

- » Allow players to use a pass that suits their ability level.

### Harder:

- » Increase the distance to pass by making the circle larger.

**TIPS** » Players need to focus more on passing accurately than trying to beat the runner.

**SAFETY** » Make sure the runner is not blocked by players passing the ball.

# Interceptor

**GET INTO IT INV 01**  
10 MINUTES

**Two players pass a ball to one another. An opponent between the 2 players attempts to intercept the ball. Players change roles frequently.**

**SKILL FOCUS** *Encourages attacking movements, shadow defending and evasion skills*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per group of players (or similar ball)*

## Use the activity card, PLUS...

- » The interceptor uses shadow defence on the receiving player.
- » The attacker may not move with the ball.
- » The interceptor must be 1.2m away from the player with the ball.



'SHAKE THE SHADOW'



LEAD

## Harder:

- » Restrict players to a smaller area — the size of one third of a netball court.

**TIPS** » When shadowing/defending, keep your eyes on the player — not the ball.

**ASK THE PLAYERS** » What different attacking moves can you use to evade another player?  
» What is the best way for a defender to shadow another player?

**SAFETY** » Players need to be aware of other groups when 'shaking the shadow'.  
» Players should keep a minimum distance away from their partner to avoid contact at the start of the activity.

## 5-point player

**GET INTO IT INV 06**  
20 MINUTES

**Attackers score points by passing to each other for 30 seconds. For bonus points, the ball is passed to a team-mate in one of the two end zones who attempts to shoot a goal. Defenders try to intercept the ball.**

**SKILL FOCUS** *Promotes inclusive passing, movement around the court and reading the play*

**ADDITIONAL EQUIPMENT** *Goal posts in each end zone (or alternative target) · 1 size 4 netball per court (or similar ball)*

### Use the activity card, PLUS...

- » Teams only receive a bonus point if the player in the end zone shoots a goal on their first attempt.



### Easier:

- » Have more attackers than defenders.

### Harder:

- » Add a defender in the end zone.
- » Call out 'CHANGE!' to change the method of passing (e.g. from a bounce pass to a chest pass).

### TIPS

- » Try to work the ball towards the end zone for the final pass.
- » Fake a pass to confuse the defence and create space.
- » Modify the goals or the target to suit the age and ability of the players.
- » For larger numbers, remember to split into smaller groups and replicate the game to ensure maximum involvement.

## Untie the knot

**START OUT CP 02B**  
5 MINUTES

Each player holds the hands of 2 different players.  
The aim is to untangle the knot without letting go.

Refer to the activity card...



## Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



# Lesson 7

<b>OBJECTIVE</b>	Creating and finding free space
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court, with free wall space
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>» 1 marker cone per player</li><li>» 2 goal posts per court (or alternative targets)</li><li>» 1 size 4 netball per pair (or similar ball)</li><li>» Bibs for each team</li></ul>

## Card summary

- » **Start Out WC 09A**
- » **Start Out WC 09B**
- » **Start Out WC 10A**
- » **Start Out CP 04B**
- » **Get Into It INV 07B**
- » **Get Into It INV 09**
- » **Finish Up 01**



# 7

Remember, if the game isn't working **CHANGE IT**

## Take a seat!

**START OUT CP 04B**  
5 MINUTES

Players lean against a wall in a seated position and do a variety of ball handling activities.

**SKILL FOCUS** *Improves ball handling skills*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per pair (or similar ball)*

Refer to the activity card...



## Flip it

**START OUT WC 09B**  
5 MINUTES

Form 2 groups and give each player a marker. Half the players place their markers with the round side up and the other half with the round side down (dish up). On your signal, players run around trying to flip over the other group's markers to match their own.

**SKILL FOCUS** *Improves agility and vision*

Refer to the activity card...





# Warriors and dragons

**START OUT WC 09A**  
10 MINUTES

Members of the warriors team pass a ball to other warriors and try to tag an opposition called dragons. If dragons are tagged, they become warriors. When all the dragons are caught, the teams swap over.

**SKILL FOCUS** *Targets anticipation and evasion skills*

**ADDITIONAL EQUIPMENT** *1 size 4 netball per group (or similar ball)*

## Use the activity card, PLUS

- » Taggers (Warriors) can only move with netball footwork movements when passing the ball.



**ONE STEP IN  
ANY DIRECTION**

### Easier:

- » Allow a longer time for players to hold the ball before passing or tagging.

### Harder:

- » Vary the number of passes the Warriors team has to make before tagging a player.



**PIVOT**

- ASK THE PLAYERS**
- » Why is it important to be able to find a free space?
  - » If players are slow to react, what happens?
  - » How is this the same in netball?

- SAFETY**
- » Make sure the ball does not leave the tagger's hands and is not thrown at the player.
  - » You can only tag the player on the body (no head high tag).

## Team passing

**GET INTO IT INV 07B**  
10 MINUTES

The team with the ball makes as many passes as possible before the opposing team intercepts. (Play with 4 or more – break into discrete games as required.)

**SKILL FOCUS** *An invasion activity that develops throwing, catching and intercepting skills*

**Refer to the activity card...**

## Find the goal line

**GET INTO IT INV 09**  
20 MINUTES

Form 2 teams of 6. The team with the ball passes it among team-mates, aiming to get it over their goal line. All team-mates must touch the ball at least once before the team scores. Running with the ball is not permitted.

**SKILL FOCUS** *An invasion activity that develops throwing, catching and intercepting skills*

**ADDITIONAL EQUIPMENT** *1 goal post at each end (or alternative target) · 1 size 4 netball per court (or similar ball)*

**Use the activity card, PLUS...**

- » On getting the ball over their goal line, the player can take one shot at goal for bonus points.



**TIPS** » It is easier to catch and pass the ball if it is free from a defender.

# Fun on the spot

**START OUT WC10A**  
5 MINUTES

A quick energiser with the emphasis on short bursts of fun. Call 3 or 4 running on the spot variations.

**SKILL FOCUS** *Cool down activity*

**AREA** *Area similar in size to a netball court*

**Refer to the activity card...**



# Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

**Refer to the activity card...**



# Lesson 8

<b>OBJECTIVE</b>	Skills and rules of modified netball
<b>TIME</b>	60 minutes
<b>AREA</b>	Area similar in size to a netball court
<b>EQUIPMENT</b>	» 4 marker cones » 2 goal posts at each end or alternative targets » 1 size 4 netball per group (or similar ball) » Netball bibs for each team

## Card summary

- » **Start Out WC 10C**
- » **Start Out INV 02**
- » **Get Into It INV 04**
- » **Get Into It INV 14**
- » **Finish Up 01**
- » **Finish Up 03**



Remember, if the game isn't working **CHANGE IT**

# 8

# Loose carriage

**START OUT WC 10C**  
5 MINUTES

Players in groups of 3 form a train (an engine and two carriages). A few 'loose carriages' (taggers) are dispersed and try to join the end of a train. If they are successful in joining, the loose carriages call 'GO!' and the engine uncouples and becomes a loose carriage.

**SKILL FOCUS** Warm up/energiser activity

Refer to the activity card...



# Names

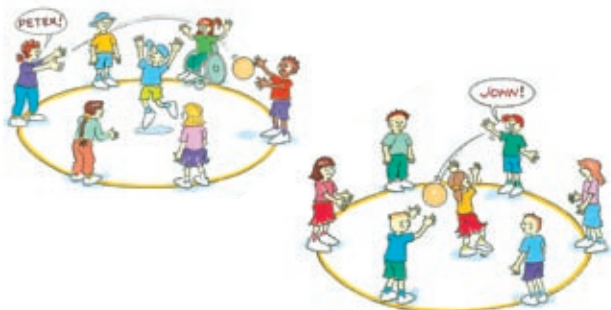
**START OUT INV 02**  
10 MINUTES

Players in a circle throw a ball to each other while an interceptor inside the circle tries to intercept the ball. Only the interceptor can move. (Play with groups of 6–8 players.)

**SKILL FOCUS** Improves passing, anticipation and interception

**ADDITIONAL EQUIPMENT** 1 size 4 netball per group (or similar ball)

Refer to the activity card...



# Numbers

**GET INTO IT INV 14**  
10 MINUTES

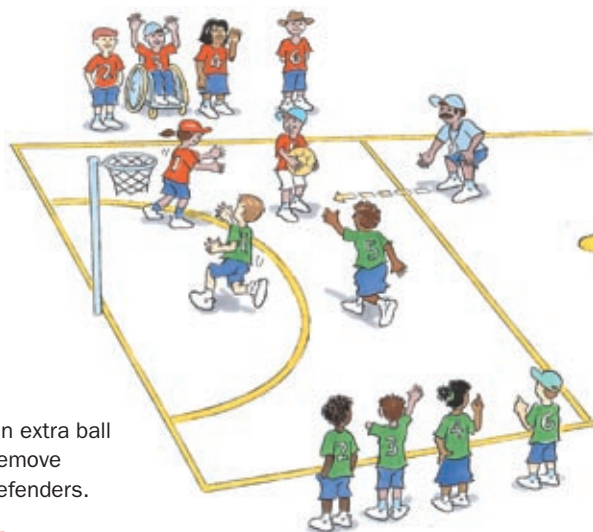
Two even teams play. Each team stands in the goal third on the opposite sideline of the court and each player receives a number. When you call out two numbers, the players with those numbers run into the playing area and contest the ball you have thrown or rolled onto the court. The player who gains possession, and their partner, become the attackers, while the others become defenders. The attackers try to score a goal. (Play in 2 teams of even numbers.)

**SKILL FOCUS** *Teaches the skills, rules and tactics of modified netball, court coverage and teamwork*

**ADDITIONAL EQUIPMENT** *Goal posts at each end (or alternative targets) · 1 size 4 netball per court (or similar ball)*

## Use the activity card, PLUS...

- » Play using Netta rules (see 'Introduction')



### Easier:

- » Add an extra ball and remove the defenders.

### Harder:

- » Increase the numbers on court.
- » Have every team-mate touch the ball before the team can shoot.

- TIPS**
- » Keep a record of which numbers have been called out so that all players get to be involved.
  - » Modify the targets to ensure they are achievable for the age and ability of the players.

## End to end

**GET INTO IT INV 04**  
25 MINUTES

Players from two opposing teams are paired off and spread the length of the court, taking up designated netball positions. On your signal, the player with the ball at one end passes the ball to a team-mate in the next zone. This continues until a goal is scored at the other end. The opposing team tries to intercept the ball. (Play with teams of 7 people.)

**SKILL FOCUS** *Teaches the skills, rules and tactics of modified netball, court coverage and teamwork*

**ADDITIONAL EQUIPMENT** *Goal posts at each end or alternative targets · 1 size 4 netball per court (or similar ball) · Netball bibs for each team*

### Use the activity card, PLUS...

- » The court is divided into thirds, with goal circles at each end forming the goal zones.
- » Each team has 7 players on court in netball designated positions (see 'Introduction' for details).
- » Players score a point if they make a successful shot at goal from within the goal circle.
- » Introduce Netta rules (see 'Introduction') re footwork, defending distance, and time to hold the ball.

### Easier:

- » Have no time limit for players shooting for goal.

### Harder:

- » Players must shoot for a goal within a 3-second time limit.



- TIPS**
- » Players need to be confident in goal shooting before being defended.
  - » If the defender is obstructing, explain the correct position to them.
  - » For larger numbers, remember to split into smaller groups and replicate the game to ensure maximum involvement.

**ASK THE PLAYERS** » Why is it harder to shoot a goal when being defended?

**SAFETY** » The usual safety rules apply, such as safe 'traffic flow', acting sensibly and being aware of others.

# What did you like?

**FINISH UP 03**  
5 MINUTES

Provides a chance to review and seek feedback on netball lessons. Make participants aware of local opportunities to continue to participate in netball outside of this program.

Refer to the activity card...



# Put it away!

**FINISH UP 01**  
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...





## Where to from here?

There are many ways that you and your players can get involved in netball. Below is an outline of some of the programs and resources provided by Netball Australia that can help you all get involved.

### Junior netball

Netball Australia has information on all modified netball programs. Net Set GO! is the modified game of netball for 5–7 year olds (Fun Net) and 8–10 year olds (Netta). The rules and equipment have been designed to align the game with the psychological and physical capabilities of young children.

Fun Net is based on a motor skill development program for 5–7 year olds. The emphasis is on the acquisition of basic motor skills in a fun environment of games and activities. The Fun Net program is flexible and can be run for anything between 8 and 16 weeks depending on school, association and individual needs.

Netta is the modified game of Netball for 8–10 year old boys and girls. It incorporates skill development and round robin game play with the emphasis on participation and fun. It allows children to learn and develop their skills in a series of fun activities and minor games, which they can then apply in a game situation.

### Junior netball policy

Netball has developed a junior netball policy to assist in the provision of quality sport experiences for young people. It is a guideline to help create a safe and supportive environment for enjoyable participation and life-long involvement.

The policy has been extensively researched and designed in a way that provides clubs, associations and schools with a means of quickly referencing key issues related to involvement in netball.

## **Indigenous netball**

Netball Australia, in conjunction with the Indigenous Sport Program (ISP) of the Australian Sports Commission, is providing opportunities for indigenous people to become involved in netball through a targeted program being run in various states.

A program has been designed that focuses on active participation in playing, coaching and administration, while providing access to facilities and equipment. This program has been co-designed by Netball Australia's Sport Development Manager and state development officers/territory netball associations, various ISP Development Officers throughout the country and local state/territory departments of sport and recreation.

## **Coaching and umpiring**

Recognised accreditation has become a basic pre-requisite for aspiring coaches in Australia, and Netball Australia has developed a new NCAS coaching framework for 2007 and beyond. The new courses are in a five-step progression beginning with the Foundation Course (beginner and club coaches) progressing through to the Development Accreditation, Intermediate, Advanced Coach and High Performance Accreditations.

Netball Australia also offers umpire education and practical experience throughout Australia.

## For more information

The 'Getting involved' section of the Netball Australia web site at **[www.netball.asn.au](http://www.netball.asn.au)** has more information on each of the initiatives and contact details for your state/territory netball association.

The netball association 'locator' will find out where the nearest netball association is in your surrounding area. Just enter a postcode to begin the search. You will find the locator at 'Association finder' on Netball Australia's web site at **[www.netball.asn.au/locator.asp](http://www.netball.asn.au/locator.asp)**

### **Netball ACT**

PO Box 423  
DICKSON ACT 2602  
(02) 6241 4088  
[www.netballact.com.au](http://www.netballact.com.au)  
[play@netballact.com.au](mailto:play@netballact.com.au)

### **Netball QLD**

PO Box 50  
MOOROOKA QLD 4105  
(07) 3848 6330  
[www.netballq.org.au](http://www.netballq.org.au)  
[info@netballq.org.au](mailto:info@netballq.org.au)

### **Netball SA**

PO Box 2082  
HILTON PLAZA SA 5033  
(08) 8238 0500  
[www.netballsa.asn.au](http://www.netballsa.asn.au)  
[info@netballsa.asn.au](mailto:info@netballsa.asn.au)

### **Netball NT**

PO Box 2391  
PARAP NT 0804  
(08) 8942 2241  
[www.nt.netball.asn.au](http://www.nt.netball.asn.au)  
[netballnt@internode.on.net](mailto:netballnt@internode.on.net)

### **Netball TAS**

PO Box 961  
LAUNCESTON TAS 7250  
[www.tasnetball.org.au](http://www.tasnetball.org.au)  
[tna@tasnetball.org.au](mailto:tna@tasnetball.org.au)

### **Netball NSW**

PO Box 396  
LIDCOMBE NSW 1825  
(02) 9646 5666  
[www.netballnsw.com](http://www.netballnsw.com)  
[netballnsw@netballnsw.com](mailto:netballnsw@netballnsw.com)

### **Netball WA**

Gate 17, Subiaco Oval  
Roberts Rd  
Subiaco WA 6008  
(08) 9380 3700  
[www.wanetball.com.au](http://www.wanetball.com.au)  
[info@wanetball.com.au](mailto:info@wanetball.com.au)

### **Netball VIC**

PO Box 60  
NORTH MELBOURNE VIC 3051  
(03) 9321 2222  
[www.netballvic.com.au](http://www.netballvic.com.au)  
[netball@netballvic.com.au](mailto:netball@netballvic.com.au)