



# NETBALL FOR SCHOOLS SESSIONS AT HOME



# INTRODUCTION

Netball is a terrific team sport played by more than 1 million people. This resource will provide students with activities and games to build their skills and knowledge of netball. It is important that players develop:

Movement skills such as balance and footwork,

Ball skills such as catching and throwing,

Attacking and defending skills, and

Goal shooting

Each of these sessions will take around 20-30minutes.  
Find a space inside or outside.



# Netball Activities Session 1

For individuals or  
pairs  
Prep-Grade 4

For this session you'll need a  
bean bag, rope and  
something to use as a target.

If you don't have these get creative,  
instead of a bean bag you could use a  
folded pair of socks.



## WARM UP

Warm up games should be fun and get your heart pumping fast.

### Here, There and Everywhere

#### Objective

To practise running and changing direction using verbal cues.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Individuals.

#### Description

The coach calls one of the three words – here, there and everywhere:

- Here: run towards the coach
- There: run towards where the coach is pointing
- Everywhere: run in any direction.

#### 🕒 Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

#### 👨‍🏫 Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

#### 🔄 Change It

Down: Reduced number of commands.

Up: Change the type of movements (for example, skipping, hopping, jumping, leaping).

#### 🧘 Stretch!

Select an appropriate activity from the Stretch Coaching resource.



## BALANCING SKILLS

### Individual Standing Balances

#### Objective

To develop players' balance by practising different balances as dynamic activities.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Individuals.

#### Description

Individual standing balances:

- Stand on one leg like a bird
- Stand on one leg, swing the other like a pendulum
- Stand on tiptoe
- Stand on both feet with eyes shut
- Stand on one foot with eyes shut
- Stand on both feet, then on one leg and balance a bearbag.

#### 🕒 Safety

Define the area appropriate for numbers.

#### 👨‍🏫 Coaching Tip

Eyes looking forward.

Bend at knees as required.

#### 🔄 Change It

Down: Players can use another player or object to balance and let go for as long as possible.

Up: Add players moving around prior to the balance being called. For some balances a ball could be thrown while balancing.

#### ❓ Questions

When was it hard to keep your balance?

When was it easy to keep your balance?



## BALANCING SKILLS

With good balance you can jump, leap, hop and pivot on one foot.

### Walk Along a Line

#### Objective

To develop players' balance using dynamic activities.

#### Equipment/Area

Netball court or suitable playing area.

Line for players to perform balances.

#### Group Management

Individuals.

#### Description

Players to move along a line using a variety of movements:

- Heel/toe walk
- Walk on toes
- Walk backward
- Hop forward/backward
- Jump.

#### 🕒 Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

#### 🗨️ Coaching Tips

Eyes looking forward.

Bend at knees as required.

#### 🔄 Change It

Down: Players perform the activity without staying on a line.

Up: Add cones to move over as they progress along the line.

#### ❓ Question

How did you keep your balance during the activities?



## MOVEMENT SKILLS

### Jump Up the River

#### Objectives

To practise leaping/jumping over distance.

To develop balance and control on landing.

#### Equipment/Area

Netball court or suitable playing area.

Long ropes.

Chalk.

#### Group Management

Individuals.

#### Description

Loop a long rope around so it is narrow at one end and wider at the other.

Jump over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

#### 🗨️ Coaching Tips

Opportunities to explain how movement patterns (two-foot take off and landing, same-foot take off and landing, one-foot take off, land on opposite leg) are important in netball.

#### 🔄 Change It

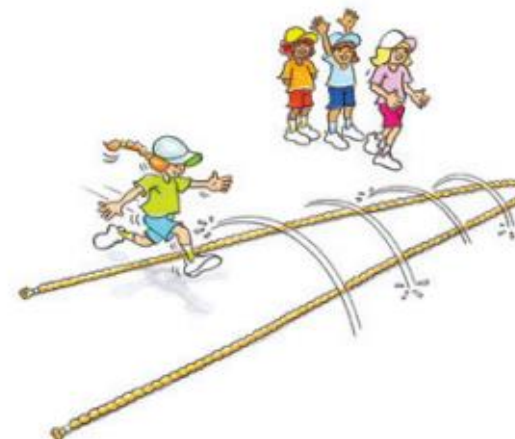
Down: Jump/leap over one piece of rope.

Up: Introduce a competition.

#### ❓ Questions

Ask players to reflect on their jumping and landing technique – how does it feel when you jump/land?

Which jumping technique helped you jump the furthest?



## BALL SKILLS

You should practice throwing and catching every day.

### Throw to Self Using a Bean Bag

#### Objective

To develop catching skills in a static environment.

#### Equipment/Area

Netball court or suitable playing area.

Bean bags.

#### Group Management

Individuals.

#### Description

Players complete some/each of the following:

- Throw bean bag from hand to hand – high/low
- Throw to self in the air and catch in the palms
- Throw to self in the air and catch on the back of the hands
- Throw to self in the air and catch with favourite hand
- Throw to self in the air and catch with the other hand
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and jump and catch it
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching.



#### 🚫 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

#### 👉 Coaching Tips

- Eyes on the bean bag.
- Hands towards the bean bag.
- Pull bean bag towards the body.

#### 🔄 Change It

- Down: Select the easier activities.
- Up: Combine a number of activities in sequence.

#### ❓ Questions

- Which was the easiest to catch?
- Which was the hardest to catch?

## BALL SKILLS

### Throw into a Hoop

#### Objective

To develop accuracy in aiming for a target.

#### Equipment/Area

Netball court or suitable playing area.

Hoops.

Markers.

Bean bags.

#### Group Management

Groups of 3-4.

#### Description

A player stands three metres from a target of three different sizes (hoops, markers, bean bag, etc.).

Players throw their bean bags at the targets.

Players score points applicable to the target they hit.

Repeat for four bean bags then rotate.

#### 🚫 Safety

Define the area appropriate for numbers.

#### 👉 Coaching Tip

- Opposite foot to throwing arm steps forward.
- Bean bag held in one hand with arm back behind shoulder.
- Arms extended with elbow slightly bent, shoulders turned, fingers spread wide behind beanbag.
- Weight transfer forward as beanbag is thrown

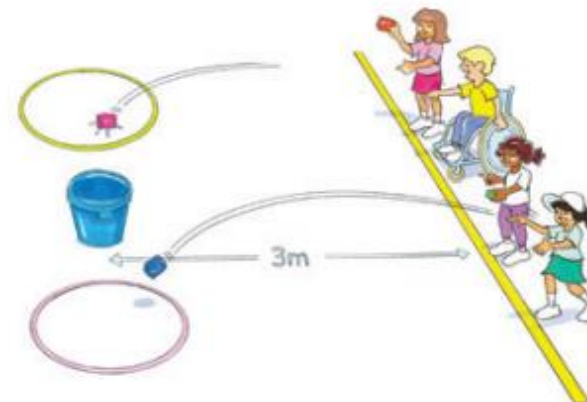
#### 🔄 Change It

Down: Move closer to the target.

Up: Introduce a competition between players in the group; Another player calls which hoop they have to aim for.

#### ❓ Question

- Where did you aim to hit the target?
- What helped you hit the target?



## BALL SKILLS

### Throw at Target

#### Objective

To develop throwing technique, focusing on hitting a stationary target.

#### Equipment/Area

Netball court or suitable playing area.

Markers.

Soft balls.

Bean bags.

#### Group Management

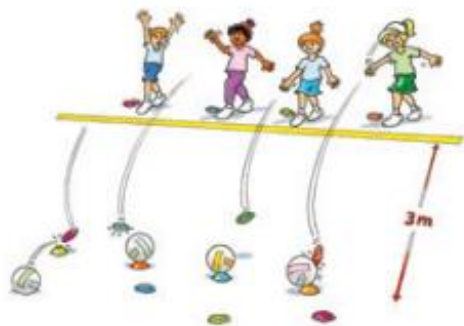
Individuals.

#### Description

Set up a line of markers with a soft ball balancing on top.

Line players up behind a line three metres away.

Players throw beanbags at the balls until they are all knocked off the markers.



#### 🚫 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

#### 👨‍🏫 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

#### 🔄 Change It

Down: Decrease distance from target.

Up: Competition between teams – each team must only knock off their opponents' balls, with the winning team the one with their markers still intact. Alternatively, knock off their own markers and the winning team is the first to have no balls left balancing on markers.

#### ❓ Questions

Where did you aim to hit the target?

What helped you hit the target?

## BALANCING SKILLS

### Elevation Jump

#### Objective

To develop jumping skills, focusing on gaining vertical height.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

#### Group Management

As a group.

#### Description

The coach holds a ball high in the air.

Players line up in small groups five metres away, then run towards the coach and jump/leap and touch the ball.

#### 🚫 Safety

Define the area appropriate for numbers.

#### 👨‍🏫 Coaching Tips

Eyes looking forward.

Bend slightly at the knees, hips and ankles.

Weight forward on the toes.

Use of arms to drive up to extend towards ball.

Soft landing by bending knees, hips and ankles.

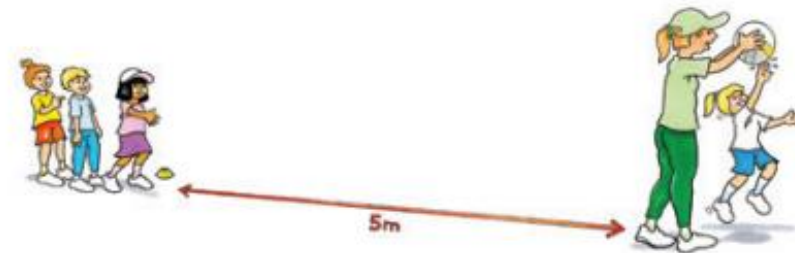
#### 🔄 Change It

Down: Jump/leap with reduced run up.

Up: Grab the ball, land, pivot and pass to the next player who passes it back to the coach.

#### ❓ Question

What did you do to jump higher?





# Netball Activities Session 2

For individuals or  
pairs  
Prep-Grade 4

For this session you'll need  
music, cones, a netball and a  
wall.

If you don't have music get creative,  
instead of music you could sing.





# WARM UP

A warm up gets your muscles ready for exercise and helps reduce the risk of injury.

## Musical Balance

### Objectives

To improve balance technique in a dynamic activity.  
To practise a range of movement skills in a defined space.

### Equipment/Area

Netball court or suitable playing area.  
Music.

### Group Management

Individuals.

### Description

Players move around with a variety of movements (for example, running, skipping, hopping, jumping).  
When the music stops, players must balance on the body parts called by the coach (for example, one foot, one hand and one foot).

### 🕒 Safety

Define the area appropriate for numbers.  
Reinforce the importance of looking out for other players also moving within the area.

### 🗣️ Coaching Tips

Reinforce technique for running, skipping, hopping and jumping.  
Eyes forward.  
Bend at knees as required.  
Use arms to counterbalance.

### 🔄 Change It

Down: Keep the same balance.  
Up: Introduce a competition.

### ❓ Question

What did you do to help keep balanced?



# BALANCING SKILLS

## Fancy Frogs

### Objective

To develop awareness of different styles of jumping and landing.

### Equipment/Area

Netball court or suitable playing area.

Markers.

### Group Management

Individuals.

### Description

Spread markers 0.5m apart in front of small groups of players.

Players complete the following activities by jumping over the markers:

- Jump two feet together
- One-foot jump (alternate landing on right foot and left foot).

### 🕒 Safety

Define the area appropriate for numbers.

### 🗣️ Coaching Tips

Eyes forward.  
Bend at the knees, hips and ankles with arms back.  
Bring arms forward and up as legs straighten to take off.

### 🔄 Change It

Down: Remove the markers.  
Up: Catch a ball after jumping over a marker.

### ❓ Question

Which technique allowed you to jump higher, the two-foot jump or one-foot jump?



## MOVEMENT SKILLS

Practice these movement activities to get faster.

### Footwork at a Corner

#### Objective

To practise jumping technique in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

Lines.

#### Group Management

Individuals.

#### Description

Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities:

- 10 jumps forward and backward across the line
- 10 jumps side to side across the line
- 5 hops on each leg
- 10 criss-cross legs across the line.



#### 🛑 Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

#### 🗣️ Coaching Tips

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips.
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

#### 🔄 Change It

Down: Reduce the number of jumps or size of area; Coach calls the activity.

Up: Increase the speed of running between activities.

#### ❓ Question

In which activity were you able to jump the highest?

## MOVEMENT SKILLS

### Change of Direction

#### Objective

To develop take off and change of direction technique.

#### Equipment/Area

Netball court or suitable playing area.

Markers.

#### Group Management

Individuals.

#### Description

Lay out markers in a zigzag formation on the ground. Players line up behind the start of the zigzags.

Players run through, changing direction at each marker. At the end of the line, they pivot and repeat back down the line.

#### 🛑 Safety

Define the area appropriate for numbers.

#### 🗣️ Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

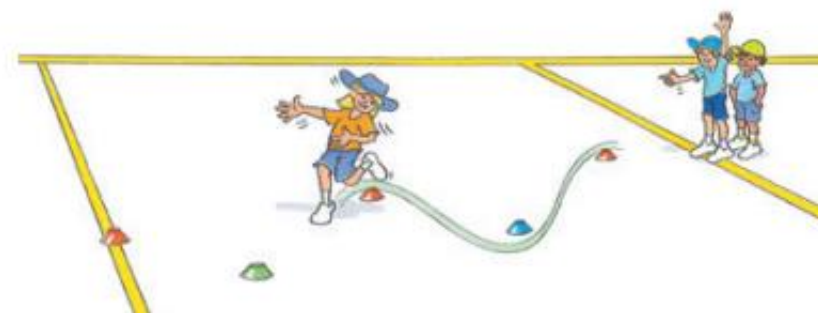
#### 🔄 Change It

Down: Reduce the number of markers.

Up: Introduce a competition between teams; After the last marker the player leads for the ball.

#### ❓ Question

Why is it important to have an explosive start?



## BALL SKILLS

All beginners should work on learning ball skills.

### Body Wrap

#### Objective

To develop hand-eye coordination and ball control.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Pairs.

#### Description

Wrap the ball around the waist, knees or head.

Work for period of time or set number of wraps.

Repeat in the opposite direction.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 👨‍🏫 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

#### 🔄 Change It

Down: Use a softer ball; Catch a partner's ball so the catch is in front of the body.

Up: Bounce the ball repeatedly from front to back then front.

## BALL SKILLS

### Figure 8

#### Objective

To develop hand-eye coordination and ball control.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Pairs.

#### Description

Wrap the ball around each leg alternately in a figure 8 pattern.

Work for a period of time or set number of wraps.

The pattern can be repeated alternating a figure 8 pattern around a single leg lift.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 👨‍🏫 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

#### 🔄 Change It

Down: Use a softer ball; Catch a partner's ball so the catch is in front of the body.

Up: Bounce the ball repeatedly from front to back then front.

## BALL SKILLS

### Throw to Self Using a Ball

#### Objective

To develop throwing and catching skills in a variety of activities.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Individuals.

#### Description

Complete some/each of the following:

- Bounce ball with two hands and catch
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching.



#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

#### 🗨️ Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

#### 🔄 Change It

Down: Use a softer ball.

Up: Combine a number of activities.

#### ❓ Questions

Which was the easiest to catch?

Which was the hardest to catch?

## BALL SKILLS

Have your hands out ready to catch.

### Wall Sequence

#### Objective

To develop catching skills in a controlled environment.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

#### Group Management

Groups of three.

#### Description

Groups of three players stand in a line two metres from the wall, the front person holding a ball.

The first person performs the following activities using a shoulder pass, until they make a mistake. The next person then has their turn:

- 10 x Throw ball onto the wall and catch
- 9 x Throw ball at a wall, jump then catch
- 8 x Alternate throwing ball onto the floor so it bounces on the wall and catch then onto the wall so it bounces on the floor and catch
- 7 x Throw ball onto the wall, bend down and touch the ground then catch
- 6 x Throw ball onto the wall and clap then catch
- 5 x Throw ball onto the wall and catch it after it bounces once
- 4 x Throw ball under one leg onto the wall and catch (two each side)
- 3 x Throw ball at a target and catch
- 2 x ~~Roll~~ Roll ball on the ground so it rebounds on the wall and catch
- 1 x Throw ball onto the wall and spin around to catch.

When the first person is back at the front of the line, they begin the sequence from where they made the mistake.

#### 🕒 Safety

Define the area appropriate for numbers.

#### 🗨️ Coaching Tips

Opposite foot to the throwing arm forward.

Arms extended with elbow slightly bent.

Fingers spread wide behind the ball.

Transfer weight forward as throwing arm comes through.

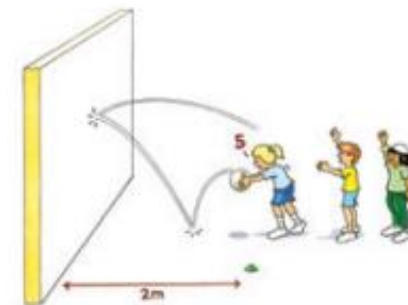
#### 🔄 Change It

Down: Use a soft ball; Decrease the complexity and/or the number of activities.

Up: Player starts again so that all activities are completed at the one time.

#### ❓ Question

What did you do to help you catch the ball safely?





# Netball Activities Session 3

For pairs  
Prep-Grade 4

For this session you'll need a netball.

If you don't have a netball get creative, use another type of ball



## WARM UP

Warm up games should be fun and get your heart pumping fast.

### Slap Tag

#### Objective

To practise running and changing direction skills to evade partner.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Pairs.

#### Description

One player stands on the transverse line with their back to their partner and their hand outstretched behind.

Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point.

Swap roles and repeat.

#### 🚫 Safety

Define the area appropriate for numbers.  
Reinforce the importance of looking out for other players also moving within the area.

#### 👨‍🏫 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

#### 🔄 Change It

Down: Start behind player so they do not have to sneak across.

Up: Both stand in the middle of the third and perform a rock, paper, scissors competition, then the loser is chased over the transverse line.

#### ❓ Question

What did you do to avoid being tagged?



## WARM UP

### Hand Slaps

#### Objective

To practise running and changing direction.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Pairs.

#### Description

One player stands with one hand raised. Their partner runs around them as many times as possible in 15 seconds, slapping hands each time.

Compare the number of hand slaps.

#### 🚫 Safety

Define the area appropriate for numbers.

#### 👨‍🏫 Coaching Tips

Running:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

#### 🔄 Change It

Down: No competition.

Up: First player to a specific number.



## BALANCING SKILLS

Balance and coordination are important skills in netball.

### Thumb War Leg Balance

#### Objective

To practise balance in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Pairs.

#### Description

Players stand on one leg and monkey grip the hand of their partner, with thumbs in the air.

Players tap thumbs onto hand on alternating sides three times then try to pin the other player's thumb down.

Variation: Right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.

#### 🕒 Safety

Define the area appropriate for numbers.

#### 🗨️ Coaching Tips

Eyes looking forward.

Bend at knees as required.

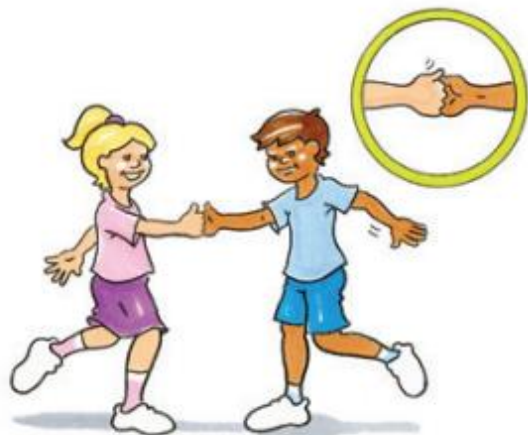
#### 🔄 Change It

Down: Players can touch other foot down as required to balance.

Up: Play both hands at once.

#### ❓ Question

Which position was easiest to balance?



## BALANCING SKILLS

### Hopping Fight

#### Objective

To develop balance technique in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

Lines.

#### Group Management

Pairs.

#### Description

Players facing each other across a line, holding each other's upper arms firmly.

On 'go', players try to hop their partners over the line.

Repeat using the other leg.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of holding on to their partner.

#### 🗨️ Coaching Tips

Eyes forward.

Bend at the knee, hips and ankles.

#### 🔄 Change It

Down: Hop forward and back over a line with no partner.

Up: Play Hoppo Bumpo (cross arms and hop and bump partner off balance).

#### ❓ Question

What did you do to keep your balance and not get pushed over the line?



## BALL SKILLS

Start with a chest pass. Make a 'W' with your hands, thumbs up, elbows down, step forward as you throw the ball.

### Partner Pass

#### Objectives

To practise throwing skills to stationary partner.  
To practise running and change of direction using an audible cue.

#### Equipment/Area

Netball court or suitable playing area.  
Size 4 netballs (or equivalent).  
Wall.

#### Group Management

Pairs.

#### Description

Players pass the ball to their partner.  
When the whistle is sounded the person without the ball runs to find a new partner.  
Repeat.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

#### 👀 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

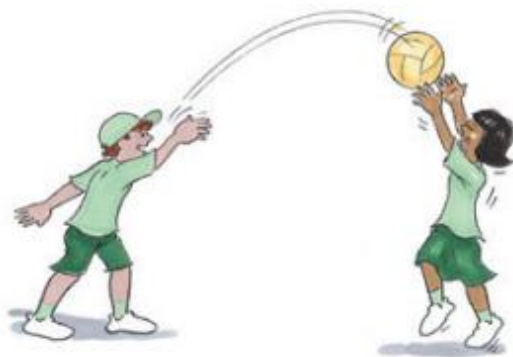
#### 🔄 Change It

Down: Release the ball higher/bounce it harder, etc., to give the player more time.

Up: Release the ball more quickly.

#### ❓ Questions

Did you always get to your new partner to receive the next pass?  
If not, why?



## BALL SKILLS

### Partner Pass and Balance

#### Objective

To practise balance techniques incorporating ball movement.

#### Equipment/Area

Netball court or suitable playing area.  
Size 4 netballs (or equivalent).

#### Group Management

Partners.

#### Description

Both partners balance on one leg with one ball between them.

They pass the ball using the following passes:

- Around the body
- Bounce the ball
- Chest pass.

#### 🕒 Safety

Define the area appropriate for numbers.

#### 👀 Coaching Tips

Bend knee as required.

Eyes forward.

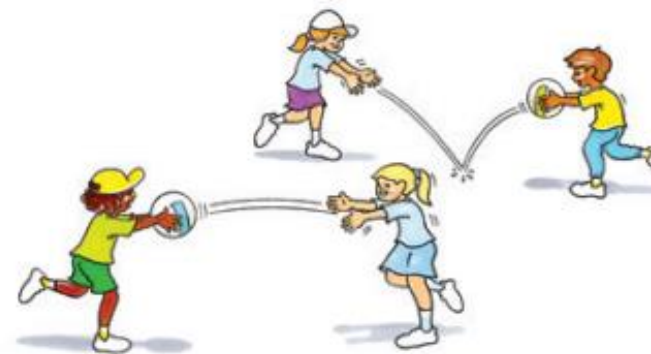
#### 🔄 Change It

Down: Stand close to partner so the ball can be passed from hand to hand.

Up: Throw the ball further away from the centre of the body.

#### ❓ Question

What activity made it hard to keep balanced?





## BALL SKILLS

### Shrink and Grow

#### Objective

To practise catching and throwing technique.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Pairs.

#### Description

In pairs, players pass back and forth to each other. If the ball is dropped, both players kneel on one knee. Subsequent dropped passes result in the players 'shrinking' to both knees/kneeling, and then finally sitting.

After two consecutive successful passes, players grow again to standing, then progress to step back options (as per L-o-n-g Throw in the Coaching Resources).

#### 🚫 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

#### 👉 Coaching Tips

Gain power and distance by stepping forward with opposite foot to throwing hand, rotating the hips and transferring weight from back to front foot.

Non-preferred hand: Encourage players to also practise throwing activities with their non-preferred hand whenever possible.

Distance: Practise throwing for distance (sideline to sideline using a bean bag or knotted bib) as well as shorter distance throwing for accuracy.

#### 🔄 Change It

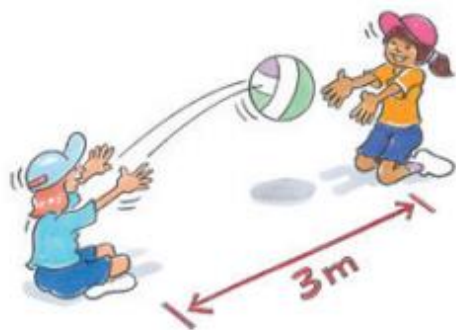
Down: Use bean bags, tennis balls, knotted bibs.

Up: Use different types of passes; Add a defender.

#### ❓ Questions

What different passes did you use?

How were you able to throw further?



## BALL SKILLS

### Forwards and Backwards

#### Objectives

To develop accuracy of pass after catching on the move.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Pairs.

#### Description

Player stands facing their partner at the end of the court. One player runs backward and the other runs forward while chest passing.

Players should aim to maintain the same 2–3 metre distance along the length of the court.

#### 🚫 Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

#### 👉 Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

#### 🔄 Change It

Down: Use a soft ball.

Up: Ball passed as surprise to player running forward.



# Netball Activities Session 4

For pairs  
Prep-Grade 4

For this session you'll need a netball, a wall and cones.

If you don't have cones get creative,  
instead of cones use drink bottles



## WARM UP

A warm up gets your muscles ready for exercise and helps reduce the risk of injury.

### Knee Tag

#### Objective

To develop the ability to change direction and dodge.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Pairs.

#### Description

In pairs, partners face each other.

Partners try to tag each other's knees while avoiding being tagged.

Players cannot turn and run away from their partner.

#### 🕒 Safety

Define the area appropriate for numbers.

#### 🗨️ Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

#### ⚙️ Change It

Down: No competition.

Up: First player to a specific number.

#### 🧘 Stretch!

Select an appropriate activity from the Stretch Coaching resource.



## WARM UP

### Toe Tag

#### Objective

To practise change of direction.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Pairs.

#### Description

In pairs, partners face each other with hands behind their back.

Partners try to step on each other's toes while avoiding the other players standing on theirs.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 🗨️ Coaching Tip

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

#### ⚙️ Change It

Down: Allow players to have arms out for balance.

Up: Introduce a competition between pairs.

#### ❓ Question

What did you do to avoid being tagged?

## BALL SKILLS

Using a one handed shoulder pass will allow you to throw further.

### Long Throw

#### Objective

To develop shoulder pass technique for passing distance.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Markers.

#### Group Management

Pairs.

#### Description

A shoulder pass is thrown between two people.

If the ball is caught, both step back.

If the ball is dropped, both step forward (unless closer than three metres).

Work for a set time or a number of passes.

#### 🛑 Safety

Define the area appropriate for numbers.

#### 👨‍🏫 Coaching Tip

Opposite foot to the throwing arm forward.

Arms extended with elbow slightly bent.

Fingers spread wide behind the ball.

Transfer weight forward as throwing arm comes through.

#### 🔄 Change It

Down: Use a soft ball.

Up: Introduce a competition between pairs where the winning pair is furthest apart at the completion of a set time or have completed the most number of passes; Use a chest pass.

#### ❓ Question

What did you do to make the shoulder pass go over a greater distance?

## BALL SKILLS

### Partner Pass – Version 2

#### Objective

To practise reaction time and catching in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

#### Group Management

Pairs.

#### Description

Catch the ball released by a partner in the following way:

Dropped.

Thrown in the air.

Rebounded off the wall.

Bounced on the wall then floor.

Bounded on the wall then floor.

Surprises.



#### 🛑 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 👨‍🏫 Coaching Tips

Initial stance:

- Feet shoulder-width apart
- Shoulders back and down
- Knees slightly flexed
- Knees over toes
- Head up with eyes looking in direction of play
- Arms relaxed by side of body
- Centre of gravity is low and over base of support.

Take off:

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right, take off with the right foot and vice versa.

Catch:

- Eyes on the ball
- Hands towards the ball.
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

#### 🔄 Change It

Down: Release the ball higher/bounce it harder, etc. to give the player more time.

Up: Release the ball more quickly.

#### ❓ Question

Which activity was the easiest?

Which activity was the hardest?

## MOVEMENT SKILLS

### Pairs Chasey

#### Objective

To practise running in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Pairs.

#### Description

Players stand in pairs with arms linked.

One pair is separated, with one player chasing their partner.

The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased.

If the player being chased is tagged, the roles are reversed.



#### 🕒 Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

#### 🗨️ Coaching Tips

Running:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

#### ⚖️ Change It

Down: Reduce the number of pairs;  
Decrease the size of the area.

Up: Increase the size of the area.

#### 🧘 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

## MOVEMENT SKILLS

A change of direction will allow you to lose your opponent.

### Marker Dodge

#### Objective

To practise take off and change of direction technique in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

Markers of different colours.

#### Group Management

Groups of three.

#### Description

Place 4-6 markers of each colour in one third of the court.

Divide players into groups of three and allocate them a colour.

The first player from each group moves into the area and changes direction each time they reach a marker of their colour.

On a call from the coach or after a set number of dodges, the player goes back to their team and the next player repeats the activity.

#### 🕒 Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

#### 🗨️ Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

#### ⚖️ Change It

Down: Reduce the number of working groups in an area.

Up: Introduce a competition between teams; After-the last marker/each marker the player leads for the ball from their team.

#### ❓ Question

What did you do to change direction quickly?



## BALL SKILLS

### Run, Jump and Catch

#### Objectives

To develop accuracy catching.  
To practise landing when on the move.

#### Equipment/Area

Netball court or suitable playing area.  
Size 4 netballs (or equivalent).

#### Group Management

Groups of 4-5.

#### Description

One player stands holding a ball, facing a line of four players.

The front person leads forward, receives a pass and lands on two feet, then throws a shoulder pass back and returns to the end of the line.

Rotate the thrower.

#### 🛑 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 👉 Coaching Tips

Land on outside foot.

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

#### 🔄 Change It

Down: Use a soft ball; Players jump and land in a circle/hoop then receive a pass.

Up: Pivot after they catch the ball, passing to the next person in the line, who returns the ball to the front person.

#### ❓ Question

What things did you look for to know when to pass?



## SHOOTING SKILLS

We encourage you to practice a one handed shot.

### Shooting Action

#### Objective

To develop goal-shooting technique in a dynamic activity.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

#### Group Management

Individuals.

#### Description

Player throws ball in the air, jumps to catch, lands and pivots to the wall and goes through the shooting action.

#### 🛑 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 👉 Coaching Tips

Emphasise landing technique and correct pivot action.

Encourage players to have their feet, hips and elbows pointing towards the goalpost.

Players should avoid shooting with 'chicken wings' (elbows sticking out to the side) as this develops poor technique for shooting.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

#### 🔄 Change It

Down: Use a soft ball.

Up: Introduce a passer.

#### ❓ Questions

What are the important things to remember when practising goal shooting?



# Netball Activities Session 5

## For pairs Grade 3-Grade 4

For this session you'll need a tennis ball, netball and cones.

If you don't have cones get creative, instead of a cones use chalk.



## BALL SKILLS

Using different size balls will improve coordination.

### Tennis Ball Work

#### Objective

To continue to develop hand-eye coordination.

#### Equipment/Area

One tennis ball per player.

A full netball court or suitable training space.

#### Group Management

Individual practice.

#### Description

Bounce/dribble the ball continuously with the right hand only.

Bounce/dribble the ball continuously with the left hand only.

Bounce the ball using alternate hands.

Hop on the spot with right leg and bounce and catch the ball with right hand.

Hop on the spot with right leg and bounce and catch the ball with left hand.

Hop on the spot left leg and bounce and catch the ball with the left hand.

Hop on the spot left leg and bounce and catch the ball with the right hand.

#### ① Safety

Define the area appropriate to the numbers.

#### 🗨️ Coaching Tips

Keep eyes on the ball.

Use quick light ground touches with the ball of the foot when hopping.

#### ⊕ Change It

Down: Allow players to catch the ball between bounces.

Up: Encourage the players to continuously work the ball up and down.

#### ❓ Question

Which was the easiest bouncing and hopping on the same foot or opposite hand and foot?

## BALANCING SKILLS

### Jump Turns

#### Objective

To practice using elevation skills.

#### Equipment/Area

A full netball court or suitable training space.

#### Group Management

Pair or individual work.

#### Description

A player stands with feet shoulder width apart

- Jump to turn to the side (1/4 turn) and back Practice to the right side and the left side
- Jump to face the opposite direction (1/2 turn) and back
- Complete a full turn jump and back

Extension – add a sprint forward after the land.



#### ① Safety

Define the area appropriate to the numbers.

#### 🗨️ Coaching Tips

Ensure the players start with feet shoulder width apart.

Use arms to gain height on the jump.

Land with feet shoulder width apart.

Keep the head over the feet and body.

#### ⊕ Change It

Down: Allow the players to practice individually at their own pace

Up: Call out jumps so the players can react and jump 1/4 R, 1/4 L, 1/2 R, 1/2 L, full R or full L

#### ❓ Questions

What did you do to make sure you landed in a balanced position?



## BALL SKILLS

### Hear the Catch

#### Objective

To practise reaction time and ability to catch the ball under pressure.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Pairs.

#### Description

One partner stands with back towards player with ball.

The player drops the ball. When the partner hears the ball bounce they turn and catch it before it bounces a second time.

#### 🕒 Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 🗨️ Coaching Tips

Feet shoulder-width apart

Shoulders back and down

Knees slightly flexed

Knees over toes

Head up with eyes looking in direction of play

Arms relaxed by side of body

Centre of gravity is low and over base of support

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

#### 🔄 Change It

Down: Call partner as ball is dropped so they turn earlier.

Up: Release the ball lower to the ground; Move further away.

#### ❓ Question

What did you do to turn around quicker?

## BALL SKILLS

### Toss and Bob Down

#### Objective

To develop ball handling skills.

#### Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

#### Group Management

One netball for each player (or work in pairs and take turns).

#### Description

A player tosses the ball into the air and bobs down to touch the ground before standing back up to catch the ball.

Challenge the players to see how high they can toss the ball before catching it again.

Encourage player to be upright before catching the ball.

Extension: Add a turn-around before catching the ball.

#### 🕒 Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and wayward balls.

#### 🗨️ Coaching Tips

Each player should challenge themselves to see how high they can throw the ball up with control.

#### 🔄 Change It

Down: Use beanbags

Up: Change to tennis ball (these are smaller and require increased control)

#### ❓ Questions

Were you able to work out how high you needed to toss the ball so that you could get down and back up in time to be upright to catch the ball?

## MOVEMENT SKILLS

Train to make sure your movements are strong.

### Cone Wave

#### Objective

To practice moving around an object using quick footwork.

#### Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Cones .

#### Group Management

Set up pairs with two cones and one ball.

Cones should be approximately 1 metre apart.

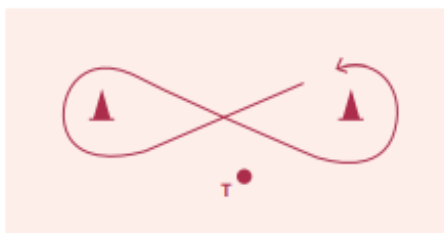
#### Description

The working player positions in the middle of two cones.

Work a figure 8 around the cones (no passing initially).

Challenge the players to think about which direction it is best to move around the cones to ensure you are provide a lead to the ball.

Add a ball thrown in on the lead forward



Thrower T Ball ●

#### ① Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

#### Ⓜ Coaching Tips

Use quick light footwork to step around the cones.

Keep head and eyes up looking at the ball.

#### 🔄 Change It

Down: Continue movement around the cones without the ball thrown in.

Up: Encourage players to time the lead and the pass to be executed in the space as the player in leading forward through the middle space.

#### ❓ Questions

In which direction would it be best to move to receive the ball?

## BALANCING SKILLS

### Cone Jumps

#### Objective

To develop take-off and landing skills.

#### Equipment/Area

One third of a netball court.

Cones or markers.

#### Group Management

Small groups of approximately 4 players.

#### Description

Players line up in small groups in front of a row of six cones.

The first player jumps over the cones using a two foot take off

and land, at the end walk back to the end of the line.

Each player jumps over the cones x 5.

Start facing side on to the cones jumping over the cones with a sideways jump.

Work both the right and left side.

#### ① Safety

Define the area appropriate for the number of players.

Have cones sized appropriate for the size of the players.

#### Ⓜ Coaching Tips

Reinforce the importance of light landing technique with hips, knees and ankle flexion.

Keep the head over the feet with the body upright.

#### 🔄 Change It

Down: Reduce the number of cones.

Up: Add a sprint forward of 5 metres at the end of the cones

#### ❓ Question

When might you need to take off and jump up in a game of netball?

#### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



Player P

## BALL SKILLS

### Catch the Bounce

#### Objective

To practise catching technique using bounce pass.

#### Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

#### Group Management

Pairs.

#### Description

Players stand approximately two metres apart.

One player throws the ball so it bounces once before their partner, who then catches the ball.

#### ① Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

#### 👉 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Full ball towards the body.

#### 🔄 Change It

Down: Use a softer ball.

Up: Move further apart, bounce the ball more than once.

#### ❓ Questions

What did you have to do differently to catch the bounce pass?



## BALL SKILLS

Try this with a partner, netball is a great team sport.

### Partner Throws

#### Objective

To practice safe hands and accurate passing.

#### Equipment/Area

Size 4 netball (or equivalent).

#### Group Management

Netball court or suitable training area.

#### Description

Work in pairs with one player working at a time.

P1 starts with the ball P2 is the worker.

P1 takes a catch to the right and then the left – catching two handed and throwing with one. Work 8-10 passes.

Repeat P1 as the worker.

P1 makes a right, angled lead to take a pass then returns to starting point and leads to the left. Work 8-10 passes.

Repeat P1 as the worker.

P2 stands on the spot and P1 passes the ball just above the head of P2. P2 jumps to catch the ball. Work 8-10 passes.

Repeat with P1 as the worker.



Player P Ball ●

# MORE LINKS

Netball Australia <https://www.youtube.com/user/NetballAustralia/videos>

Melbourne Vixens <https://www.youtube.com/user/netballvictoria/videos>

NetSetGO <https://play.netball.com.au/kids/suncorp-netsetgo>