

LESSON PLAN: Netball – Week 1
LESSON OBJECTIVES: Develop passing and shooting skills

WARM UP (15 MINS)

Pulse raiser - Gentle jog, high knees, side steps etc
Dynamic Stretches - Lunges, Squats, Hamstring (feed the chickens)

TASK ONE (15 MINS) Chest Pass

Stand 2 metres away from the wall. Chest pass the ball towards the wall and catch it on the return
 How many can you achieve in one minute?

Hold the ball with both hands at chest height.

Spread your fingers in a 'W' shape round the ball and thumbs towards the back, with elbows bent and tucked in.

Step forward for power - and Push the ball forward by straightening the elbows, fingers and thumbs, giving a final push and follow-through with arms towards target.

TASK TWO (20 MINS) (ensure that there is a water break beforehand) Shooting –

Score as many goals as you can in one minute.

Players stand with feet shoulder-width apart and in line (one foot should not to be in front of the other) and body facing the goal post. - FEET EITHER SIDE OF A CONE/SPOT

Shooting: BEEF

B For balance: Balance comes from strong feet that are approximately shoulder width apart and point toward your goal.

E For Eyes: Some beginners imagine that something is floating just above the ring and aim for that, thus, allowing the ball to fall through the net.

E For Elbow: With elbows facing the ring, make sure the arms are extending close to the ear. Elbows should maintain this same position when the arms bend backward before releasing the ball

F For Follow Through: A follow through is created by the flick of the wrist from the shooting hand.

COOLDOWN (10 MINS)

Traffic lights - Red cone - Stop, Orange - walk, Green - Jog

EQUIPMENT/RESOURCES

- Netballs
- Wall
- Stopwatch
- Netball Post
- Cones/spots

For more competition related lesson plans please visit <http://valeroyalschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyalschoolsport.org/activity-challenges>

KEYWORDS/PHRASES

- Balance
- Power
- Pulse raiser
- Dynamic Stretches

Adaption/Challenge/Homework

Harder	Easier
Pupil led warm up	Closer to Post
Further away from post	Lower the post - (high 5 =9 ft))
Different angle	
3m Away from wall	

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LESSON PLAN:

Netball – Week 2

LESSON OBJECTIVES:

Develop passing accuracy and passing range

WARM UP (15 MINS)

Pulse raiser - Relays - hop, jump, skip, lunge etc

Dynamic Stretches - Lunges, Squats, Hamstring (feed the chickens)

TASK ONE (15 MINS) Bounce Pass

Bounce the ball towards the wall and catch on return.

See how many you can do in one minute.

Stand 1 metre away from the wall.

Step forward on opposite leg and lunge down.

Push the ball forward and downwards, so it bounces before it hits the wall. The ball should be released by the thrower below hip height.

Catch the ball on return.

TASK TWO (20 MINS) (ensure that there is a water break beforehand)

Wall Bounces - shoulder pass

Draw a target on the wall with chalk / or use tape at about shoulder height.

Stand 2M from the wall. and attempts to throw the ball at the target before catching it on return. See how many times you can successfully throw the ball at the target in one minute.

Concentrate on the correct throwing action: Have a solid base of support, with feet shoulder-width apart and weight on the back leg. Stand side-on to the direction on you are throwing.

Make sure you have the **opposite foot to your throwing arm forward** with fingers wide and the ball held on one hand.

Bring the ball behind the body at shoulder height and generate momentum through the shoulders, elbow, wrist and fingers as the arm extends towards the wall. Transfer body weight from back foot to front foot, with extra momentum generated from the rotation of hips and torso. Maintain contact between hand and ball for as long as possible. Follow through after each pass with fingers pointing in the direction of the pass. Keep eyes focused on where you want to pass the ball.

COOLDOWN (10 MINS) ICE- CREAM

Line players up at the base line, and have them run until a whistle is blown. At the whistle, have them do a low jump (as if over a puddle) and land on one foot while yelling “ice”. As they start to place their back foot down on the ground, have them yell “cream”.

EQUIPMENT/RESOURCES

- Netballs
- Wall
- Chalk/tape
- Stopwatch

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KEYWORDS/PHRASES

- Pulse Raiser
- Dynamic Stretches
- Bounce pass
- Shoulder pass
- Lunge

Adaption/Challenge/Homework

Harder	Easier
Pupil led warm up	Closer to wall
Further away from wall	
Use weaker hand	



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