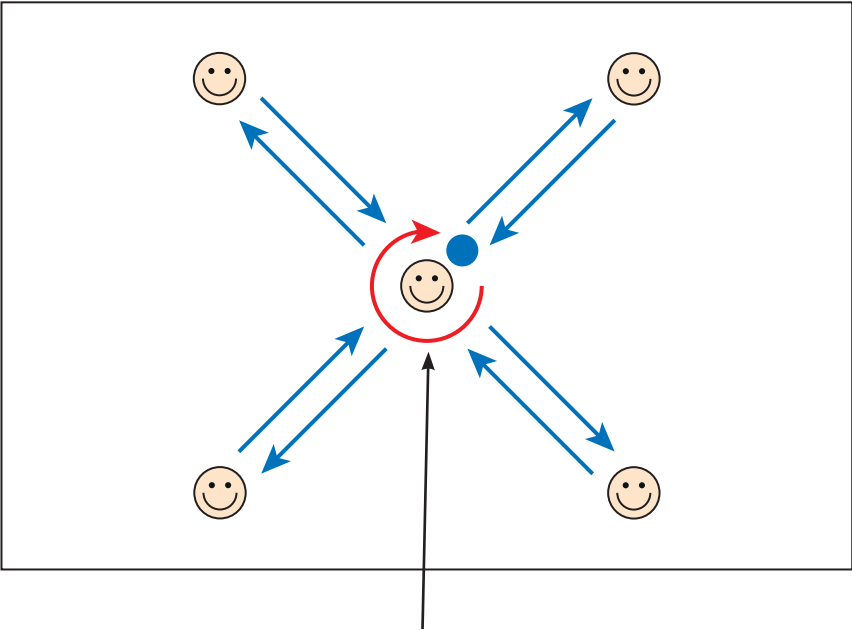


RESOURCE CARD: NETBALL: YEAR 6

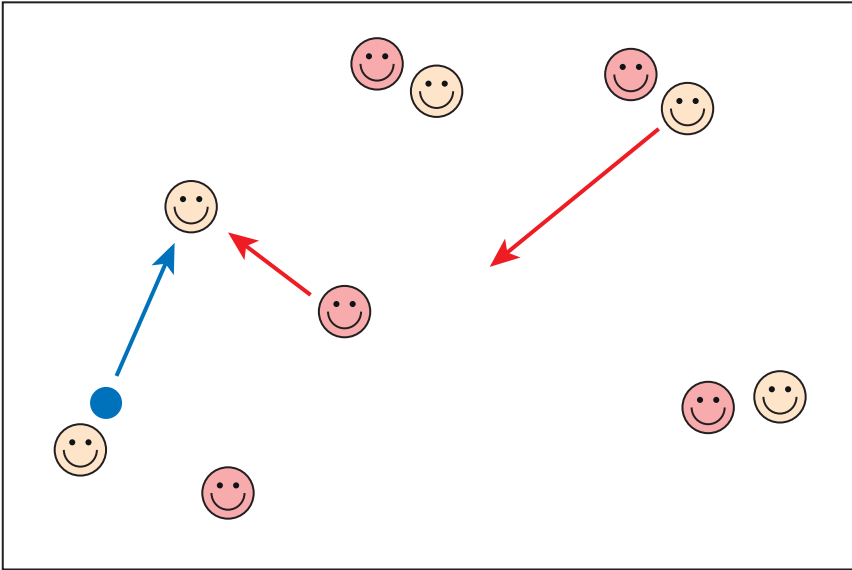
RELATES TO: WEEK 1

MAIN LESSON: FOOTWORK



Start here and work round the group, the person in the middle jumps and turns to face the next person as they receive the ball.

GAME / COMPETITION: 5 V 5



Each team try to make 5 consecutive passes without the other team intercepting the ball.

KEY



Where the player moves to

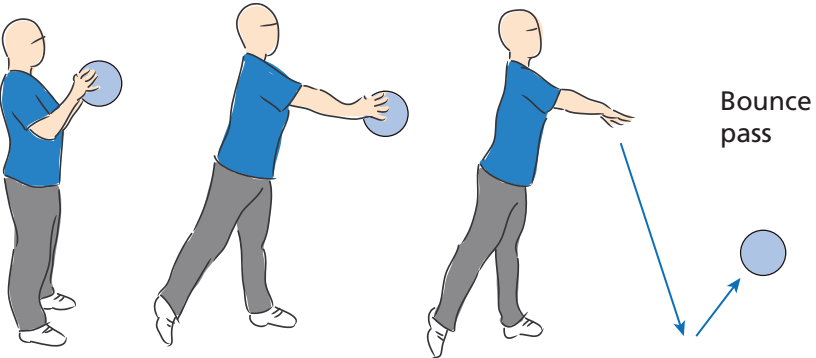
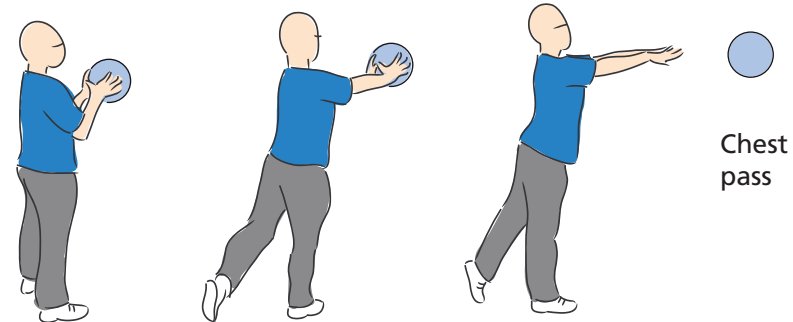
Where the ball moves to



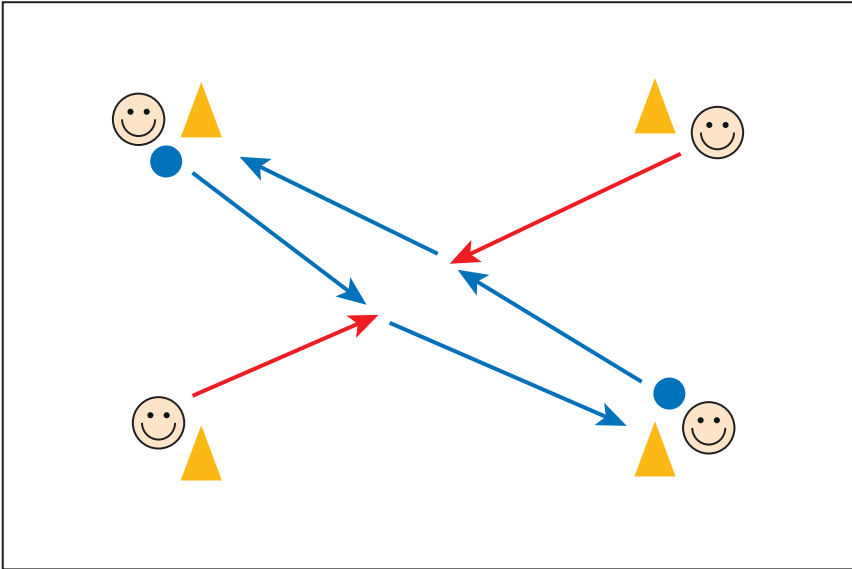
RESOURCE CARD: NETBALL: YEAR 6

RELATES TO: WEEK 2

MAIN LESSON: SHORT PASSING



MAIN LESSON: SHORT DISTANCE PASSING



The 2 players with the ball bounce or chest pass it into the middle as the 2 receivers run in to catch them. They receive it and turn to throw it to the other thrower on the other side of the square.

KEY



Player



Cone



Ball



Where the player moves to



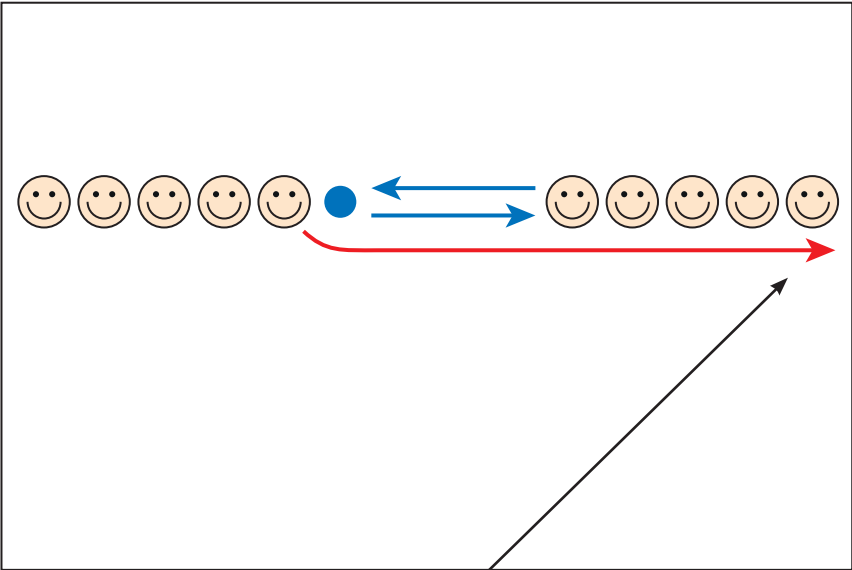
Where the ball moves to



RESOURCE CARD: NETBALL: YEAR 6

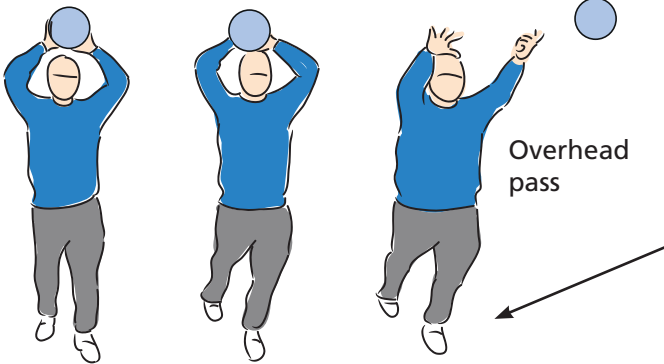
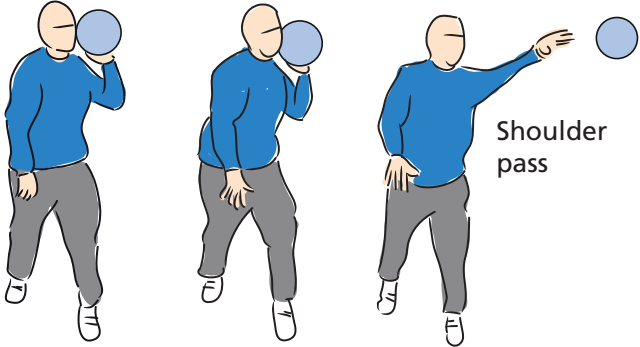
RELATES TO: WEEK 3

WARM UP: PASS AND FOLLOW



Once the ball is passed they need to run and join the back of the opposite line.

MAIN LESSON: SHOULDER AND OVERHEAD PASS



Transfer weight from the back to the front foot to generate more power.

KEY



Player



Ball



Where the player moves to

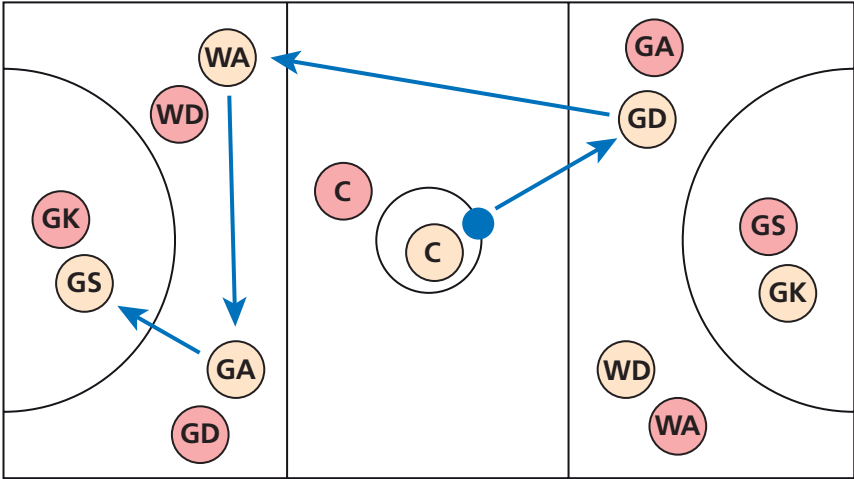
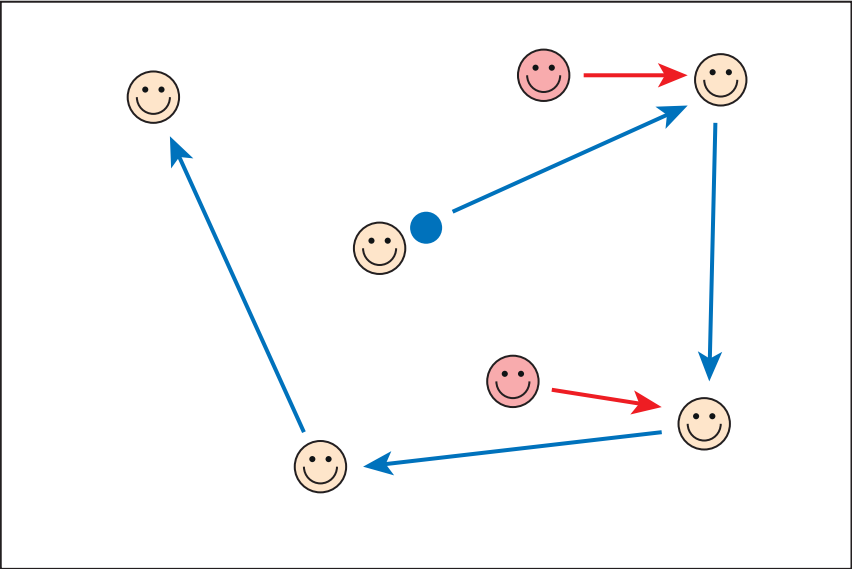


Where the ball moves to

RESOURCE CARD: NETBALL: YEAR 6

RELATES TO: WEEK 4

MAIN LESSON: PASSING SEQUENCES



KEY



Player



Defender



Ball



Where the player moves to

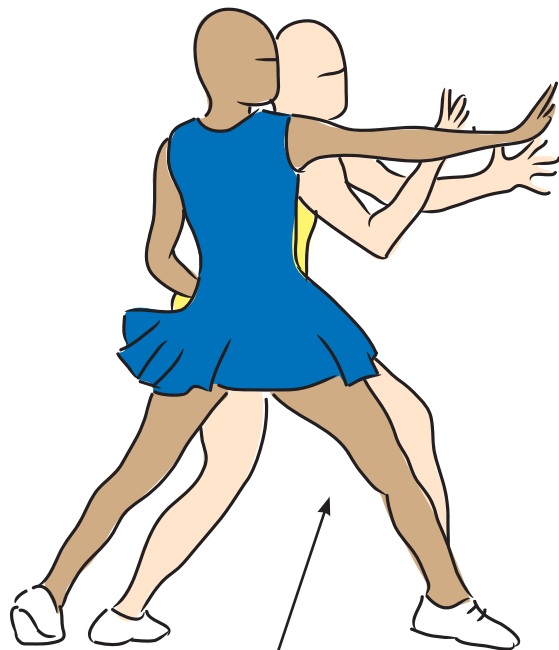


Where the ball moves to

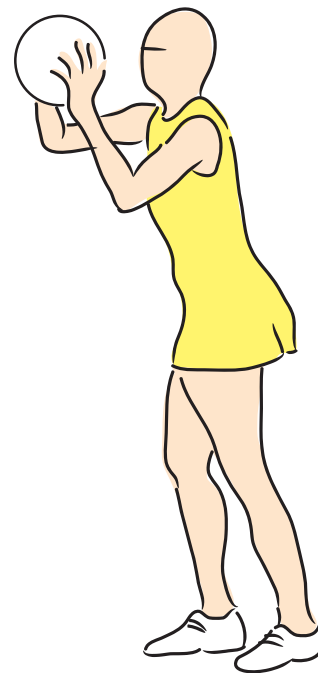
RESOURCE CARD: **NETBALL:** YEAR 4

RELATES TO: **WEEK 5**

MAIN LESSON: DEFENDING



The defending player tries to stay tight to the attacker they are shadowing. Try to turn the body so you can see the ball and the attacker.



Make sure all defenders are not just looking at the person with the ball. If they do this they won't know where the attacking player has gone, or who they are meant to be shadowing!

RESOURCE CARD: NETBALL: YEAR 6

RELATES TO: WEEK 6

MAIN LESSON: SHOOTING AND DEFENDING

