

## Session One Year 3

### Session Aims:

- Be able to demonstrate the principles of throwing and catching
- Understand the importance of balance while throwing and catching
- Begin the idea of attack – progressing the ball down the court

### 3 key messages to take home

1. Balance is important – they can practice this anywhere at any time!
2. Throwing – one foot forward, fingers end up pointing to target (chest)
3. Catching – Fingers up and bend elbows

Aim	Content	Comments for you, as coach to give
<b>Warm Up (5 mins)</b> Set up – put enough balls for one between 2 at end of the court, cones and bands nearby		
1. To run around, dynamically and with low intensity; to think about balance.  2. Pair up and introduce each other  3. Throw and catch and run	1. Players to run on the lines of the court anywhere. On whistle, stop, making sure they are balanced. You can then ask them to hop, skip, jump around (whatever comes to your mind!)  2. ‘Number off’ players 1,2,1,2, etc. Ask all number 1’s to jog to one area and all 2’s to jog to another area. When you say ‘go’, each number 1 must find a number 2 and stand beside them. Introduce themselves to each other. Ask one of each pair to put their hand up, and that person is to run over, grab a netball and run back to their partner as fast as they can.  3. They are to catch and throw to each other while running slowly around the court. On ‘stop’ they are to stop and hold the ball still, remembering their balance.	1. Ask players how to be more balanced – what can they do to be balanced? (spread legs apart, land knees bent...)  2. Make sure you have equal numbers. If not, make a group of 3 for one group.  3. While they are doing this, note what the skill level is – there will probably be 3 ‘groups’ – one will be good, one medium and one group not too good! Remind them about the balance...
<b>Next</b> NOTE: during the next section, you should be carefully watching and recording what stage the group is at with their throwing and catching. Are there certain kids who are much more skilled than others? Are there some who really need more help?		
1. Weight transfer during throwing	In pairs, throw and catch to each other, but this time, coach is to ask them to stand with feet together and do 5 throws. Stop, then, ask them to put one foot in front of the other and do the same. Stop, then ask which one made the ball go further.	They don’t need to stand in lines for this – just anywhere on court about 2 m apart Hopefully (!) they realise that one foot in front is more effective.

<p>2. Pair activities</p> <p>Rules</p>	<p>Do same activity, but now they should look at their partners fingers when they let go of the ball. Ask where they were pointed. Stop, ask them to try throwing where fingers end up facing up to sky – where does the ball go?</p> <p>In same pairs, vary throws to each other (lob, bounce, sideways etc) and player must move to catch ball. Swap over every 10 attempts.</p> <p>Continue, this time with one player facing backwards and when partner says ‘go’, turn around and catch ball from them. Swap over every 10 attempts.</p> <p>Introduce 3 feet rule while in pairs (before the game). Just get them to demonstrate to you...say it while they do it : ‘3 feet away’</p>	<p>Match existing pairs</p> <p>All they need to remember is 3 feet from the person with the ball.</p>
<p>Minor game - Put throw into action</p> <p>Rules:</p>	<p><b>2 on 2:</b> Use 1/3 of the court; 2 pairs of 2 players, 1 pair with a colour band on . Play keepings off, focusing on throws and catches.</p> <p><b>4 on 4:</b></p> <ul style="list-style-type: none"> <li>• Use 1/2 the court <u>down the middle</u>, so they are working <u>down</u> the court, not across. Put a hoop out at either end and 1 player from each team must stand in the hoop (as a goalie!).</li> <li>• Start game from the centre (introduce a toss up)</li> <li>• The other 6 players play 3 on 3 and a goal is scored if they throw they pass the ball to their ‘goalie in the hoop’.</li> <li>• If a goal scored, swap the goalie and start again from the centre.</li> </ul> <p>1. 3 feet away from person with the ball. (just remind them – stop, but no penalty) 2. Be very lenient on stepping. Just say that they cannot run with the ball if they are holding it.</p>	<p>Make sure you swap them over continually in case one pair is always dominating. Also, no winners or losers....</p> <p>Draw their attention to moving the ball down to goaling end, like in a game</p> <p>DO NOT SCORE</p> <p>At end, ask players what was the hardest bit about getting the ball to their ‘goalie’. If they say the others always got the ball, ask them what they could do about that.... (bounce pass, move...)</p>
<p><b>Revision:</b> Bring in and have a brief chat about the 3 key points (above) to remember and their homework....</p> <ol style="list-style-type: none"> <li>1. Balance is important – they can practice this anywhere at any time!</li> <li>2. Throwing – one foot forward, fingers end up pointing to target (chest)</li> <li>3. Catching – Fingers up and bend elbows</li> </ol> <p><b>Homework for players</b></p> <ul style="list-style-type: none"> <li>• To get an exercise book and decorate for netball</li> <li>• To fill in the netball court positions on page provided and put in exercise book</li> <li>• To throw and catch any type of ball (even scrunched up newspaper!) either to a friend, parent or brother/sister or a wall as often as you can</li> </ul>		