

## Session Two Year 3

### Session Aims:

- Reminder of principles of throwing and catching
- Introduce footwork (pivoting)
- Introduce the dodge
- Begin the idea of attack – progressing the ball down the court

### 3 key messages to take home

1. Pivoting is like 'squash the spider'
2. Dodging – need balance and keep upright
3. Aim of netball is to move ball down the court towards the goal

Aim	Content	Comments for you, as coach to give
<p><b>Warm Up (5 mins)</b>            Set up – put enough balls for one between 2 at end of the court, cones and bands nearby. You will need hoops for this session, or you can use coloured chalk            Get players moving as soon as they turn up – don't make them wait for everyone...</p>		
<p>To run around, dynamically and with low intensity; to think about balance.</p>	<ol style="list-style-type: none"> <li>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!)</li> <li>2. Each player can 'lead' an activity – let them choose one thing to do, it might be skipping and everyone follows, it might be hopping, crab walks, it might be running backwards, any movement they like without equipment.</li> </ol>	<p>Reinforce balance</p> <p>If a player does not want to lead activity, do not force them at all</p>
<p><b>Next:</b> Discuss pivoting and main points, using a player to demonstrate (and use their name)</p>		
<ol style="list-style-type: none"> <li>1. Same pairs as above. Each pair needs 2 hoops and a ball (place ball on ground beside them for the first activity)</li> <li>2. Groups of 4 or 5 required</li> </ol>	<ol style="list-style-type: none"> <li>1. Place hoops in a line on ground, the length of 1/3 of the court. Players to run up to hoop, land and pivot on 1 foot around hoop, then run to the next hoop and do the same.</li> <li>2. Introduce the ball. One person is the thrower and the other person to run and catch the ball in the hoop, pivot and throw back.</li> <li>3. Remove the hoops and repeat, highlighting movement DOWN the court. Run, stop, pivot and run back to the starting line</li> </ol> <ul style="list-style-type: none"> <li>• Each group to have a ball.</li> <li>• Extend the activity size to 2/3 of a court length and evenly space players.</li> </ul>	<p>Relate this to the rules of stepping.</p> <p>Make sure players are always moving down the length of the court, not across (want it to be game like).</p> <p>You can ask throwers to vary the type of throw (high, low etc)</p> <p>Highlight to players that this is what happens in a game – moving the ball down the court towards their goal.</p>

	<ul style="list-style-type: none"> <li>• Player with the ball at back line begins, throws ball down to next player who pivots and passes to the next etc....</li> </ul>	
<p><b>Next:</b> Discuss dodging. Provide key points and demonstrate.</p>		
<p>Replace cones with people!</p>	<p>In same groups as before give them each a set of 4 cones and spread down the court to practice dodging</p> <p>Each player runs up to cone, dodges, then runs to next cone, dodges etc. then jog back to the start. Once they have completed their turn, everyone moves down and the next person becomes the dodger.</p> <ul style="list-style-type: none"> <li>• 2 groups, one group must have bibs/coloured bands on. One team are dodgers, one team are defenders.</li> <li>• Players line up in pairs (dodger &amp; defender) using ½ court lengthways (goal to goal).</li> <li>• Player with the ball at back line begins, throws ball down to next player Players must dodge first past a person before catching ball.</li> </ul>	<p>Ask players why they may need to dodge during a game – when would it be useful???</p> <p>Teaching points : balance, keep low, push off one foot</p> <p>Remind them that it is one on one (one defender and one dodger)</p> <p>Swap around groups regularly</p>
<p><b>Minor Game</b></p>	<ul style="list-style-type: none"> <li>• Focusing on their dodging and pivoting skills, they can play a ‘game’ (4/5 on 4/5) – half court netball.</li> <li>• Same as last week, with goalie in a hoop to catch for a goal.</li> <li>• This time, centre pass is introduced, to the 2 behind the third line (e.g. GA and WA) one of them catches the ball and must try and pass to the goalie.</li> <li>• Swap turns for centre pass.</li> </ul>	<p>Ask them how they are using their dodging skills to get away from their defender.... Give feedback on how each player is going with their skills</p>
<p><b>Revision:</b> Bring in and have a brief chat about 3 key points to remember about dodging and pivoting and how they can practise at home.</p> <ol style="list-style-type: none"> <li>1. Pivoting is like ‘squash the spider’</li> <li>2. Dodging – need balance and keep upright</li> <li>3. Aim of netball is to move ball down the court towards the goal</li> </ol> <p><b>Homework for players</b></p> <ul style="list-style-type: none"> <li>• To throw and catch any type of ball either to a friend, parent or brother/sister or a wall as often as you can, including a pivot</li> </ul>		