

## Session Three Year 3

### Session Aims:

- The attack – progressing the ball down the court
- Goal shooting

### 3 key messages to take home

1. Aim of netball is to move ball down the court towards the goal
2. Goal shooting – remember ball in 1 hand, bend elbow to ear, bend knees slightly, aim above the post & flick the ball
3. Positional play- know where each position is allowed to go

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.            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>	<p>1. Each coach has a ball and players run around court/s looking up, ready to catch the ball if thrown to them. If they catch a ball, they must stop and throw back to one of the coaches who does not have a ball.</p> <p>2. Play a game of 'clumps'. Yell out any number and they have to get into a group of that number. No one goes 'out', just start game again.</p> <p>End the activity with finding a group of 4/5, to make it easy for next activity.</p>	<p>Reinforce balance and eyes up</p> <p>Keep it moving!!</p>
<p><b>Next</b></p>		
<p>Moving ball down court</p> <p><i>Progress this (if you think that they will be ready):</i></p>	<p>In groups of 4/5, repeat the line drill from last week:</p> <p>Each group of 4/5 to have a ball. Extend the activity size to 2/3 of a court length and evenly space players. Player with the ball at back line begins, throws ball down to next player who pivots and passes to the next etc....</p> <p>If they are doing this well, progress to having a competition to get ball down and back x 4. Rotate everyone's positions.</p> <p>Progress to on court:</p> <ul style="list-style-type: none"> <li>• Give out positional bibs (do not let them choose!)</li> <li>• Using one team, place them down middle of the court in a line (try and place them as they would be in a game). Repeat the drill above, pointing out to them that this is the aim – to move the ball down the court to their goal.</li> </ul> <p><i>Put 2 defenders in that can move wherever they want.</i></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> <p>NOTE: stress strong, diagonal leads into a space            Ask players why is a diagonal lead the best to do?</p>

<p>Game play</p>	<p>1. While they have their bibs on, set them up on court as if ready for a game and go through positional roles.</p> <p>2. Ask them to think about the previous drill and use the same principles now – from a centre pass, show a lead forward from WA and GA, then a pivot and throw to a lead from GS out front of the circle. C to run down to the top of the ring)</p> <p>NOTE: while this is happening, the other coach can be talking to the defenders about their roles....</p> <p>Then swap the positions around...</p>	<p>You can have 2 teams on court if enough players OR use half court. Just make sure everyone is involved.</p> <p>Ask them to show where they should lead into (what space). Get them to see that they don't want to both run into same space and crowd it all...</p>
<p>Goaling</p>	<p>1. Every player with a ball, just give them time to shoot goals freely.</p> <p>2. Bring them in and ask them what they think are the important things to remember when goaling. (feet should be parallel, use your legs for the power, ball held in fingers of one hand, the other is used for balance, shooting arm straight, flick wrist (back spin)</p> <p>3. Ask them to lie on their back on the ground with their ball in hands. Practice the flick of the wrist when releasing the ball up. Ball should go slightly forwards, able to be caught easily.</p> <p>4. Stand them up and do same thing upright. It might be chaos, but the important thing is to see if they can eventually get the ball to go slightly forwards but come back to them.</p> <p>5. Move to goals and practice – let them just practice. Coaches can walk around and encourage and give feedback.</p>	<p>Just walk around and show interest, no coaching, just encouragement</p> <p>Remind them that great netball players can play many positions and never just stick to one position. You should not see yourself 'as a goaler' etc.</p>
<p>GAME:</p>	<p>2 teams, set up for game.</p> <p>Rules to let them know:</p> <ul style="list-style-type: none"> <li>• alternate centre passes after any goal is scored,</li> <li>• score one point for a goal,</li> <li>• ball must be touched in each third,</li> <li>• some 'shuffling' allowed (but not stepping),</li> <li>• 3 seconds to hold ball (but allow more!)</li> </ul>	<p>Say "now we are going to put this all together" (goals and attack)</p>
<p>Revision: Bring in and have a brief chat about 3 key points to remember about attacking and goal shooting and how they can practise at home.</p> <ol style="list-style-type: none"> <li>1. Aim of netball is to move ball down the court towards the goal</li> <li>2. Goal shooting – remember ball in 1 hand, bend elbow to ear, bend knees slightly, aim above the post &amp; flick the ball</li> <li>3. Positional play- know where each position is allowed to go</li> </ol>		