SUNCORP

net
set go

Net Session Plans
1 - 10

5 – 6 YEARS

Suncorp NetSetGO is Netball Australia's entry level program. It teaches children the basic skills of netball.

It gives children aged 5 to 10 a positive introduction to netball, through skill-based activities, minor games, music, dance and modified matches.

The program promotes a healthy, active lifestyle and helps children develop important social skills, like team work.

With three tiers Net, Set and GO, the program is designed especially for children to transition into junior netball with confidence.

The program is easy to run and gives clubs and associations the chance to recruit new players and volunteers.

NetSetGO

net

Tier 1 - Recommended age 5 - 6 years

Focus: Learning and Acquisition of Fundamental Motor Skills

Delivery: Participants are introduced to a number of fundamental motor and netball skills in a netball environment. The activities are simple, require limited equipment and allow for maximum participation and repetition. Participants will experience fun and success by participating in age and developmentally appropriate activities and minor games that foster cooperation, teamwork and the ability to listen to and follow directions.

go

Tier 3 - Recommended age 9 - 10 years

Focus: Netball Specific Skill Development

Delivery: The participant is introduced to more netball-specific skills as well as refining their fundamental movement skills. This is a period of accelerated development of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement. NetSetGO modified match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success. Modified equipment (size 4 ball and 2.4m goal post) is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency. Competitive elements (like scoring) may be introduced however the focus should not be on winning. All participants should be provided with equal court time and exposure to a variety of positions.

set

Tier 2 - Recommended age 7 - 8 years

Focus: Extension and Refinement of Movement

Delivery: The participant continues to progress and refine their fundamental movement and netball skills whilst being introduced to additional netball skills and basic netball strategies. This is achieved through a mix of activities, minor games and organised age-appropriate and modified sport. NetSetGO modified matches are introduced in this tier. The rules and equipment are adapted to help the participant build confidence and competency. Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions. Learning and refining fundamental movement and netball skills via training activities should continue to be the focus in this tier.

Session Plans

Activity Cards

As part of each session plan, a number of activity cards have been designed to ensure a consistent approach to delivery, development, use of language and coaching for coaches delivering at a NetSetGO Centre.

What's on a card?

Objectives: Clearly defined netball-specific learning outcomes relevant to the activity. Coaches should base their delivery, support, discussion and questioning around these.

Start out/Get into it/Finish up: The format of each session is broken up into a warm up (Start out: 10–15 minutes), skill development and minor game (Get into it: 30–35 minutes) and modified game/cool down (Finish up: 5–10 minutes).

Equipment/area: What equipment and area is required to play the activity.

Group management: What group numbers are required.

Description: Provides simple instructions on how to deliver the activity.

Coaching tips: Provides key technical and tactical coaching points to guide coaching as participants are engaged in the activity. More detailed coaching points can be found in the appendix of this resource.

Change it: Ideas on how to change the activity to reflect the developmental stage of the group and individual. Down = Easier; Up = Harder.

Questions: Examples of individual and group questions that can be asked to develop awareness around technical or tactical aspects of the game.

Minor Games

The minor game variations are included at each level of the program in the 'Get into it' sections. These invasion games allow players to practise and develop skills in a game-like environment without actually playing a match. Minor games may be modified by changing the rules, increasing or decreasing the activity space or setting time restrictions. The coach can decide whether they use the minor game identified in the session plan, or use their discretion to choose an appropriate variation based on the development of their players.

Net Session Plans

Tunnel Ball

Objective

To develop hand–eye coordination and practise rolling the ball in a confined space.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

Description

Players line up in teams, one behind the other.

The ball is passed to the end of the line between the legs of all team members.

The last person then runs to the front of the line and starts passing the ball again.

The winning group is the first back to their original position.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

◎ Coaching Tip

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).
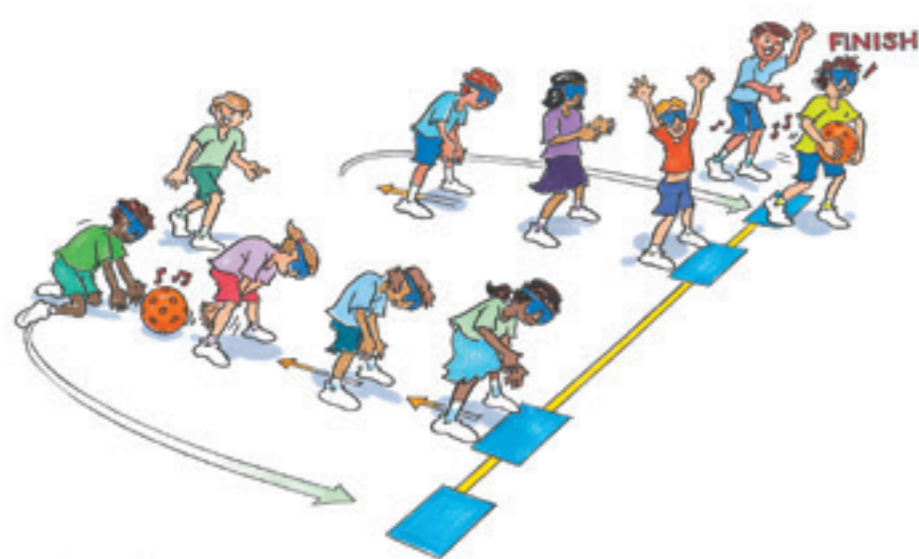
Pull ball towards the body.

⇄ Change It

Down: No competition; Use a beanbag.

Up: Pass the ball over the heads of the players; Pass the ball in an over and under pattern; Pass the ball twisting to the left and right; Combine the different variations in one race.

✇ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Individual Standing Balances

Objective

To develop players' balance by practising different balances as dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Individual standing balances:

- Stand on one leg like a bird
- Stand on one leg, swing the other like a pendulum
- Stand on tiptoe
- Stand on both feet with eyes shut
- Stand on one foot with eyes shut
- Stand on both feet, then on one leg and balance a beanbag.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tip

Eyes looking forward.

Bend at knees as required.

⇄ Change It

Down: Players can use another player or object to balance and let go for as long as possible.

Up: Add players moving around prior to the balance being called; For some balances a ball could be thrown while balancing.

? Questions

When was it hard to keep your balance?

When was it easy to keep your balance?

Fancy Frogs

Objective

To develop awareness of different styles of jumping and landing.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Individuals.

Description

Spread markers 0.5m apart in front of small groups of players.

Players complete the following activities by jumping over the markers:

· Jump two feet together
· One-foot jump (alternate landing on right foot and left foot).

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

⟳ Change It

Down: Remove the markers.

Up: Catch a ball after jumping over a marker.

? Question

Which technique allowed you to jump higher, the two-foot jump or one-foot jump?

Ball Pick-Up Race

Objective

To develop running technique, focusing on take off.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 5–6.

Description

Groups form two lines and stand facing each other across one third. Players in each group are numbered consecutively.

Two balls are placed in the middle, one for each group.

When the coach calls a number, the corresponding player from each group runs in to pick up their ball.

The first player to pick up their ball scores a point for their team.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

Knee lifts.

⟳ Change It

Down: Make a circle of five players, numbering players one to five. When a number is called only one person has the number.

Up: Once the player picks up the ball they must complete an activity with the ball (for example, three bounces, or once the player picks up the ball they must pass to three team-mates).

? Questions

What things did you do to take off quickly?

What things slowed you down?

Throw to Self Using a Bean Bag

Objective

To develop catching skills in a static environment.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Group Management

Individuals.

Description

Players complete some/each of the following:

· Throw bean bag from hand to hand – high/low
· Throw to self in the air and catch in the palms
· Throw to self in the air and catch on the back of the hands
· Throw to self in the air and catch with favourite hand
· Throw to self in the air and catch with the other hand
· Throw to self and clap once before catching
· Repeat, extending the number of claps
· Throw to self and jump and catch it
· Throw to self and turn 180 degrees before catching
· Throw to self and touch the ground before catching.
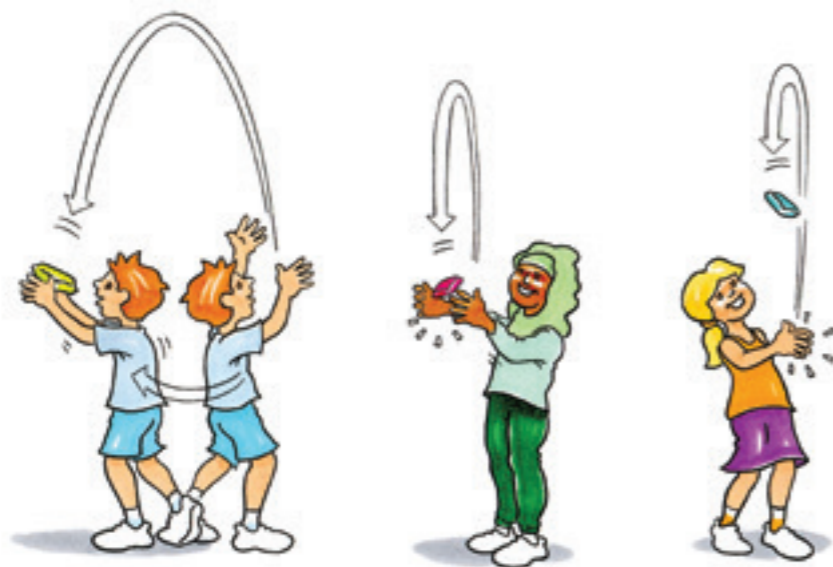
⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

◎ Coaching Tips

Eyes on the bean bag.

Hands towards the bean bag.

Pull bean bag towards the body.

⇄ Change It

Down: Select the easier activities.

Up: Combine a number of activities in sequence.

? Questions

Which was the easiest to catch?

Which was the hardest to catch?

Throw at Target

Objective

To develop throwing technique, focusing on hitting a stationery target.

Equipment/Area

Netball court or suitable playing area.

Markers.

Soft balls.

Bean bags.

Group Management

Individuals.

Description

Set up a line of markers with a soft ball balancing on top.

Line players up behind a line three metres away.

Players throw beanbags at the balls until they are all knocked off the markers.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

◎ Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

⇄ Change It

Down: Decrease distance from target.

Up: Competition between teams – each team must only knock off their opponents' balls, with the winning team the one with their markers still intact. Alternatively, knock off their own markers and the winning team is the first to have no balls left balancing on markers.

? Questions

Where did you aim to hit the target?

What helped you hit the target?

Rob the Nest

Objectives

To develop running technique at different speeds and in varying directions.

To work as a team to achieve the task.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Size 4 netballs (or equivalent).

Hoops.

Group Management

Four groups.

Description

Place netballs in the middle of the centre circle.

Divide players into four teams and line them up at each corner of the centre third.

Each team sends a runner to rob an egg (netball) from a nest. They return the egg to their nest and the next person in line then goes to rob an egg.

Players can collect eggs from the middle or from other nests. Teams cannot stop others stealing their eggs.

Set a time limit for each game.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

⟳ Change It

Down: Use beanbags; Decrease distance of running; Increase the number of netballs/ bean bags.

Up: Increase distance of running. The winner is the first team with three eggs.

⑦ Questions

To get a quick start what do you need to do?

How did you encourage the members of your team during the game?

Introduce a Position on the Court

Objective

To develop understanding of a netball game.
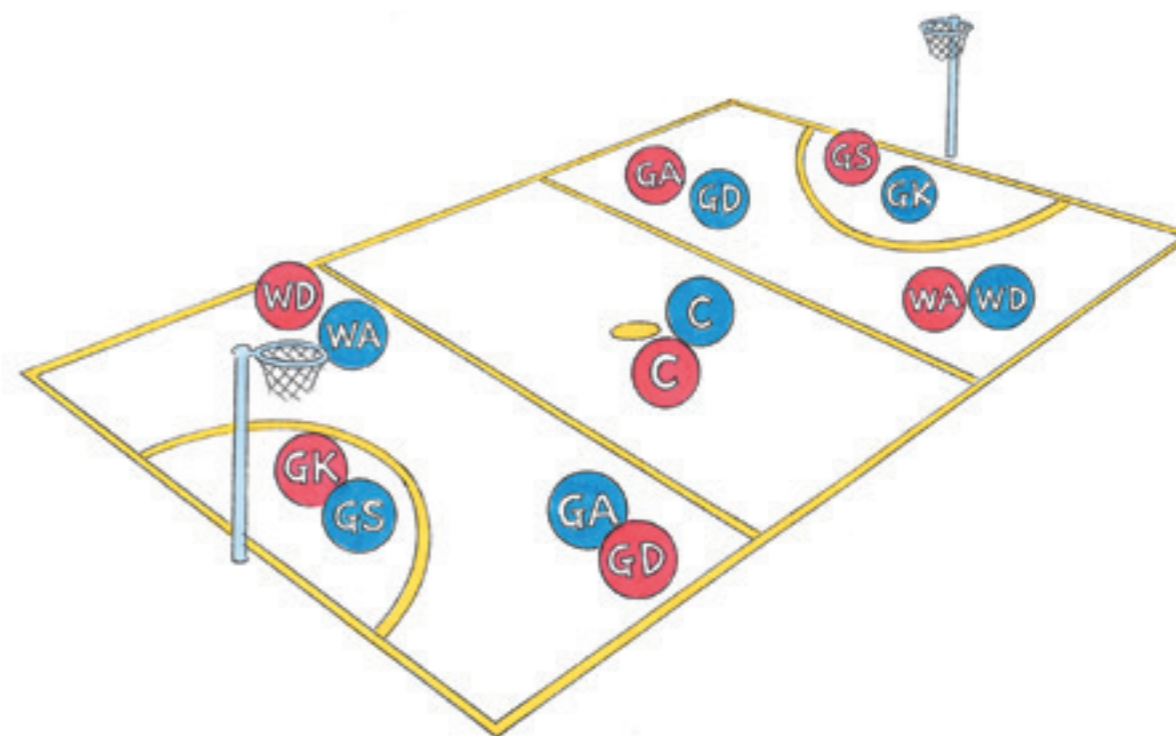
Description

Introduce a position on the court:

· What is their role?
· What area do they play in?

Summarise skills covered.

⚡ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Net Session Plans

Here, There and Everywhere

Objective

To practise running and changing direction using verbal cues.

Equipment/Area

Netball court or suitable playing area.

Group Management

Individuals.

Description

The coach calls one of the three words – here, there and everywhere:

· Here: run towards the coach
· There: run towards where the coach is pointing
· Everywhere: run in any direction.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

⇄ Change It

Down: Reduced number of commands.

Up: Change the type of movements (for example, skipping, hopping, jumping, leaping).

⚲ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Walk Along a Line

Objective

To develop players' balance using dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Line for players to perform balances.

Group Management

Individuals.

Description

Players to move along a line using a variety of movements:

· Heel/toe walk
· Walk on toes
· Walk backward
· Hop forward/backward
· Jump.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes looking forward.

Bend at knees as required.

⇄ Change It

Down: Players perform the activity without staying on a line.

Up: Add cones to move over as they progress along the line.

❓ Question

How did you keep your balance during the activities?

Landing on the Circle Edge

Objectives

To develop landing skills in a confined space.

To develop balance skills after a dynamic action.

Equipment/Area

Netball court or suitable playing area.

Goal circle.

Markers.

Size 4 netballs (for advanced players).

Group Management

Groups of three.

Description

Players line up three metres from the circle edge in groups of three.

The first person in the line runs forward and jumps to land on the circle edge and hold their balance for 2–3 seconds.

They join a different line for their next turn.

⚠ Safety

Define the area appropriate for numbers.

◉ Coaching Tips

Land softly on two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

⟳ Change It

Down: Add a marker as a guide of where to take off.

Up: Add a ball to be thrown to the player as they land.

? Question

How did you make sure you didn't go offside when landing on the circle edge?

Slap Tag

Objective

To practise running and changing direction skills to evade partner.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

One player stands on the transverse line with their back to their partner and their hand outstretched behind.

Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point.

Swap roles and repeat.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◉ Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

⟳ Change It

Down: Start behind player so they do not have to sneak across.

Up: Both stand in the middle of the third and perform a rock, paper, scissors competition, then the loser is chased over the transverse line.

? Question

What did you do to avoid being tagged?

Throw to Self Using a Ball

Objective

To develop throwing and catching skills in a variety of activities.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Complete some/each of the following:

· Bounce ball with two hands and catch
· Throw to self in the air and catch
· Throw to self and clap once before catching
· Repeat, extending the number of claps
· Throw to self and turn 180 degrees before catching
· Throw to self and touch the ground before catching.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

◉ Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

⇄ Change It

Down: Use a softer ball.

Up: Combine a number of activities.

? Questions

Which was the easiest to catch?

Which was the hardest to catch?

Partner Pass

Objectives

To practise throwing skills to stationary partner.

To practise running and change of direction using an audible cue.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

Group Management

Pairs.

Description

Players pass the ball to their partner.

When the whistle is sounded the person without the ball runs to find a new partner.

Repeat.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

◉ Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

⇄ Change It

Down: Release the ball higher/bounce it harder, etc., to give the player more time.

Up: Release the ball more quickly.

? Questions

Did you always get to your new partner to receive the next pass?

If not, why?

Clean Up Your Rubbish

Objective

To develop shoulder pass technique and pass over a distance.

Equipment/Area

Netball court or suitable playing area.

Pieces of paper (rubbish).

Group Management

Two groups.

Description

Divide the third in half with a line down the middle and approximately eight players on each side of the line.

Spread a large number of screwed up pieces of newspaper over the two areas.

On the command the players must pick up the rubbish in their area and shoulder pass it to the opposite team's area.

After a set time, the coach signals time. The winning team is the one with the least bits of rubbish in their 'yard'.

Rubbish outside the area belongs to the team who threw the rubbish, not the team whose area it sits outside.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Opposite foot to throwing arm steps forward.

Ball held in one hand with arm back behind shoulder.

Arms extended with elbow slightly bent, shoulders turned, fingers spread wide behind ball.

Weight transfer forward as ball is passed.

⊕ Change It

Down: All players start with 1–2 pieces and only throw their pieces of rubbish.

Up: Introduce an area between the teams' areas which is a no-go zone, so the players need to throw further to land their 'rubbish' in the opposition's court area.

? Question

How did you get your 'ball' to go a long way?

Introduce a Position on the Court

Objective

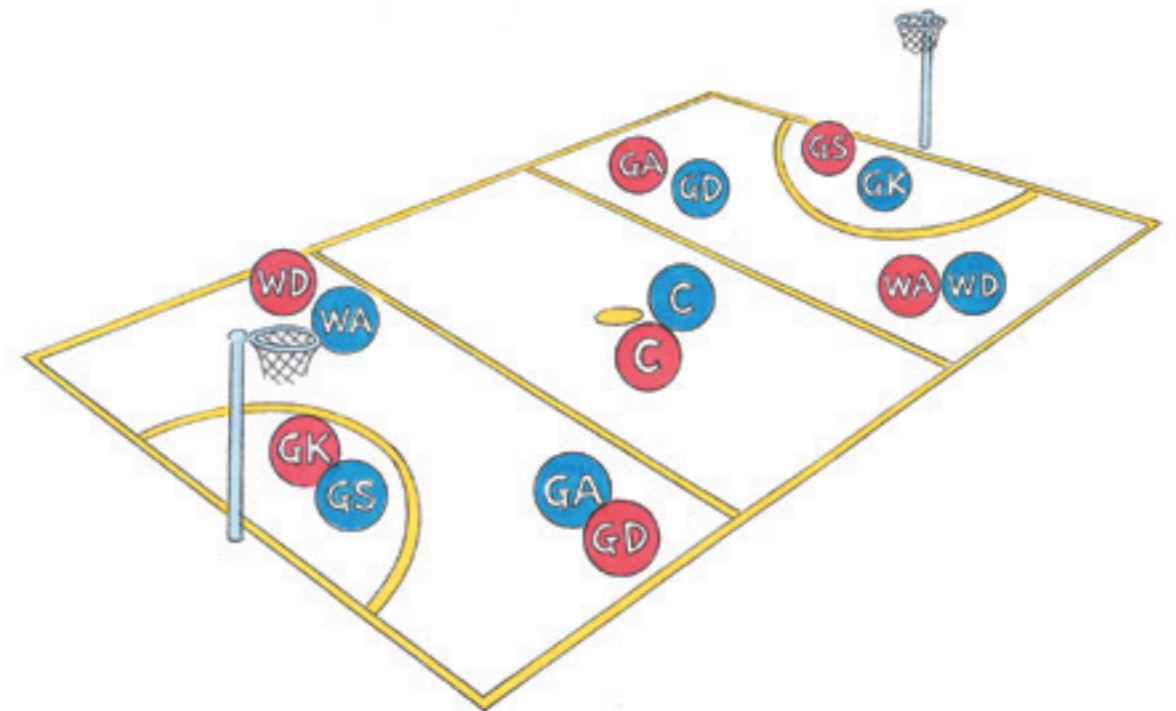To develop understanding of a netball game.

Description

Introduce a position on the court:

· What is their role?
· What area do they play in?

Summarise skills covered.

⤢ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Net Session Plans

What's the Time Mr Wolf

Objective

To practise running and changing direction skills to evade tagger.

Equipment/Area

Netball court or suitable playing area.

### Group Management

As a group.

Description

Players line up behind the transverse line with one player, the wolf, standing at the next transverse line.

Players say 'What's the time Mr Wolf', and the wolf answers with a time (for example, 4 o'clock).

The players then take that number of steps closer to the wolf.

When the wolf answers 'dinner time' instead of a number, the wolf turns and chases the players back to their transverse line.
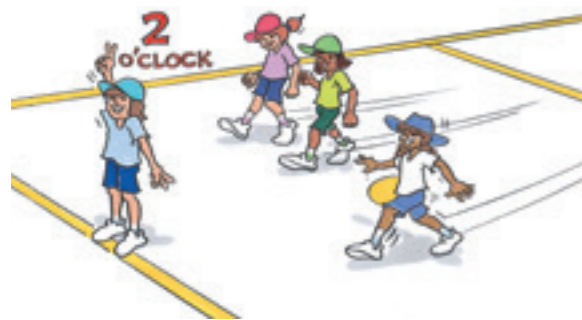
⊘ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

⟳ Change It

Down: Players play in pairs.

Up: The wolf must turn and catch a player moving before they can chase them back to the transverse line.

⑦ Question

What helped you get away from the 'wolf'?

⊘ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Simon Says

Objective

To develop balance using a variety of dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Coach to call instructions.

Group Management

As a group.

Description

Use the following balance and hopping activities or make up your own:

· Stand on one leg
· Stand on one leg and swing the other to the side
· Stand on tip toe
· Stand on both feet with eyes open/shut
· Stand on one foot with eyes open/shut
· Hop forward/backward on right/left foot
· Pivot right or left (squash the spider).

⊘ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use of arms to counterbalance.

⟳ Change It

Down: Perform balances/activities without playing 'Simon says'.

Up: Introduce a competition using time, not exclusion.

⑦ Questions

What was the easiest activity to stay balanced?

What was the hardest?

Elevation Jump

Objective

To develop jumping skills, focusing on gaining vertical height.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

As a group.

Description

The coach holds a ball high in the air.

Players line up in small groups five metres away, then run towards the coach and jump/leap and touch the ball.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes looking forward.

Bend slightly at the knees, hips and ankles.

Weight forward on the toes.

Use of arms to drive up to extend towards ball.

Soft landing by bending knees, hips and ankles.

⇄ Change It

Down: Jump/leap with reduced run up.

Up: Grab the ball, land, pivot and pass to the next player who passes it back to the coach.

? Question

What did you do to jump higher?

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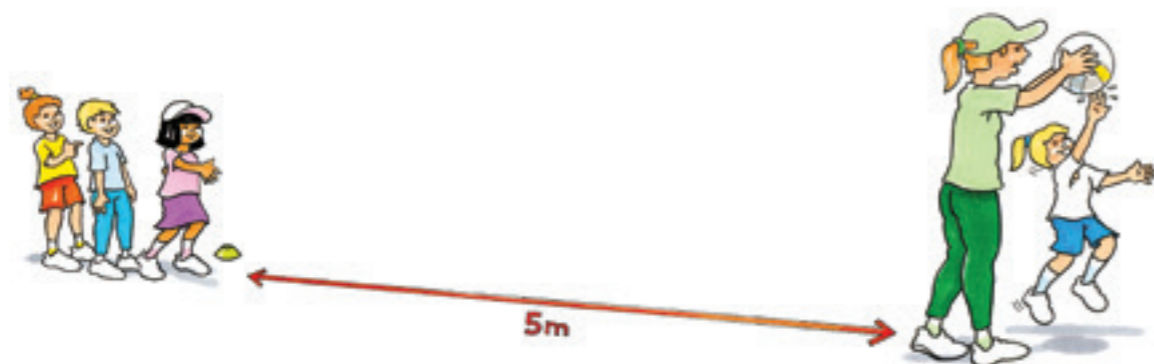
Number Exchange

Objective

To develop running and changing direction skills in a confined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

Stand ten players in a circle and number them 1 to 10.

Another player stands in the middle of the circle.

The player in the middle calls two numbers and these two players must exchange places.

The middle player tries to run to one of the vacated places before the other players.

The player left out stands in the middle and calls two numbers.

⚠ Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

⇄ Change It

Down: The coach calls the numbers out.

Up: Change the activity so that more than two players can go at once (for example, players who have on a blue skirt, players who barrack for a certain netball team).

? Question

When you were in the middle, what strategies did you use to take someone's place?

2 & 7

Wicked Witch

Objective
To develop catching skills in a dynamic activity.

Equipment/Area
Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Wand (stick, bib, whistle).

Group Management
Individuals.

Description
All players have a ball and the wicked witch holds a stick as a wand.

The wicked witch calls out commands to the players (for example, bounce the ball, throw the ball in the air).

When the wicked witch drops their wand (after 2–3 orders) they chase the players to their 'safe' zone (all players must carry their ball).

⚠ Safety
Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips
Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).
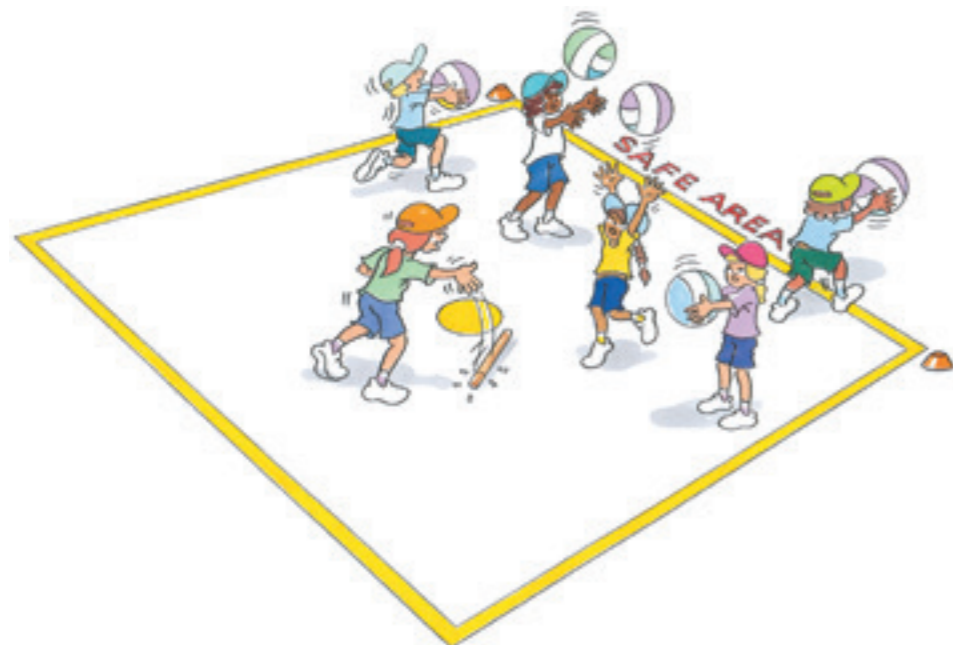
Pull ball towards the body.

⟳ Change It
Down: Coach acts as the witch so that simple ball skills are called.

Up: Skills called are more complex.

? Question
Which was the most difficult catching activity?

Catch Me If You Can

Objective
To develop accuracy of passing and catching in a dynamic activity.

Equipment/Area
Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management
Groups of 8–10.

Description
Groups stand in a circle with two balls starting opposite each other.

Players pass the balls to the person next to them, trying to catch one ball with the other.

The activity ends when one ball is 'caught' by the other ball.

⚠ Safety
Define the area appropriate for numbers.

◎ Coaching Tips
Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

⟳ Change It
Down: Use soft balls.

Up: Use three netballs; Change direction of balls.

? Question
What have you done well if one ball catches the other ball?

Force Them Back

Objective

To develop accuracy of pass over distance.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

Two groups.

Description

Divide one third of the netball court in half.
A team of four stands in the middle of each half.

The ball starts with one player and is thrown into the other half.

If the ball is caught that team moves forward two steps. If it is dropped the team moves back two steps.

The other team then throws the ball back.

Each team attempts to force the other team to the end of their court.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

⟳ Change It

Down: Use a soft ball.

Up: Increase the size of the area.

? Question

What did you do to make your pass go further?

Introduce a Position on the Court

Objective

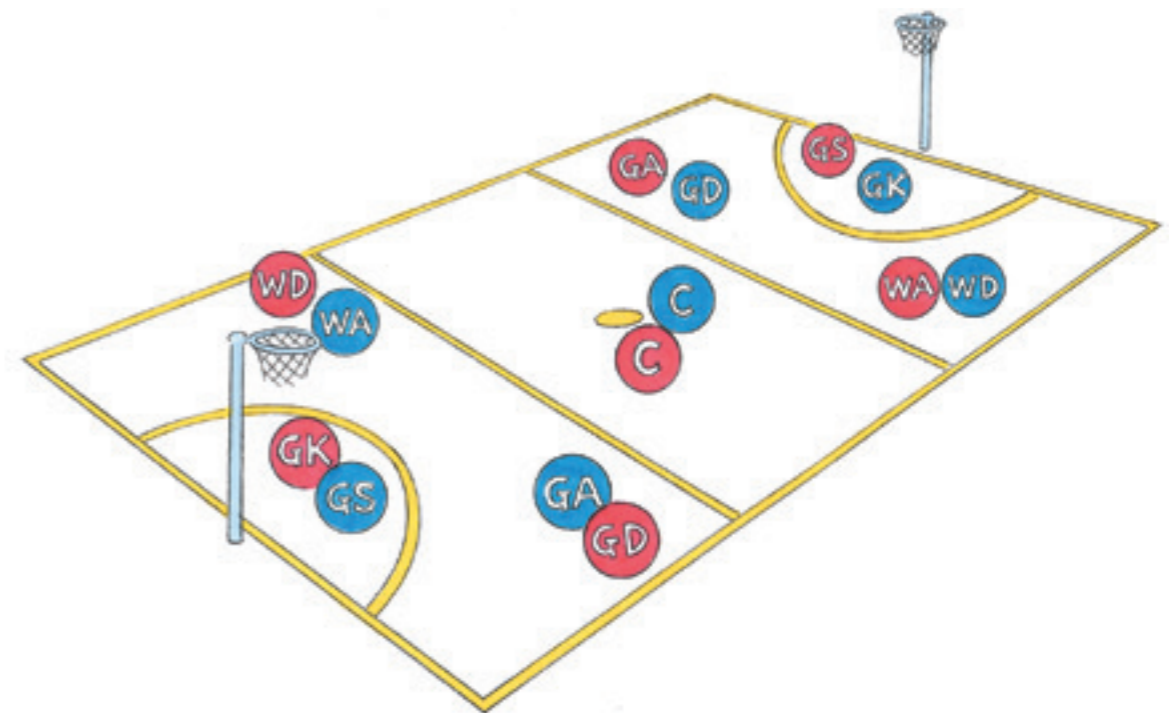To develop understanding of a netball game.

Description

Introduce a position on the court:

- What is their role?
- What area do they play in?

Summarise skills covered.

↗ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Net Session Plans

Pairs Chasey

Objective

To practise running in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand in pairs with arms linked.

One pair is separated, with one player chasing their partner.

The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased.

If the player being chased is tagged, the roles are reversed.

ⓘ **Safety**

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ **Coaching Tips**

Running:

· Eyes looking forward
· Push off the ground with the ball of the foot
· Back leg extends to push off and give more momentum
· Legs and feet move in a straight line
· Arms bent at right angles at the elbows
· Arms and legs move in opposition
· Body leans forward.

Change of direction:

· Eyes looking forward
· Shoulders in direction of movement
· Push off outside foot
· Body lower on change of direction.

⟳ **Change It**

Down: Reduce the number of pairs; Decrease the size of the area.

Up: Increase the size of the area.

⊘ **Stretch!**

Select an appropriate activity from the Stretch Coaching resource.

Thumb War Leg Balance

Objective

To practise balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand on one leg and monkey grip the hand of their partner, with thumbs in the air.

Players tap thumbs onto hand on alternating sides three times then try to pin the other player's thumb down.

Variation: right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.

ⓘ **Safety**

Define the area appropriate for numbers.

◎ **Coaching Tips**

Eyes looking forward.

Bend at knees as required.

⟳ **Change It**

Down: Players can touch other foot down as required to balance.

Up: Play both hands at once.

? **Question**

Which position was easiest to balance?

Jump Up the River

Objectives

To practise leaping/jumping over distance.

To develop balance and control on landing.
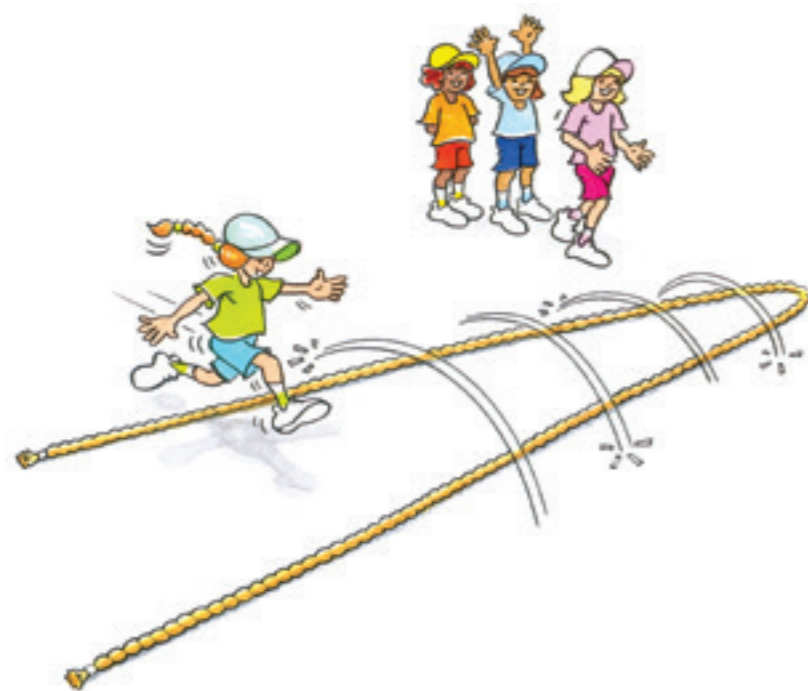
Equipment/Area

Netball court or suitable playing area.

Long ropes.

Chalk.

Group Management

Individuals.

Description

Loop a long rope around so it is narrow at one end and wider at the other.

Jump over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

◎ Coaching Tips

Opportunities to explain how movement patterns (two-foot take off and landing, same-foot take off and landing, one-foot take off, land on opposite leg) are important in netball.

⇄ Change It

Down: Jump/leap over one piece of rope.

Up: Introduce a competition.

? Questions

Ask players to reflect on their jumping and landing technique – how does it feel when you jump/land?

Which jumping technique helped you jump the furthest?

Rats and Rabbits

Objectives

To develop running and quick take off.

To reinforce the concept of 'ready position' in preparation for sprinting.

Equipment/Area

Netball court or suitable playing area.

Group Management

Teams.

Description

Players set up in two single file lines next to a partner who is standing approximately one metre away.

One line of players is designated the 'rats' while the other line of players is the 'rabbits'.

On the call of 'rats' or 'rabbits' the nominated group attempts to run to the safe area before their partner catches them.

! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◎ Coaching Tips

Reinforce the concept of 'ready position' in preparation for sprinting.

Feet shoulder-width apart, body upright, knees slightly flexed and out over toes.

Push off on inside foot, stepping out in direction of lead.

Arms drive forward, elbows bent.

⇄ Change It

Players can keep a tally of scores, receiving one point if they catch their partner or one point if they reach the line before they are tagged by their partner.

Change the movement patterns (for example, side stepping, skipping, jumping).

'Crusts and crumbs', 'Brats and brownies' – similar sounding words can be substituted for rats and rabbits.

Down: Increase the starting distance between the teams.

Up: Coach extends the 'r' sound so players are unsure of the call; After the first call (for example, 'Rabbits') and prior to them reaching the sideline, the coach calls 'Rats', who then have to turn and reach their sideline before being tagged.

? Questions

What starting position can you use to be ready to either catch your partner or avoid being caught by your partner?

Why is it important to have an explosive start?

Rats	Rabbits
✗	○
✗	○
✗	○
✗	○
✗	○
✗	○

← →

Catch It

Objective

To develop the ability to catch on the move.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Group/s of ten.

Description

Groups of approximately ten players are numbered consecutively and each given three 'lives'.

A player with the ball starts the game by throwing the ball in the air and calling a number.

The player whose number is called runs in to catch the ball before it hits the ground.

If the ball hits the ground the player loses a 'life'.

The person then throws the ball in the air and calls another number.

Game ends after a period of time or when a person loses all of their 'lives'.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes on the ball.

Strong take off towards the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).
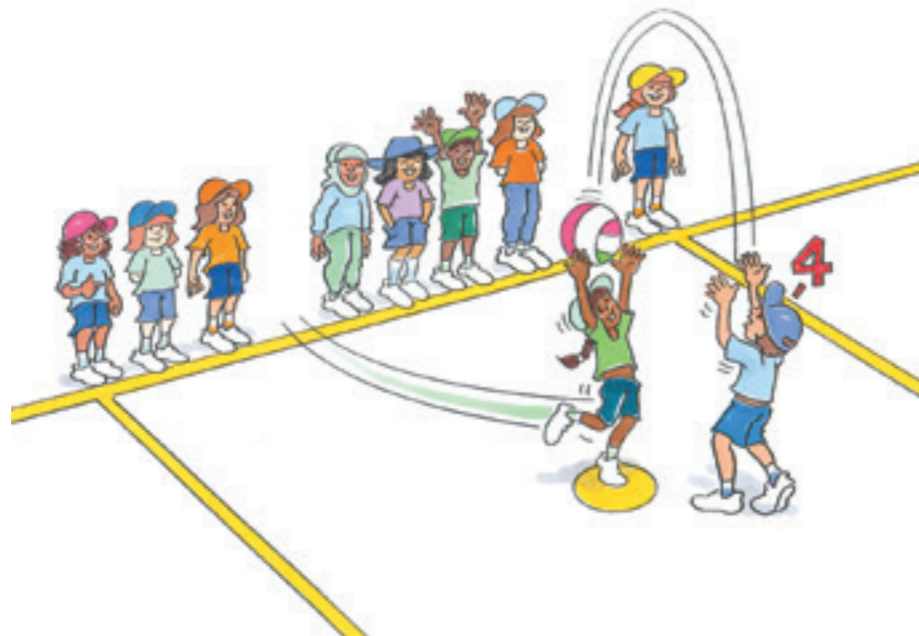
Pull ball towards the body.

⟳ Change It

Down: Ball can bounce before it is caught.

Up: Play 'Frozen ball'.

? Question

What did you do to get to the ball before it bounced?

Beat the Ball

Objective

To develop accuracy of pass and catch in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Groups of 6–8.

Description

Players form a straight line, three metres apart.

Players jump and catch the ball and land on two feet, pivot, and pass to the next person.

Players move ball up and down the line.

A runner tries to beat the ball as it is passed along the line and back to the start.

Variation: change type of pass.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Allow players to use a pass that suits their ability level while also encouraging tracking the ball into hands.

Opposite foot to throwing arm steps forward to pass.

Encourage the next receiver to be ready to catch with their hands extended forward and fingers spread.

⟳ Change It

Down: Vary the type of pass used and the distance between players or size of the circle; Pass without the runner.

Up: Add three balls or beanbags to increase the difficulty or use a variety of different sized balls; Change the distance of the pass; Add a time limit.

? Questions

How can you beat the runner when passing?

What have you done well if the ball beats the runner back?
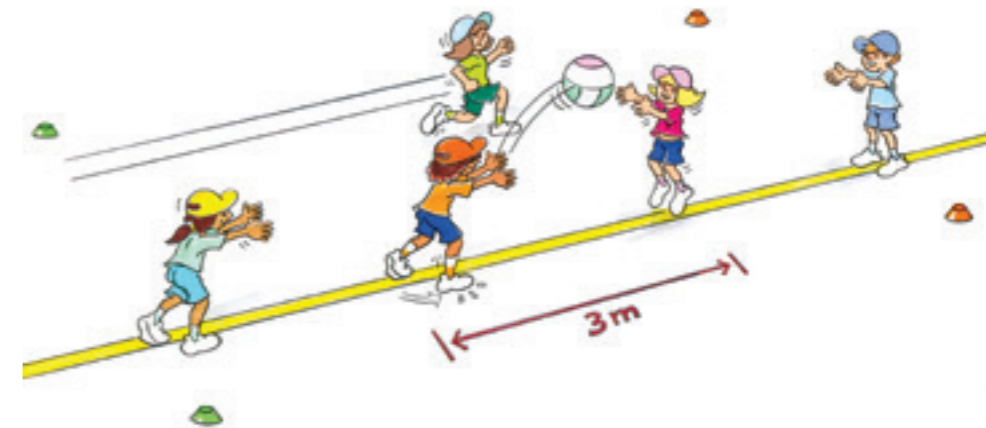
Pepper Pot Challenge

Objective

To develop accuracy of passing and catching under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Group Management

Two groups.

Description

Two even teams stand in a semicircle, both teams combined form a full circle.

One ball for each team is placed in the middle of the circle.

Each player receives a number with a person on the opposite team receiving a corresponding number.

A number is called by the coach and these players move to the middle of the circle and pick up a ball. The players face their own group and pass in sequence as quickly as possible to each player in their team (designate the passing sequence – left to right or vice versa).

Once all players have received and passed the ball, the player in the middle holds the ball up high over their head to signal that their group has finished.

The fastest team to finish the passing sequence scores a point. Players return to their starting position and another number is called.
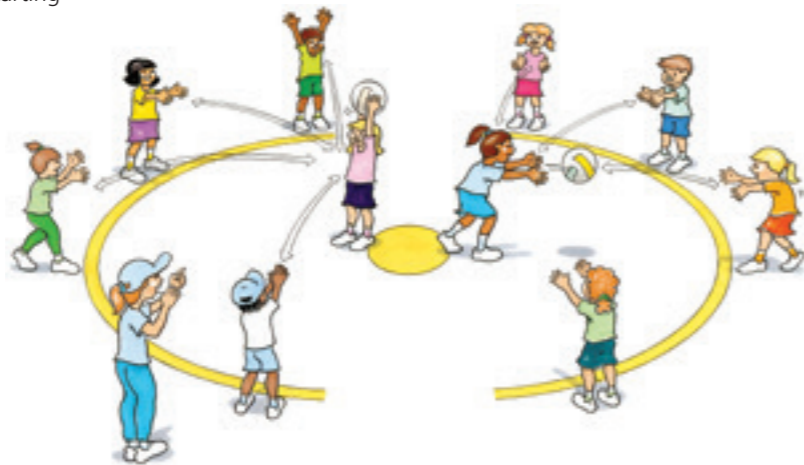
⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Head up, eyes on the ball.

Transfer weight forward.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Ball comes out evenly from both hands.

⟳ Change It

Down: Use a soft ball/beanbags.

Up: Add a second ball for each team.

? Question

What have you done well if your team scores lots of points?

Introduce a Position on the Court

Objective

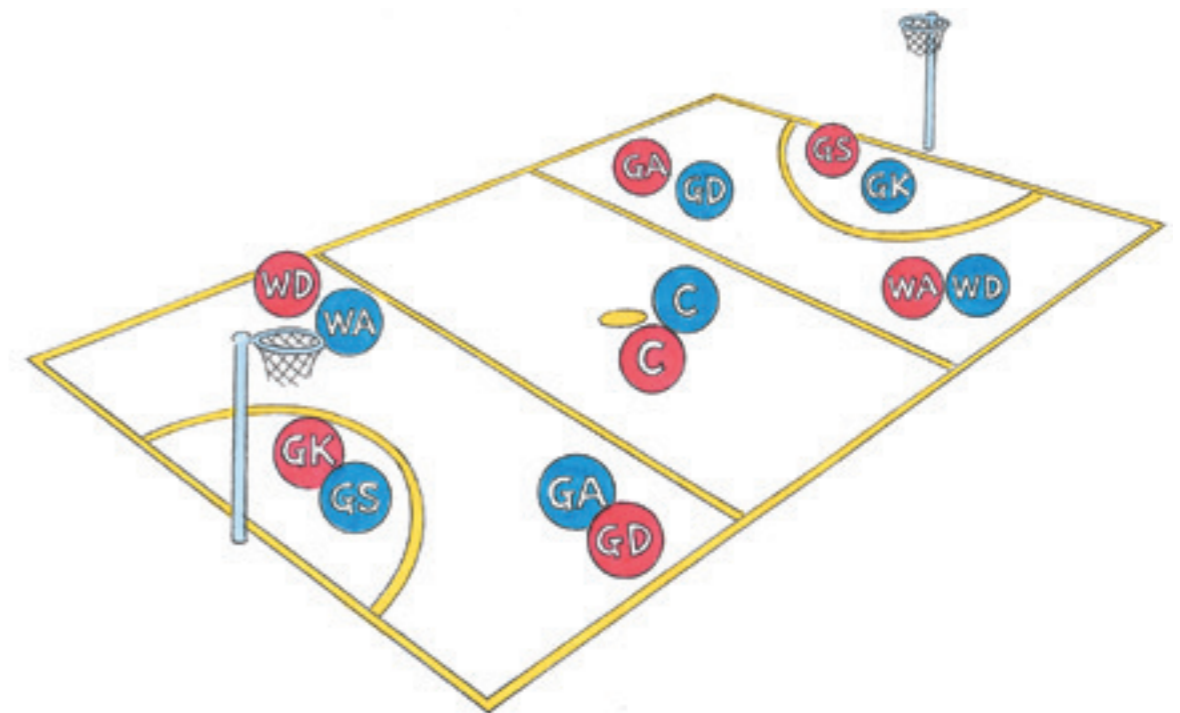To develop understanding of a netball game.

Description

Introduce a position on the court:

· What is their role?
· What area do they play in?

Summarise skills covered.

⊘ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Net Session Plans

Hand Slaps

Objective

To practise running and changing direction.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

One player stands with one hand raised.
Their partner runs around them as many times as possible in 15 seconds, slapping hands each time.

Compare the number of hand slaps.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Running:

· Eyes looking forward
· Push off the ground with the ball of the foot
· Back leg extends to push off and give more momentum
· Legs and feet move in a straight line
· Arms bent at right angles at the elbows
· Arms and legs move in opposition
· Body leans forward.

Change of direction:

· Eyes looking forward
· Shoulders in direction of movement
· Push off outside foot
· Body lower on change of direction.

⟳ Change It

Down: No competition.

Up: First player to a specific number.

Knee Tag

Objective

To develop the ability to change direction and dodge.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, partners face each other.

Partners try to tag each other's knees while avoiding being tagged.

Players cannot turn and run away from their partner.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

⟳ Change It

Down: No competition.

Up: First player to a specific number.

⟳ Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Partner Connection

Objective
To improve participants' balance and movement skills.

Equipment/Area
Netball court or suitable playing area.

Group Management
Groups.

Description
Players move around using a variety of movements (for example, running, skipping, hopping, jumping, leaping).

The coach calls out two body parts which each player must connect to another player (for example, elbow to knee, hand to foot, head to head).

⚠ Safety
Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

◉ Coaching Tips
Eyes looking forward.

Bend at knees as required.

Use arms to balance.
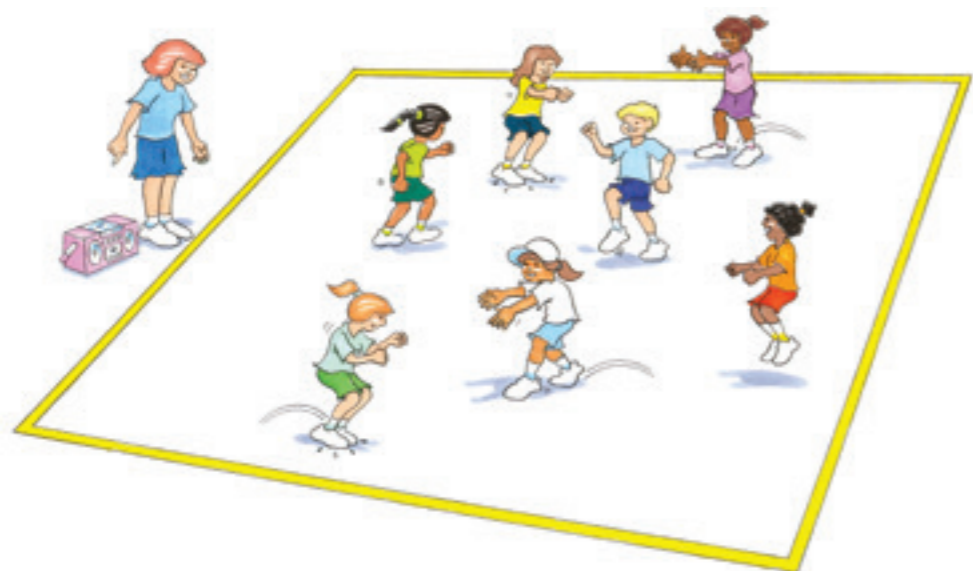
Look for correct technique in movement skills.

⟳ Change It
Down: Players do not move around prior to creating the balance.

Up: Form larger groups by calling out more body parts (for example, five elbows, two heads and three knees).

? Question
What things did you do to stay balanced?

Helicopter

Objective
To develop jumping with a focus on timing.

Equipment/Area
Netball court or suitable playing area.

Rope.

Group Management
Groups of 2–3.

Description
A coach/player stands in the middle of the circle holding a rope.

Swing the rope low over the ground so players can jump the rope as it passes.

⚠ Safety
Define the area appropriate for numbers.

Beware that the rope is a tripping hazard.

◉ Coaching Tips
Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

Timing of when to jump.

⟳ Change It
Down: Start the rope on the ground and swing in a half circle.

Up: Move the rope faster.

? Questions
How did you know when you should jump?

How close was the rope?

Over and Under

Objective

To develop ball control and balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand back to back. The ball is passed overhead then between the legs, completing a circle.

Reverse direction after a period of time or certain number.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

◎ Coaching Tips

Hands towards the ball.

Pull ball towards the body.

Initial stance is feet shoulder-width apart, body upright, knees slightly flexed and out over toes.

⟳ Change It

Down: Use a bean bag.

Up: Stand further apart.

? Question

How did you keep your balance in this activity?

Twisting

Objective

To develop ball control and balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players stand back to back. Ball is received from one side of the body and passed to the other side, completing a circle.

Reverse direction after a period of time or certain number.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

◎ Coaching Tips

Eyes on the ball.

Hands towards the ball.

Pull ball towards the body.

Initial stance is feet shoulder-width apart, body upright, knees slightly flexed and over toes.

⟳ Change It

Down: Sit back to back; Make a circle and pass the ball around the circle.

Up: Stand further apart.

? Question

How did you keep your balance in this activity?

Circle Pass

Objective

To develop the ability to catch in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Hoops.

Group Management

As a group.

Description

Players stand in a circle with a ball and a hoop placed in front of each player.

Each player bounces the ball in the hoop continuously until the coach calls change. The players then pass their ball to their left using a chest pass, and then bounce the new ball in the hoop.

⊙ Safety

Define the area appropriate for numbers.

⊚ Coaching Tips

Head up, eyes on the ball.

Transfer weight forward.

Fingers forward and spread and thumbs behind the ball ('W' formation).
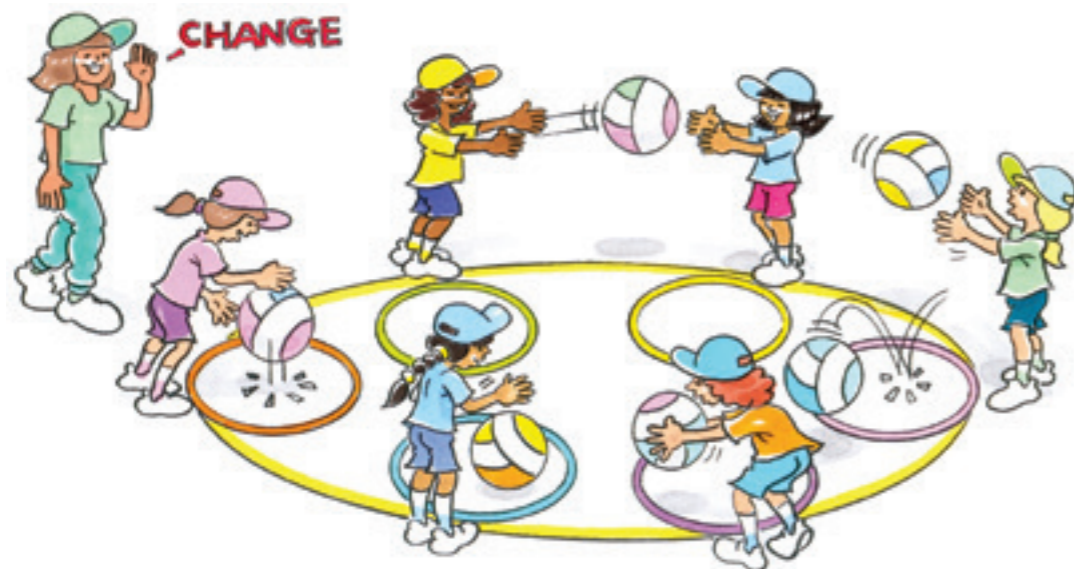
Ball comes out evenly from both hands.

⇄ Change It

Down: Give the ball to the partner.

Up: Continuous pattern (for example, four bounces then pass left, four bounces then pass right).

⊙ Question

What are the things you do to pass a good chest pass?

Run, Jump and Catch

Objectives

To develop accuracy catching.

To practise landing when on the move.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

Description

One player stands holding a ball, facing a line of four players.

The front person leads forward, receives a pass and lands on two feet, then throws a shoulder pass back and returns to the end of the line.

Rotate the thrower.

⊙ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

⊚ Coaching Tips

Land on outside foot.

Eyes on target.

Step towards target (this should be opposite foot to throwing arm for shoulder pass).

Transfer weight forward.

Hip to shoulder rotation during throw.

Throwing arm follows through to target.

⇄ Change It

Down: Use a soft ball; Players jump and land in a circle/hoop then receive a pass.

Up: Pivot after they catch the ball, passing to the next person in the line, who returns the ball to the front person.

⊙ Question

What things did you look for to know when to pass?

Shooting Relay

Objectives

To develop goal shooting technique.

To practise chest pass technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Group Management

Groups of 4–5.

Description

Even teams line up from the corner of the goal third to a marker placed in the goal circle.

The ball is passed down the line using a chest pass in a catch, pivot and pass action to reach the front player who has an attempt at goal.

Whether successful or not, the player gathers their ball and runs back to the end of their line and the passing sequence begins again.

⚠ Safety

Define the area appropriate for numbers.

◎ Coaching Tips

Players to have their feet, hips and elbows pointing towards the goalpost.

Ball is held above the head in dominant hand. Opposite hand may be used to steady the ball.

Ensure maximum participation by keeping group numbers low. Use this time to deliver some discrete or small group coaching.

Bend knees and elbows, release ball and flick wrist.

⟳ Change It

Down: Bean bag with an underarm throw when passed; Use a hoop as a goal ring; Use a soft ball.

Up: Introduce a competition.

❓ Questions

Where did you aim to get a goal?

What needs to happen so we safely pass the ball down the line?

Introduce a Position on the Court

Objective

To develop understanding of a netball game.

Description

Introduce a position on the court:

· What is their role?
· What area do they play in?

Summarise skills covered.

✦ Stretch!

Select an appropriate activity from the Stretch Coaching resource.