

# Session 4

Theme: Space Awareness and Shooting

## Equipment Required:

3 x netballs  
1 sets coloured bibs  
10 cones

## Warm Up Activities:

### 1. Pac Man (5 minutes)

- Select 2 players to be 'in'.
- Everyone else can be scattered on any line on the court.
- Pac Men run along the lines trying to 'tag' the other players. They need to work together to try and corner players.
- If tagged, players must sit down on the line. Pac Men can travel past them, but everyone else cannot.
- Keep playing until all players have been tagged.
- Swap over players who are in when suitable.

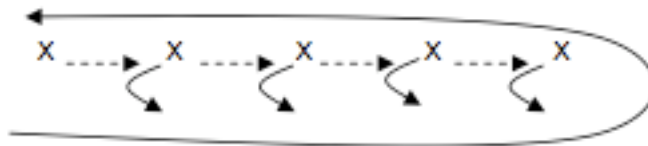
### 2. Stretching (5 minutes)

- Select 3 or 4 dynamic stretches to perform. (See Session 1 for ideas).

## Skill Development:

### 3. Beat the Ball (5 minutes)

- Form a straight line 3m apart.
- Jump as you catch the ball and land on two feet, pivot, and pass to next person in line.
- 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.
- Give everyone a chance at being runner.



### Coaching Points for Space Awareness:

Netball is a game that is all about space. Attackers try to create space and defenders try to shut down space to get an intercept.

The netball court should be balanced at all times. There needs to be enough room for all players to make effective breaks. If you are not actually making a break for a ball, then you should be creating space for someone else to use.

Teach netballers early on where each position should play and ensure that they stick to this plan for the most part. A player who tries to be involved in everything often just takes up everyone else's space so that they cannot play to the best of their ability.

4. Find Your Cone (10 minutes)

- Ensure each player in the team has a cone. Have them place their cone in a clear space within one third and stand next to it.
- On “go” the players should start jogging around the third. When the whistle blows, they drive hard back to their original cone.
- Have players move the position of their cones after 5 or 6 tries to keep it mixed up a bit.
- Once the players have good space awareness, add the following extensions;
  - ➡ On the whistle players run to somebody else’s cone. They cannot go to a cone that another player is heading for.
  - ➡ On the whistle they drive to one cone, then push off and immediately drive to another cone.
  - ➡ Add a passer outside the third. The passer can throw to anybody who is driving to a cone.
  - ➡ Add two passers to outside of third. They can throw the ball in at any time.

5. Number Chasers (5 minutes)

- Assign each team member a number from 1 to 8 (or however many people you have).
- Work in one third. Players are to move around the third passing in sequence from 1 to 8 and then back to 1.
- Keep working for a set period of time.
- Players must drive for the ball when it is their turn to receive. When they are not receiving the ball, they should be clearing space and creating space for others.
- Nobody should be standing still. Ensure that the space remains balanced at all times.
- Extend the drill by changing the number order (e.g. go backwards, go from 1,3,5,7,2,4,6 etc). You can also gradually add defences so eventually it is one team against the other.

**Coaching Points for Shooting:**

- Ball is held above the head.
- Arms are extended with the shooting arm reasonable straight and close to the ear.
- Ball rests on the base of the spread fingers and the thumb.
- The opposite hand is placed on the side of the ball to steady it.
- Stand upright with feet shoulder width apart.
- Feet, hips and elbows pointing towards the goal post.
- Bend and then straighten the elbows and knees.
- Release the ball just before the the elbows and knees are straight.
- Flick the ball with the wrist.
- Straighten fingers pointing towards the post.
- The ball should travel in an arc towards the post.

6. Shooting Technique (5 minutes)

- Demonstrate shooting technique using one player.
- Players then work in pairs, with one player shooting and the other helping them correct their technique.
- Have a couple of shots at goal and then swap over roles. Don’t forget to emphasise that players need to follow in and jump for rebounds if they miss.

**Modified Game:**

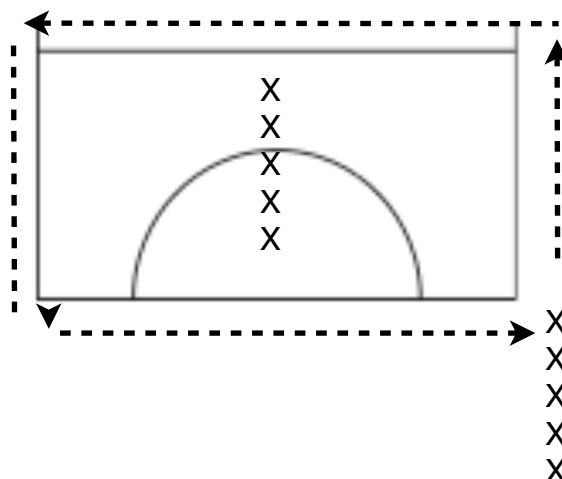
7. Shooting Relay (10 minutes)

- Two even teams line up from the corner of the third to the goal circle. Mark each station with a cone.
- Pass the ball down the line using shoulder passes.
- The front person has one attempt at goal, rebounds the ball and then runs to the end of their line.
- Everyone shuffles down one place.
- Repeat until everyone has had two shots at goal.



8. Golden Child (10 minutes)

- 2 teams - the running team line up outside the court at corner and shooting team form a line behind marker in goal circle.
- On 'go', the shooting team takes turns to have one shot. Call 'stop' each time they score a goal.
- At the same time, the first runner takes off on their circuit around the outside of the goal third. If they hear the word 'stop', they must freeze on the spot where they are. The next runner in line then takes off.
- If the runner returns to home base before a goal is scored by the other team, 1 run is scored. The next runner then takes off.
- The last runner is called the 'golden child'. As they run around the outside of the goal third, they 'unfreeze' each player that they pass. All runners then try to make it home before the shooting team scores a goal.
- If the shooting team scores a goal while the golden child is running, the game stops and teams change roles.



**Concluding Activity:**

9. Group Evaluation (5 minutes)

- Gather players together. Ask for feedback on the activities most enjoyed during the 4 sessions.
- Gather together all group equipment.