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# Netball Objectives

Show awareness when in possession of the ball.

Receive under small pressure from opposition players.

Show a variety of passes.

Use communication affectively when defending and attacking.

Recognise and exploit space with and without the ball.

Show accuracy when shooting at a target.

## Year 4 Netball Lesson 1 Passing + Receiving

### Open Up

Children are set out in a Y shaped position. Children in the line have a ball each. The game starts with a pass to the middle child. The child receiving the ball then passes to one of the waiting players at the top of the diagram (picture 2). After each pass the child needs to follow their pass then take up their new position. When the player at the top receives the ball they play a long pass to the back of the line (picture 3). Make sure children alter which way they pass to the children at the top.

Encourage children to use different passes (example, chest pass for quick short passes and over head or shoulder passes for longer distance passes).

When receiving at the middle cone can children stand side on so they can easily see the child passing the ball and see the child they want to pass to next.

Encourage children to run fast after each pass.

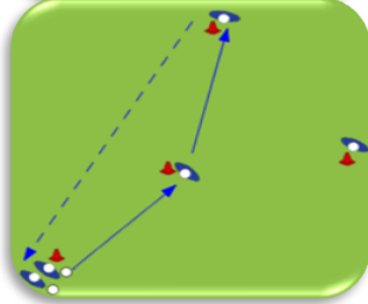
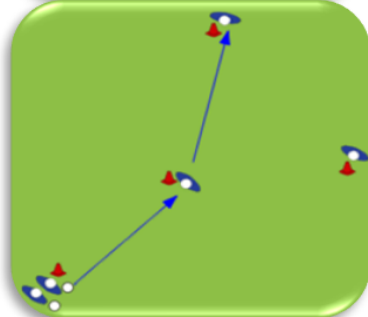
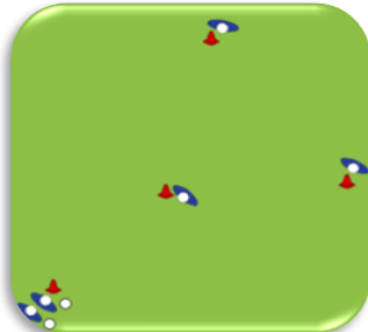
When receiving at the middle cone can children move away from the cone as they would in a match emulating moving away from a defender.

Can children show a good weight of pass (not too fast and not too slow).

Encourage children to get into good habits and communicate when passing and receiving.

Can some children catch the ball at the earliest point (example, moving towards the ball to receive).

**Continued overleaf**



## Year 4 Netball Lesson 1 Passing + Receiving

### Squares and Triangles



Children play 3v1, 3 attackers against 1 defender. Children in position count to see how many passes they can achieve before the defender wins the ball. The defender wins the ball by hitting the ball out of the square or catching the ball. If the defender wins the ball they win a point. After 1-2 minutes the game finishes. The attackers get the amount of passes in points (example, highest score 14 successful passes = 14 points).

Can children create options for the child in possession to pass.

Children can only hold the ball for 3 seconds.

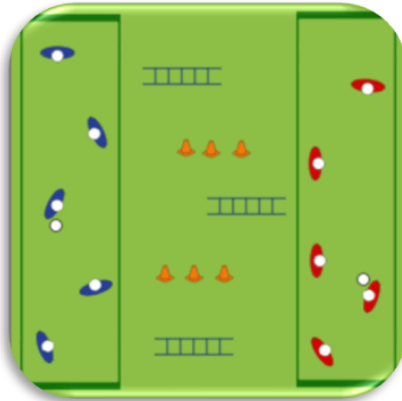
Change group members around to suit abilities.

Encourage children to spread out and use all the space.

### Lesson Objective

Complete accurate passes over a small distance.

Demonstrate good decisions when keeping possession with a overload of players



### Switch

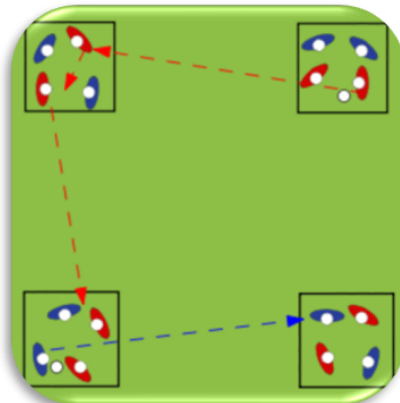
Children are split into two groups. In groups children are to keep moving whilst passing the ball. On the teacher's whistle children place the ball down and then run across to the opposite side (teams swap sides). As soon as children reach the other side they can start passing and moving until the next whistle. On the next whistle children stop the ball and switch sides.

On the whistle children place the ball down and now must complete a piece of SAQ equipment before switching sides.

Every 2/3 turns change the way children travel through SAQ equipment.

Encourage children to switch with their head up to avoid collisions.

On the teacher's whistle the child in possession of the ball now shouts to choose a partner then passes to the other side.



### 4 squares in 1

Children are split into reds and blues. Each team has a ball each. Children start by passing to the box across (anti-clockwise). Children play 3 passes then another child passes the ball across to the next box.

Children can now follow their pass and join a new square.

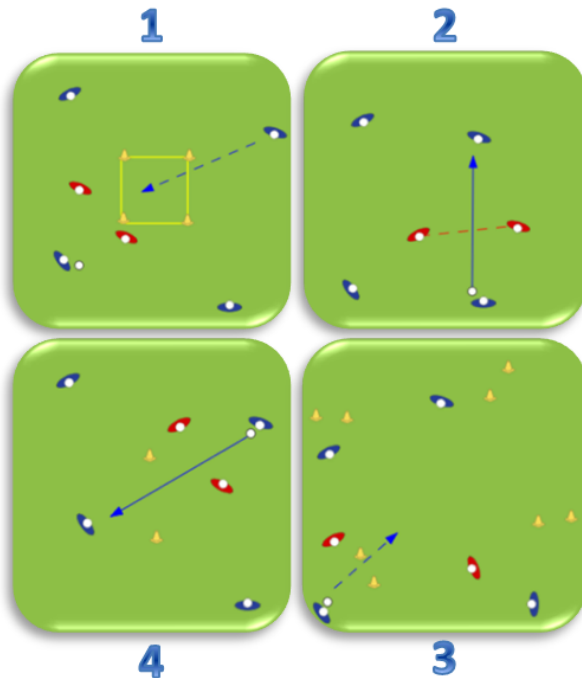
Can children move to receive the ball outside the box to emulate getting away from a defender.

Challenge some children to time their run so they do not stand still to receive the ball.

### Lesson Objective

Show good awareness when travelling past moving traffic.

Demonstrate a change of direction before receiving the ball.



### Quarter Challenge

Box 1. 4v2 Blues try to keep possession. Blues score a point every time they receive in the yellow square without dropping the ball. Reds win points by intercepting possession or knocking the ball out of the square.

Encourage children to be patient in possession (do not always go for points).

Encourage children to time their runs into the box (no standing and waiting in the box).

Box 2. 4v2 Blues try to keep possession. For blues to score a point they need to pass the ball through the middle of the defenders. Reds win points by intercepting possession or knocking the ball out of the square.

Encourage children to be patient in possession (do not always go for points).

Box 3. 4v2 Blues try to keep possession. For blues to score a point they need to pass through a set of yellow cones. Reds win points by intercepting possession or knocking the ball out of the square.

Encourage children to be patient in possession (do not always go for points).

Box 4. 4v2 Blues try to keep possession. Blues score a point every time they pass through the yellow cones without the ball being intercepted. Reds win points by intercepting possession or knocking the ball out of the square.

Encourage children to be patient in possession (do not always go for points).

Change defenders over regularly.

### Lesson Objective

Play quick combination of passes to attack quickly.

Demonstrate good decisions when keeping possession of the ball.



### Silent Tag

Ask children to stand in a space with their eyes closed. The teacher walks round the area and pats one child on the head. Teacher returns to the front of the class and instructs children to open their eyes. The child that received the pat on the head is now the tagger. None of the children should know who the tagger is. Children must be mobile throughout the game no standing and watching. Children must sit down straight away if tagged by the chosen player.

Half way through the game ask children who are still stood up if they know who the tagger is.

Children must play in silence to keep the identity of the tagger a secret.

Encourage children to run with their head up looking all around to spot the identity of the tagger



### Netball Match

Children split into teams of 5 and play in a netball match using high 5 rules.

Change positions over regularly.

Encourage children to make lots of forward runs.

Can children receive in a space away from the defending team?

At half time ask children to discuss in their teams what is working well in the matches and what they need to improve for the second half.

Challenge children to receive from one child then pass to a different child.

### Lesson Objective

Demonstrate good awareness then travelling in different directions.  
Apply and create basic tactics for attacking and defending.

## Assessment and expectations

### Netball

Can catch the ball more than 50% of the time.  
Can pass with one hand or two.  
Can demonstrate different passes.  
Can find space during games.  
Can select the right pass for the appropriate distance.  
Can complete and demonstrate technical parts of the lesson.  
Can follow the rules of the game.

Exceeds  
these  
expectations

Meets these  
expectations

Needs  
support to  
meet these  
expectations



