

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Netball	3/4	#1	Basic Passing & Catching

#### Equipment

- Netballs
- Cones
- Bibs

#### Learning Objective

- To be able to control the ball through passing and catching with correct technique.

#### Success Criteria

- I can pass the ball using correct technique
- I can catch the ball with two hands most of the time
- I can name the types of passes used in netball

#### Key words

- Bounce Pass
- Chest Pass
- Overhead Pass
- “W” shape
- Accuracy

#### Preparation Ideas/Warm Up

##### Fire & Ice Tag

Pick 4 children to be taggers. They are given a coloured ball, 2 Red and 2 Blue. Their job is to move around tagging people with their ball.

If you get tagged by the red ball you must do 5-star jumps, if you get tagged by the blue ball you freeze still. To be freed when frozen, the player with the red ball must tag you.

Progressions:

- >Add more taggers for either team
- >Increase or decrease the size of the space available

#### Skill Development

Children to be in pairs or groups of 3 in a space within the playing area. They are going to practice the 3 types of passes in netball.

### **3 basic passes:**

**Chest pass** – Ball starts at the chest with hands either side of the ball making a W shape connecting thumbs. Step forward with strong foot and pass the ball aiming for your partners chest. Explain to the children this is a short distance pass and should be used for that

**Over head** – Ball in hand placed above your head. The ball is thrown (looped in the air) towards your partner (similar to a throw in in football). This pass is a long range pass. The children should imagine that there is a defender in between and that you are trying to throw the ball over the defender and to their partner

**Bounce pass** – This pass is similar to the chest pass. The ball starts at the chest and is bounced into the ground towards your partner. The ball should only bounce once before your partner catches the ball. You should look to aim for around 2/3 of the distance between you and your partner (just before their feet) so that the ball bounces up towards their hands.

**Catching Technique** – The ready position: Create a W shape with the hands (leaving a small gap between the thumbs as the netball ball is large. Knees slightly bent, facing our partner.

We should be looking for 2 things during this exercise. Aim and power. Allow the children time practicing their technique on all 3 passes before moving on

Progressions:

>Can the children move around the area with their partner using all passes. Person with the ball dribbling whilst their partner looks for space for the pass

### **Beat the ball-**

Split the class into 3 groups and choose 1 person in that group to be a runner. That person will run around the outside of the circle. The aim of the person on the outside is to make it back to the starting point before the ball gets there. The people with the ball must use 1 of the passes from earlier to pass the ball around the circle as fast as possible.

Progression:

>Changing the types of passes that have to be used in the game (example: you have to use a bounce pass this time)

### **Game**

#### **Piggy in The Middle**

Groups of 4 (looking for similar ability levels). One person in the middle to try and win the ball while the group are using the passes we just learned to pass round in their area. If the person in the middle is able to intercept the pass, the person who lost possession goes into the middle. The player with the ball cannot move.

Progressions:

>Swap the game to a game of 2v2 in the same area.

### **Teaching points**

- Can the children aim for their partner's hands
- Ensure the children are adding the correct power for the type of pass they make – the longer the distance the more power required
- Person catching should be stood with feet slightly apart, hands up in front creating a W shape with their hands with a small gap between their thumbs (as the ball is large)
- Talk to the children about the types of passes they make depending on the position of the defender.
- In the piggy in the middle game, the attackers without the ball must move to help their partner and receive the pass, as the person with the ball cannot move.

### Key Questions

- Can we name the 3 types of passes?
- Where should we be aiming when passing to our partner and why?
- How do we know how much power to add to our pass?
- How can we help our partner who has the ball? - *Move into space to receive the pass*

### National curriculum links:

- Use running, sending and receiving in isolation and combination
- Develop control, balance and technique through playing Netball

### Social and environmental skills:

- Working with others developing team work and collaboration
- Developing good communication skills