

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Netball	3/4	#2	Passing & Pivoting

Equipment

- Netballs
- Cones
- Bibs

Learning Objective

- To use pivoting to keep possession of the ball
- To pass the ball effectively after pivoting

Success Criteria

- I can pivot on one foot without travelling
- I can find a free teammate after pivoting
- I can make controlled passes under light pressure

Key words

- Pivot
- Rules
- Possession

Preparation Ideas/Warm Up

Chaos Tag

Everyone will be a tagger, if you are tagged you will be out until the person who tagged you is tagged and out of the team. If two people tag each other at the same time you must do rock paper scissors winner stays in.

This game is about finding spaces and moving into that space to stay away from other's and avoid being tagged.

Skill Development

Demonstrate pivoting and knowledge of which foot to pivot off.

Pivot technique – Slightly bent knees that are shoulder width apart, we want to tuck the ball into the chest to protect it. We are going to pivot by rotating on your landing foot (if you have jumped to catch) or just one foot if you have two feet on the floor. Keep your upper body straight and always looking up.

Passing Line

Groups of 3. One person in the middle, 2 on the outside. The person on the outside passes the ball into the middle. The person in the middle must pivot off one foot to turn then pass the ball to the next person. Complete this 3 times then swap the person in the middle.

Progression- Add in a jump and land before pivoting. Whichever foot touches the floor first becomes a pivot foot

Regression – use a cone or marker to help make sure that the foot remains in contact with the object.

Caterpillar Race-

Split the class into teams of 5 making a line one behind the other on the start line. Set up a finish line around 15m away (or on the other side of the hall if indoors). The player at the back starts with the ball. They pass to the next player and immediately run to the front of the queue. As the next player passes the ball, they run to the front, so that when they join the front of the queue, the line is moving forward.

If a team drops the ball, they must return to the start line and start the game again. First team to cross the finish line are the winners.

The only player who can move is the player at the back of the queue, moving to the front of the queue. Everyone else in the group must stay still.

Game

Attack V Defence

Split the class into even groups of around 6 per group. They are given a square area to work in. Start the game off with 5v1 situation in which one person is the defender and the rest are attackers. The idea of the attacking team is to achieve as many passes as possible without the defender intercepting a pass. Swap either when the defender intercepts or have a time limit of 90 seconds to swap.

Rule – When you are in possession of the ball, you cannot move

Progression:

>Start to even up the teams by playing 4v2 and if again the children are finding it easy to keep possession, turn it into a 3v3 game.

>In these games, if we achieve 5 passes in a row, we get a point

Teaching points

- The chaos tag game is about showing respect and being truthful as to when you are tagged and out of the game. Make sure the children understand that telling the truth is important when playing sports and especially in this game
- Explain to the children the importance of passing and moving in netball as you can't move with the ball. When your team is in possession and you do not have the ball, it is important that you are able to move into space to receive the ball.

Key Questions

- How do we pivot in netball?
- How can we show respect to others during the session?
- What can we do to help our team mate who has possession of the ball?

National curriculum links:

- Use running, sending and receiving in isolation and combination
- Develop control, balance and technique through playing Netball
- Play competitive games against others, applying basic principles for attacking and defending

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills

- Showing respect to others