

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Netball	5/6	#3	Positional Play

Equipment

- Netballs
- Cones
- Bibs
- Netball posts/benches

Learning Objective

- To understand the different positions in netball
- To experience playing in different positions

Success Criteria

- I know the positions in netball
- I understand the roles of each position in netball

Key words

- Positions
- Attacking
- Defending
- Shape

Preparation Ideas/Warm Up

Pair Tag

Pick 2-3 taggers and then the rest of the class will get into pairs. Each pair will have one ball between them, if you have a ball, you cannot be tagged.

Aim of the game is to work with your partner so you avoid getting tagged by passing the ball effectively so neither of you get tagged. If you get tagged, you and your partner must complete 10 consecutive passes before you can join back in.

Skill Development

Positional play

Split the court into 3 sections, using 3 different coloured cones and get the children to understand the each of the roles.

>Goalkeeper and goal defender– Can only operate in the defensive third and middle third

>Centre – Operates throughout the full court

>Goal attack and goal shooter– Operate in the middle and attacking thirds

Attack v defence

Set up two separate courts, with the split thirds and split the class into teams of 5 and have each team choose their positions.

If you do not have netball hoops available, set up a bench and have an extra player stood on the

bench ready to catch.

Each team will take it in turns to attack and defend each other's goal. If the defending team win the ball back, the game stops and the teams swap roles. The ball will then begin in the attacking team's defensive third.

If the defending team win the ball back, they receive a point. If the attacking team score, they are awarded a point

After 5 minutes of play, swap the team's so they can play against another team and swap player's roles so the children can experience different positions.

Note: If a player moves into an area they are not allowed in, this is offside. If the attacking team violate this rule, the defending team are awarded a point. If a defending team violate this rule the attacking team are awarded the point

Game

Game Of Netball

Same as the game above, however this time, it is a normal game of netball, so the game continues if the defending team win the ball back

Note: If the offside rule is broken, a free pass is awarded to the opposition

Teaching points

- We want the children to gain an understanding of which areas they can move into as they are playing. Make sure that only the centre is moving into all areas and that the defensive and attacking players are only moving in their respective areas. We want them to understand that if a player moves into an area they are not allowed in, this is offside.
- As the attackers and defenders can only move into certain parts of the pitch, we want the children to gain an understanding of how they can help their team from their positions. When in attack, we want the defenders to push into the middle third and the centre to join the attackers in the final third. When defending, the centre should push back into the defensive third and the attackers move into the middle third to help.
- As the attacking team, can we pass and move the ball effectively through the thirds and make sure that we are in space to receive the ball. As the defenders, can we mark a specific player to stop them from receiving a pass and make it more difficult for the opposition to attack

Key Questions

- Can someone name a position and which areas on the pitch they can move in?
- What happens if a player moves into an area they are not allowed in?
- How can we help our team when we are attacking?
- How can we help our team when we are defending?

National curriculum links:

- Using running in isolation and combination
- Playing competitive games against others, applying basic principles for attacking and defending

- Developing control, balance and technique through playing netball

Social and environmental skills:

- Developing good team work and collaboration skills
- Developing good communication skills
- Improving our decision making skills