

NETBALL LESSON 5

Year 5 & 6

Learning Intention: *How can you shoot in netball?*

Yr 5

I can stand with feet slightly apart and bend my knees when I shoot

I can place my hand under the ball and support it with the other when I shoot

I can flick my wrist and wave goodbye to the ball when I shoot

Yr 6

I can shoot a ball into a net with some success

I can shoot a ball into a net with success

I can consistently shoot the ball into the net with success

EQUIPMENT:

15 size 4 netball balls

Throw-down spots

Throw-down feet

Learn a rule: Scoring a goal

- A goal is scored when the ball passes completely through the ring from the top to bottom.

- A goal may only be scored by the GS or GA from within the shooting circle.

WARM UP:

Children to jog around in a given area. If teacher calls:

Jump stop: Children to quickly find a spot and show a jump stop

Stride stop: Children to quickly find a spot and show a stride stop

Jump stop and pivot: Children to quickly find a spot and show a jump stop and pivot forward

Stride stop and pivot: Children to quickly find a spot and show a stride stop and pivot forward

Change direction: Children to change direction

Dodge: Children to show any dodge

ACTIVITY 1: Shoot - It

1. Teacher to model/show the correct shooting technique.
2. All children to stand holding the ball in the correct position.
3. Children to stand in a space and shoot, pushing the ball up high into the air, waving "goodbye to the ball".
4. When in starting position – children to remember: "Bend, push and wave goodbye to the ball".

Children are now going to rotate around stations practising their technique.



TEACHING POINT:

Shooting technique

1. Stand feet slightly apart
2. Hold the ball high with your arms stretched up high
3. Place one hand under the ball and the other at the side of the ball supporting it
4. Bend knees
5. Lower the ball slightly behind your head
6. Push up from feet through body to release the ball
7. Wave goodbye to the ball; flick of the wrist
8. Finish off on the tip of your toes

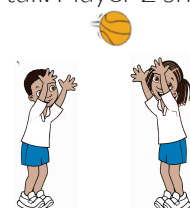
ACTIVITY 2: Shooting Stations - Station 1

Station 1 (x 2 stations): Human Post

- In pairs/threes: Player 1 pretends to be the post, standing with hands stretched up tall. Player 2 shoots, pushing the ball high up into the air.

- Aim of the game: If the ball lands in the post's hands (Player 1) without them having to move, the shooter gets a point; however, if it misses, Player 1 gets a point.

- Children to ensure they take it in turns.



ACTIVITY 2: Shooting Stations - Station 3

Station 3 (x 2 stations): Shooting into the Goal

- Place netball post on the court at the correct height: High-five 2.74m or 9 feet high.
- Aim of game: Children to take it in turns practising to shoot into the goal. They can choose which spot to shoot from. In this adapted game children can get 1 point if they hit the rim of the post and 2 points if they get the ball into the goal.

Make it easier: You can use throw-down feet to help with position of stance. Stand on the spot nearest to the post.

Make it harder: To shoot from each spot.



ACTIVITY 2: Shooting Stations - Station 3- rebound

Station 2 (x 2 stations): Shooting into a goal

- In pairs/threes: Player 1 shoots, if they miss they have got to beat their partner to getting the rebound. Their partner has to also try and get the rebound.
- Aim of the game: If the ball goes through the hoop for the shooter or they get the rebound (Player 1) gets a point; however, Player 2 gets the rebound they win a point. Children to keep swapping over.



ACTIVITY 4: Shooting - Line ball Netball (with posts)

Play same rules as Line ball netball (use posts instead of the line)

Two teams of 4 or 5. Use a square marked.



Teacher to reward children for good shooting techniques

COOL DOWN

Children to jog around slowly in given area; when teacher calls "shoot", children to stop in shooting position and pretend to shoot.

PLENARY

What was your favourite station? What is important when you shoot?