



Primary Schools 6 week programme of Netball Development

This document provided an overview of the weekly progression of teaching and learning throughout the 6week development programme. It is designed with the purpose of giving teachers an understanding and elements involved in coaching Netball to primary school children and gives a flavour of the types of learning outcomes that will be covered.

Week One:

Session objective:

- Ball Familiarity and Movement
- To be able to throw and catch a Netball

Divide the class into smaller groups of 4/5, 4 discs set out with 4 yards in between to be used for movements related to Netball

Discs can be used for players to stand and pass from using the techniques of Shoulder pass and Chest Pass.

Coaching Points: Shoulder pass-One hand behind the ball and one in front for support, take one step forward and push the ball.

Chest Pass- Two hands behind ball locked and push forward.

Footwork -Land one foot after the other, the landing foot is 'stuck' can't be moved but second can be.

Week Two:

Session objective:

Build on lesson 1 objectives

Then Passing and Landing

Split the class into pairs, Working more on the Shoulder and Chest Pass, Introducing the Bounce Pass. Making sure players are landing correctly and not moving the landing foot.

Coaching Points Coaching Points: Shoulder pass-One hand behind the ball and one in front for support, take one step forward and push the ball.

Chest Pass- Two hands behind ball locked and push forward.

Bounce Pass-Pushing the ball from the shoulder to the ground for it to bounce once before being caught by partner

Footwork -Land one foot after the other, the landing foot is 'stuck' can't be moved but second can be