

WEEK 3

Session objective: Shooting

- Splitting into 4 groups 2 groups shooting 2 defending then rotate
- Groups shooting top of D Defenders at the side
- Attack the defender trying to score a point.

Coaching Points

Shooting- Feet and shoulders hip width apart, knees relaxed and hips and shoulders facing the net. Bend knees and elbows at same time, elbow bent when shooting acting like a lever.

Week Four:

Session objective: Defending

- Splitting groups into pairs having them shadow their partner this allows them to watch movement etc and try to follow the movement. Keeping a distance between them and follow.
- Progression- into 3s introducing 1 ball between 3. 1 player will be defending with the other 2 working together. Defender trying to intercept.
- Coaching points- Defending watch the ball decide when to intercept the ball and regain possession.

Week Five:

Session objective:

- RECAP Lessons 1- 4
- Split the groups all working on lessons 1-4 in small areas.
- Progress into a game of 5aside netball, having spare players to count score and watching the others play.

Week Six:

Session objective:

GAMES

Split group into teams, teams of 5-7 depending on group sizes. Let them put all skills into practice that they have learnt.

