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## LETS PLAY NETBALL!

- **Ideas For Warm Ups**

### **MOVEMENT SKILLS – LANDING, BODY BALANCE AND PIVOTING**

*(Teaching Points; Refer to "Movement Skills" overleaf)*

#### **Tiger, Tiger**

Objective: to develop an awareness of a stable balanced position

No. of players: 6 – 14 players per group (2-3 players are 'Tigers' and the remaining players are 'Monkeys')

Area: one 1/3 of the netball court

Equipment: nil

Hold a roaring competition to see who is going to be Tigers. The Tigers stand facing away from the players at the edge of the area. The remaining players become noisy Monkeys who will leap about plucking 'fruit' from the trees and landing balanced.

The Tigers roar and quickly turn around. The Monkeys must remain still in a stable balanced position. The Tigers assess all the Monkeys and any Monkey that they see moving or isn't balanced, e.g. feet too close or too wide, they say the reason and then get to 'eat' the Monkey, the Monkey then joins the Tigers.

The activity then restarts.

#### **Squashing Spiders**

Objective: to develop an awareness of a stable balanced position and pivoting

No. of players: any

Area: whole court

Equipment: Nil

In a designated area players run around and when the whistle blows they land balanced with heads up, simulate catching, 'squash a spider' (pivot) and simulate pass (vary type of pass).

*Progress:* introduce varying number of balls to develop these skills in game situation.

#### **Scatter Cones**

Objective: to encourage quick changes of direction

No. of players: two teams of 6 – 8 players

Area: one 1/3 of the netball court

Equipment: cones

Cones are scattered randomly, half lying down and half standing up. The teams have 30 seconds in which one team is responsible for tipping the cones over while the other team will stand them up.

After 30 seconds count how many cones are up and how many are down.

Swap roles.

- **Skill Development**

**PASSING & CATCHING**

*(Teaching Points: Refer to "Ball Skills' overleaf)*

**Pair Challenges**

Objective: to develop passing variety

No. of players: group divided into pairs (2's)

Area: one 1/3 of the netball court

Equipment: 1 ball per 2 players

Players are paired up according to ability and stand approximately 6-feet apart. The coach then issues the challenges for the pairs.

Examples of possible challenges are:

1. 10 chest passes then run around your partner and back to your position then your partner does the same.
2. 10 bounce passes then 4 under and overs.
3. 10 lob passes then 4 side-to-sides.
4. Roll the ball between your partners' legs and then run to get it, returning to own line. Repeat 5 times each.
5. Pass the ball to your partner, and then touch the ground and clap before your partner throws the ball back to you.
6. Pass the ball to your partner, and then pivot 360° before your partner throws the ball back to you.
7. Pass the ball to your partner, then run backwards to a line or cone behind you then run forward to catch the throw from your partner who then does the same.

**Ball Control Activities**

Objective: fun activities to assist ball control, co-ordination and confidence

No. of players: Any

Area: one 1/3 of a netball court

Equipment: 1 ball per player if possible, if not work in pairs (2's)

The following activities will allow your players to become more familiar and confident with the ball.

*Hot Potato* – the ball is quickly passed from hand to hand.

*Hot Potato Challenge* – as above but now the coach will call out a number, e.g. 1 = hot potato at eye level, 2 = hot potato at hip level and 3 = hot potato at knee level.

*Body Circle* – the ball is circled around the waist – change direction.

*Body Circle Challenge* – coach call out the body part to be circled, e.g. head, ankles, hips, knees, waist.

*Figure 8's* – the players stand with legs wide and create a figure 8 by taking the ball around a leg, through the middle and around the other leg. Change direction.

*Figure 8 Challenge* – players all line up on a line and then while walking continue to make figure 8's around their legs. Increase the tempo to jogging.

*Turn and Catch* – ball is thrown into the air and the player turns 180° and then catches the ball. Then try turning 360°.

*Stand Up* – player sits on the ground and tosses the ball into the air. Without using hands the player must stand up to catch the ball.

*Pretty Clever* – the ball is held behind the head, dropped and then caught behind their back. Once they have mastered this add in that they have to toss the ball up behind their head and then catch it behind their back.

*The Ultimate* – the ball is thrown over the players' head, and then they bend to put their hands between the legs at knee/ankle height to catch the ball behind them. Timing is critical.

### **Ball Tag or Corner Ball**

Objective: to develop teamwork and ball skills

No. of players: two teams of 6 – 8 players

Area: one 1/3 of the netball court

Equipment: 1 ball

Two teams spread out in one third of the court. One team starts with the ball. Their aim is to pass the ball between themselves and 'corner' a member of the opposite team and tag them with the ball. Tag = hold onto the ball and touch a player with it. When the team with the ball manages to tag a member of the other team, the ball is placed on the ground. The teams then change roles. Players do not run with the ball. The team without the ball is not allowed to touch the ball or the other team members.

### **Half Court Relay**

Objective: to develop speed, passing and teamwork

No. of players: two teams of 6 – 8 players

Area: whole court

Equipment: 2 balls

Teams line up across opposite ends of the court with the 2 balls placed in the center circle. On the coaches whistle each team has to pick up a ball. All team members must take a pass with only three passes being allowed in the goal circle area. Once all team members have taken a pass the team must shoot for goal. When a goal is successful the ball must be passed back through the team and returned to the center. The first team to finish scores one point. The game then restarts.

- **Small Sided Games**

### **Modified Netball**

Divide gym into small courts, e.g. 2 half courts or 4 quarter courts. Adapt the goal posts, e.g. use basketball hoops, hula-hoops placed on the ground or large trashcans, buckets etc. Emphasize netball rules, i.e. 3-second rule, 3-foot defense, side and back line turnover, no running with the ball, no contact. The Coach can position him/herself in centre of gym to control all games at re-start.

### **Zone Ball**

Divide your court space into thirds with a goal post at each end. There are 5 players per team on the court with unlimited substitutions on the sideline. Substitutions can be made 'on-the-fly' after a goal has been scored. Netball rules apply, i.e. no contact, 3-feet from a player with the ball, no running with or dribbling the ball, the ball must be touched in each third of the court, the ball can only be held for 3-seconds and play re-starts from the center circle alternating the pass between the teams. There is no shooting circle and goals can be shot from anywhere within your shooting third. Each goal is worth 1-point.

The playing positions per team are GS, GA, C, GD & GK. The players are allowed in the following areas of the court:

GS – shooting third only

GA – shooting and center thirds

C – center third only

GD – defense and center thirds

GK – defense third only

- **Full Sided (7 Vs 7) Game**

**Position Learning**

Objective: to learn specific court positions

No. of players: Any

Area: whole netball court

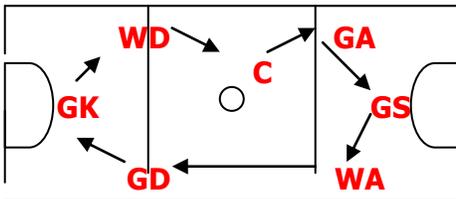
Equipment: nil

Players jog, hop or skip etc. round the outside of the court. When the coach calls a position, players have to run to that starting position on the court (see positions below).

**Game Play**

Set teams up on court in the correct positions. Explain to players the areas of the court their position is allowed to play (see diagram below). Play mini games of 7 - 10 minutes duration and then rotate players. One team rotates around the court in a clockwise direction while the other team rotates in an anticlockwise direction. These rotations are highlighted below:

**Team 1 Rotation**



**Team 2 Rotation**

