



## Year 9 Netball: Lesson 1 – Passing

### Big Question

Why are speed, height, distance and strength important when passing the ball in netball?

### Warm Up

What should your warm up include?

1. Pulse raiser
2. Stretches:
  - Dynamic
  - Static



Watch this YouTube clip <https://www.youtube.com/watch?v=8Mgoymrtwjw> and follow the activities to complete your warm up. Then complete some static stretches as necessary.

### Passing

Passing with speed, height, distance and strength are all important within netball but depend on the situation you find yourself in. E.g. a lob pass over a defender needs height, distance and strength but a chest pass needs the correct speed and strength for the distance.

The activities below could be done at the park or in your own garden. Team up with a family member or friend to complete these if you can, but remember to socially distance if you are meeting up with a friend. All you will need is a ball (if you haven't got a netball, any other ball will do!)

#### Activity 1 – Different types of passing

Stand a couple of metres away or 1m away from a wall. Practice the five different types of passing (chest, bounce, shoulder, overhead and lob). Experiment with using different amount of power and height. How quickly can you receive and then throw the ball? Check out the below link for a suggested practice in 3s.

<https://www.youtube.com/watch?v=VrOmjYZxx4M>

*Up the challenge*

Move further away.

How much power can you apply and still make the ball able to be caught?



#### Activity 2 – Speed passing

How quickly can you complete 15 successful passes? Have a second attempt if you beat this score try again but with 20. If you don't beat it reduce the number of passes to 10 and complete with 2 sets. Change the number of passes after every 2 sets. If you beat it add 5 on, if you don't take 5 off. How many attempts does it take to get to 30?

#### Activity 3 – Game play.

2v2 gameplay. Try to make 5 successful passes without the other pair intercepting the ball. If they intercept the ball they must attempt to make 5 successful passes. You score one point for each set of 5 successful passes made. After scoring a point give the ball to the opposition.

*Up the challenge*

Can you make 10 successful passes?

### Follow it up

What happens if you apply too much/little speed/strength, height or distance to each of your passes?

### Get inspired

Take netball home have some great ideas for netball activities that can be done during lockdown. Why not give some of them a try?

[https://www.youtube.com/results?search\\_query=%23TakeNetballHome](https://www.youtube.com/results?search_query=%23TakeNetballHome)