



Year 9 Netball: Lesson 2 – Holding space

Big Question

How do we hold space in the circle and why do we use this tactic?

Warm Up

What should your warm up include?

Gentle jogging

Side stepping

Heel flicks

Skipping

Watch this YouTube clip <https://www.youtube.com/watch?v=wzfNmSMrqXk> and

follow the activities to complete your warm up. Complete the warm-up with your choice of stretches.



Passing

Holding space is a particularly important skill for GA and GS as it allows them to create space under the hoop to make it easier for them when shooting. It requires a precise and well timed pass so the defender doesn't intercept the ball.

The activities below could be done at the park, especially 1 with a basketball hoop/court 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 – Holding space- exploration

In groups of 3, 2 attackers stand a few metres apart and the defender marks the person without the ball. Practice the 'Practice and Progression' section.

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2017/01/02170108/12.-Feeding-a-Holding-Shooter-1.pdf>

Up the challenge

Mix up your game plan to fool the defender.



Activity 2 – Small game

4v2, set up in a square, with 2 players on the same side being marked. Unmarked players pass the ball between them a minimum of 3 times before passing to one of the marked players using the previous skills. See 'Progressions' section of previous link.

Activity 3 – Game play.

Continue above task, split into 3x pairs. Mix pairs around after every 10 attempts. Score 1 point for a successful pass, score 1 point for intercepting. Who are the winning pair?

On your own!

If the weather is bad or you are on your own watch this clip from 15mins 55 for the first quarter.

<https://www.youtube.com/watch?v=R2sQkaIYUto>

Watch the Dragon's (green) GS hold space. What can you learn from her positioning?

Try this netball HIIT work out. <https://www.youtube.com/watch?v=fWP35pkmlw>



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