



Year 9 Netball: Lesson 3 – Creating space

Big Question

How do we create space to receive the pass?

Warm Up

What should your warm up include?

Skipping with a rope. If you have a skipping rope try different types of skipping (jumping, alternate foot, crisscross, single leg, double jump etc.) If not use 1 of the warm-ups from a previous session.

Stretching- perform your own static and dynamic stretches. You could include high knees, heel flicks, lunges, open/close gate, shoo the chickens etc.

Dodging

Dodging is an important skill in netball. You need to be able to quickly dodge into a space to receive a well-timed pass from a team mate. If done successfully you should be able to get away from a marker to create some space for yourself. Watch the following dodges on the link below:

Full turn, half turn, straight sprint, change of direction, front cut, double dodge.

<https://www.teachpe.com/sports-coaching/netball/netball-attacking-movement>

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 – Holding space- exploration

In groups of 3, 2 attackers stand a few metres apart and the defender marks the person without the ball. Set yourself up as in the videos and practice any of the dodges you observed. The feeder feeds the ball 10 times and then change around. Try to vary the dodge you perform each time to catch the defender unaware. How many times out of 10 were you successful?

If you are on your own you could use a static marker such as tree, chair, folded up washing line and practice each of the dodges, either pretend to receive the pass or ask a family member/friend to pass to you.

Activity 2 – Small game

3v3 game. You must perform a dodge into a space to receive the pass. How long can you keep passing the ball before the pass is unsuccessful or intercepted? Once you have completed 5 successful dodges, award yourself 1 point and give the ball to the other team.

If the weather is bad or you are on your own watch this clip from 35min 07 for the second quarter.

<https://www.youtube.com/watch?v=R2sQkalYUto>

Record when you see a player perform a dodge and the time they did it at.



On your own!

Try this netball HIIT work out. https://www.youtube.com/watch?v=KvNtC_ADiAc&t=10s

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