



Year 9 Netball: Lesson 4 – Rebounding

Big Question

How do we make sure we get the rebound?

Warm Up

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.



Rebounding

Rebounding is an important skill in netball as you will need to be able to get the ball as soon as a shot at goal is missed to allow your team to be in possession of the ball. In attack it allows you another shooting opportunity, in defence it denies the opposition the chance to have another shot and ultimately score.

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

The activities below could be done at the park (ideally one that has a basketball hoop) 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 – Rebounding

In groups of 4, 2 attackers and 2 defenders around the area of the hoop, player takes a shot while being marked. If the shot is missed the players must jump and collect the rebound. Defender takes up a ready position, knees bent, on toes ready to jump.

Arms begin at the player's side slightly flexed ready to move upwards at speed to increase jumping height and reach for the ball at highest point, eyes directed up towards the ball and ring. Avoid standing directly under the ring.

Jump straight up and down and land in an upright and balanced position.

If you are on your own you could shoot and then jump as high as possible to get the rebound, imagine you are competing against someone else.

Up the challenge

Face away from the post, throw the ball up into the air, jump, and turn and catch before landing to face the hoop.

Make a successful pass after winning the rebound.

If you haven't got a hoop try throwing the ball into the air about the height of the netball post (3m) and try to win the ball

Activity 2 – Small game

Divide into 2 teams. Play over half a court. Play starts at the centre, decide who the attacking team is. If they score then the ball returns to the other team who take it from a centre. If the defending team gain possession of the ball they must pass it back over the centre line before they may begin their attack. Play for 15mins, having a break in the middle. Score 2 points for every goal that is scored and 1 for every rebound that is caught before hitting the floor.

If there is only 2 of you have a shootout. Decide who starts, if they score they get a point and the ball goes to the other player. If they don't the player who gets the rebound gets to shoot. Play for 5mins, who can score the most goals?

On your own!

Try this netball HIIT work out. <https://www.youtube.com/watch?v=evY3nIOfOJs>

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



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