



Year 9 Netball: Lesson 5 – Marking the shooting player

Big Question

How do we mark the shooting player?

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.



Marking the shooting player

Successful marking the shooting player can win the game for your team. If you are able to successfully mark the player who is shooting the ball then you will make it very difficult for them to successfully shoot and score.

<https://www.youtube.com/watch?v=l6VwsDwA3Zk>

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 – Marking the shot with a jump

In pairs, 1 player on their knees and 1 marking 1m away. Player on their knees pretends to shoot, defender in netball ready position. Knees soft and weight on balls of feet. Defender tries to intercept the ball at the lowest point once it's been released. See marking the shot-with jump below.

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2017/01/02170109/14.-Shooting-Technique-and-Defending-the-Shot-1.pdf>



Activity 2 – Marking standing shooter.

As above but marking a standing shooter. Refer to YouTube clip for teaching points.

Activity 3 – Game play.

Split into 2 teams depending on how many of you there are. Score an extra goal/point for successfully marking a shot with a jump.

On your own!

Try this netball HIIT work out. <https://www.youtube.com/watch?v=BJmR4bMUR98>

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