



Year 9 Netball: Lesson 6 – Closing down the opposition

Big Question

How do we close down the opposition and when do we get goal side of them?

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.

Closing down and getting goal side

At times it may be necessary to get goal side of your attacker to try to stop them from getting closer to goal. This is particularly useful in keeping the WA away from the edge of the circle and keeping GA and GS from getting close to the hoop.

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

Activity 1 – Shadowing

In groups of 3, 2 attackers and 1 defender. Start 2v2 shadowing the attacker, try to keep them away from the goal or a specific area if you don't have a court. Move to 2v1, still shadowing the attacker by try to keep them away from the goal and try to intercept the ball.

<https://www.youtube.com/watch?v=pRQMPkUQD14>

You must be light on your toes, with little steps to prevent them being able to get past. Stand so you can see the defender and the attacker about to throw the ball. Try to channel the attacker away from the hoop by angling your body and forcing them into the space you want.



Activity 2 – Cops and robbers

2 teams, defenders try to restrict the attackers from getting past them and getting the ball (which is placed on the ground behind the line of defenders). Once the attackers get the ball they must take it back to where they started (approx. 10m away) to score a point. If the defenders intercept the ball is returned to its starting position and play starts again. Have 3 attempts and switch.

Activity 3- Game play

Half-court game with 1 team attacking and 1 team defending. The attacking team try to score by either getting the ball into a hoop or placing it in a target area. The defending team try to push them away from the target area using the skills they have practised above.

On your own!

Try this netball HIIT work out. <https://www.youtube.com/watch?v=DYMbRymjex8>

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