

Netball Circuit – For individuals with ball

Equipment – 1 ball per participant, 1x netball post

6 Running and passing

1 Figure of 8

2 Wall Taps

3 Passing (Right hand)

5 Passing (left hand)

4 Shooting

1

Figure of 8

- Stand feet a little wider than shoulder width apart
- Ball in hand
- Guide the ball through the legs in a figure of 8 shape.
- Think through the front and round the back

2

Wall Taps

- Stand toes to the wall or close to the wall
- Stand feet shoulder width apart so you are nice and balanced
- Hold ball above head and using fingertips, bounce the ball off the wall. Should be quick, fast bounces.
- Try moving the ball in a clockwise or anti clockwise direction.
- Make sure to use both right and left hands.
- Get creative – use different shapes, try circles, clock times etc

3

Passing – Right hand

- Stand about a metre from the wall
- With the ball in your right hand, bring up to shoulder height
- Use the left hand to balance
- As throwing, step forward with the left leg
- Catch with 2 hands

4

Shooting

- Stand feet shoulder width apart – nice and balanced
- Hold ball above head, using whatever hand feels comfortable. Make sure to have ball balanced in fingers rather than rolling about in palm of hand.
- Use other hand to balance the ball
- Make sure the shooting movement flows – start with bending the knees and push up, lifting the ball and flicking the wrist at the end – think swan neck
- Fingers should finish pointing the way you want the ball to go.

5

Passing – Left hand

- Stand about a metre from the wall
- With the ball in your left hand, bring up to shoulder height
- Use the right hand to balance
- As throwing, step forward with the right leg
- Catch with 2 hands

6

Running & Passing

- Stand about a metre from the wall and face the way you will be running
- Using your right and left hand passing from earlier, throw the ball off the wall and catch with 2 hands.
- Make sure to throw the ball in front of you so you are running on to the ball and catching in front, rather than behind – makes easier to release and move.
- Keep eyes and head up