

Netball Pack - Contents



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Netball - Footwork Card 1

Task

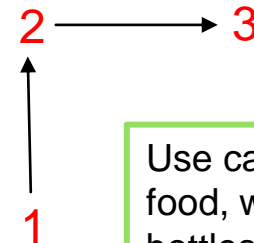
Complete each activity for 30s or 60s. Repeat the circuit 3 or 4 times.

1. Fast feet

- Find or make a line.
- Step forward and backward or side to side over the line at a fast pace.

2. L shape Right

- Start at cone 1
- Run out as fast as you can to cone 2
- Sidestep out to cone 3
- Sidestep back to cone 2
- Back pedal back to cone 1



Use cans of food, water bottles or shoes instead of cones.

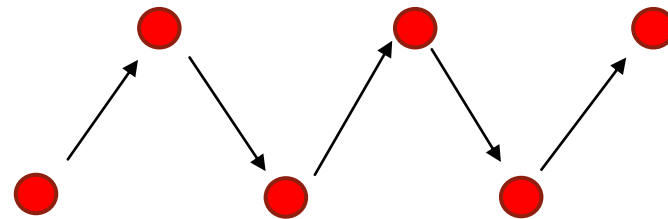
3. Netball Hops

- Start behind a line – nice and balanced on 2 feet.
- Jump forward and land on one foot – hold the balance for 3 seconds.
- Hop forward and land on the other foot – hold that balance for 3 seconds.



4. Zig Zag

- Run to each cone at speed (diagram)
- At each cone, lean on your outside foot to change direction.
- Jog back to the start.



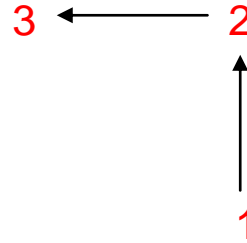
Netball – Footwork Card 2

Task

Complete each activity for 30 sec or 60 sec non-stop. Rest, then repeat.

1. 'L' shape Left

- Start at cone 1
- Run out as fast as you can to cone 2
- Sidestep out to cone 3
- Sidestep back to cone 2
- Back pedal back to cone 1



Equipment

- 3 Cones
- A line or tape
- Chalk/Tape to create a small box

2. Box Sprint

- Start in the box or on a line
- Jump forward, back, side then sprint off as fast as you.
- Jog or walk back and repeat.
- Change it up by adding in 2 jumps or facing the back or side before you start.



Netball Footwork with Partner

Task

1. Colour Run

- Performer stand at the green cone balanced and ready to react.
- Partner stands behind them on a different coloured spot/marker.
- Partner shouts a colour, you run to cone and back and wait for the next call.
- Partner can shout a colour before you return to the start cone, but you must always come back to the start cone first.

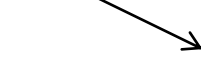
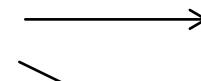
2. Fast Feet - *Partner calls instructions to performer*

- Stand with feet shoulder width apart facing your partner. Partner is standing 2 metres away on their coloured spot/marker.
- Start running fast on the spot'
- Partner will shout left, right, down or up.
- Left – step left foot forward and back, keep running on spot.
- Right – step right foot forward and back.
- Down – Bend down and touch the floor.
- Up – Jump up as high as you can.

Equipment

- 4 different cones/markers
- Coloured dot/marker for partner

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Netball Footwork with Partner 2

Task – Aim to do the practices for 30sec or 60sec

1. Side to Side

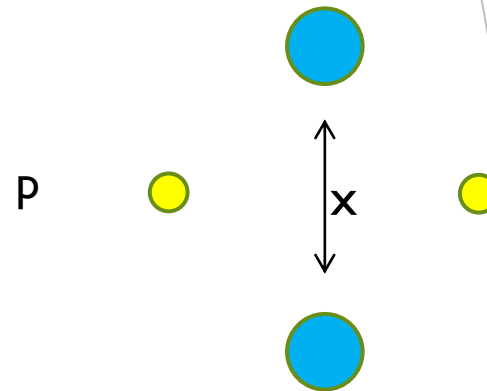
- Start at one of the blue spots.
- Partner standing on a coloured spot/marker
- On 'Go' start side stepping between the blue spots - keep your head up and eyes forward.
- Partner will shout front and run to the front yellow spot and then return to the side step between the blue cones.
- Or back and run to the back yellow spot and return.

2. Body Parts

- Stand opposite your partner.
- Partner standing on a coloured spot/marker.
- Start 'fast feet' running on spot.
- Partner will shout a body part.
- With that body part, touch the floor and stand back up and continue running on spot

Equipment

- 4 cones/dots (2 different colours)
- Coloured dot/marker for partner



Netball - Round the Body

Task

Round the Body

- Stand feet shoulder width apart.
- Ball in one hand with fingers spread apart.
- Pass the ball around your waist from one hand to the other.
- Pass the ball around your head/neck.
- Try passing the ball around both legs, or through your legs in a figure 8 direction.

Challenge

- Can you pass the ball around your head working your way down to your feet.
- Now pass it around your feet & back up to your head.
- How many times can you pass it round your body in 30 sec?

Equipment

Netball or Large bouncy ball



Netball Ball Handling – Front & Back

Task

Ball Catch Front & Back

- Stand feet a little wider than hip distance and bend knees.
- Hold the ball with 2 hands in front between the knees.
- Let the ball bounce once and quickly move the hands behind the knees and try and catch the ball.
- Practice this several times until confident.

Challenge

- Can you do this practice with your head and eyes up. Don't watch the ball!
- How many times can you bounce the ball, moving your hands from front to back in 30 seconds?

Equipment

Netball or Large bouncy ball



Netball- Passing skills

Task

Complete each activity for 30 sec or 60 sec and Repeat the circuit 3 or 4 times.

1. Wall Taps

- Stand close to a wall facing it.
- Feet slightly apart for good balance
- Hold ball above head and using fingertips, push the ball to the wall and catch with both hands. Repeat trying to throw and catch quickly.
- Try moving the ball in a clockwise or anti clockwise direction.



2. Passing (Shoulder Pass)

- Stand about one metre from the wall.
- With the ball in your right hand, bring up to shoulder height.
- Stretch left arm to the target to aid balance & accuracy.
- When throwing, step forward with the left foot.
- Catch the rebound with 2 hands.
- Now try throwing with your left hand, remember to step forward on your right leg as you throw the ball.



Netball Shooting Skills

Task

- Stand feet shoulder width apart.
- Hold ball above your head using your preferred hand and stretch fingers to help hold the ball securely. Use other hand to support the ball.
- To shoot, bend your knees and push upward, lifting the ball high and flicking the wrist forward as you release the ball.
- Fingers pointing toward the target.
- Practice until you are able to shoot with confidence.

Challenge

- Practice shooting standing in front of the netball net or target.
- How many successful shots can you get in 60 seconds?
- Now try moving to a different side of the net to shoot. Is it easier or harder?
- Every time you get the ball in the net take one step back away from the net.

Equipment

- Netball
- Netball Net or target on wall

