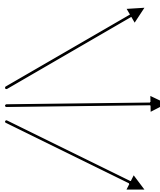
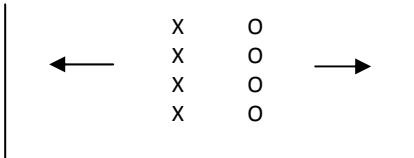


Session	1	AGE: 5-7 45 MINUTES	RUNNING, PASSING AND CATCHING Players will develop the skills of running and take-off. These skills are fundamental to movement in netball. They will also develop ball control and catching with two hands.
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<p>Equipment</p> <p>6 balls 6 beanbags 5 hoops Whistle</p>	<p>Skill Development (20 minutes)</p> <p>RUNNING (10 MINUTES)</p> <p>DRILL 1: TAKE-OFF</p> <ul style="list-style-type: none"> • Stand behind a line • On command sprint forward 5m • First step must be forward • Repeat taking off 45 degrees to the right (first step with the right foot) • Repeat to the left
<p>Group Organisation</p> <p>12 players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (5 minutes)</p> <p>SCARECROW TIGGY</p> <ul style="list-style-type: none"> • One person is 'it' • When they catch the others they become 'scarecrows' • Scarecrow is released by a person crawling between the legs of the player captured • Limit space depending on numbers. <p>STRETCH</p> <p>See stretching section.</p>	<p>DRILL 2: RATS AND RABBITS</p> <ul style="list-style-type: none"> • 2 lines 1m apart – 1 rabbits and 1 rats • Coach calls one name (rats or rabbits) – that team runs to the sideline • Other team chases person directly in front • Keep a tally of scores; receiving one point if they catch their partner or one point if they reach the line before they are caught • Emphasise strong push off on outside foot 
<p>Skill Warm-up</p> <p>Not applicable</p>	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

DRILL 3: THROW AND CATCH

In pairs – one person with a ball and one person with a beanbag. Complete each of the following and then swap the ball or beanbag with partner and repeat.

- Bounce ball with two hands and catch/if have beanbag throw it from hand to hand
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat extending the number of claps
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching

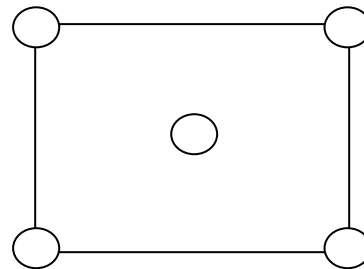
DRILL 4: LONG THROW

- A shoulder pass is thrown between two people
- If ball is caught both step back
- If the ball is dropped both step forward (unless closer then 3 metres)
- Winning pair is the one who have retreated the furthest
- Work for a set time or a number of passes

Modified Game/Minor Game (10 minutes)

ROB THE NEST

- Place netballs in the middle of the centre circle
- Divide into 4 teams and line up at the corners of the centre third
- Each team sends a runner to rob an egg (netball) from a nest; they return the egg to their nest, the next person in line then goes to rob an egg
- Collect eggs from the middle or from other nests; teams cannot stop others stealing their eggs
- Set time limit for each game
- Variation: Use beanbags



Concluding Activity (5 minutes)

Introduce GS position

- What is their role
- What area do they play in

Summarise skills covered.

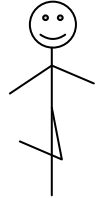
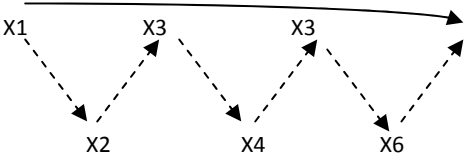
STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Always give clear and simple instructions

Session <h1>2</h1>	AGE: 5-7 45 MINUTES	BALANCE, PASSING, CATCHING AND SHOOTING Players will develop the skills of balance and shooting. They will continue to develop the skills of passing and catching with two hands.	
Equipment 6 balls 6 beanbags 12 cones 2 sets of bibs Whistle		Skill Development (20 minutes) FOOTWORK (5 MINUTES) DRILL 1: SIMON SAYS Use the following balance and hopping activities. <ul style="list-style-type: none"> • Stand on one leg • Stand on one leg and swing the other to the side • Stand on tip toe • Stand on both feet with eyes open and then shut • Stand on one foot with eyes open and then shut • Hop forward on right foot • Hop forward on left foot • Repeat hopping backwards 	
Group Organisation 12 players – modify equipment to suit size of group.			
Physical Warm-up (5 minutes) TAIL TAG <ul style="list-style-type: none"> • Play in the area a GS plays in • All players have a 'tail' – a coloured band or bib, tucked into the back of their shorts/skirt • Grab as many tails as possible whilst protecting own tail • Winner is the one with the most tails after all have been taken STRETCH See stretching section.		PASSING (10 MINUTES) DRILL 2: CROSS BALL WITH BEANBAGS <ul style="list-style-type: none"> • Use cross ball formation • Pass beanbag in zigzag pattern to each person in team • End player passes ball back in reverse direction • Use underarm pass, then repeat with shoulder pass Continuous Cross ball <ul style="list-style-type: none"> • After throwing ball, player runs to end of cross ball formation ready to receive next pass • Continue for set distance such as length of the court 	
Skill Warm-up Not applicable			

Skill Development (continued)

SHOOTING (5 MINUTES)

DRILL 3: SHOOTING

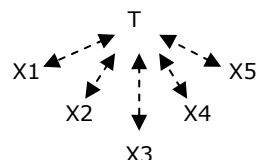
Work with a partner. One person shoot using a bean bag and the other person rebounds and passes beanbag back. Shoot 5 and swap roles.

Modified Game/Minor Game (10 minutes)

CORNER SPRY VS LAPS

- Batter passes ball into the court then runs between 2 cones 5m apart, scoring 1 pt per lap
- At the same time, the fielders run towards the person who fielded the ball and corner spy the pass to them, yell stop when completed, the batter stops running
- Game continues until all batters have thrown the ball then swap roles

Corner Spy - semi circle with fielder (T) standing 2-3m in front. T passes to each player in turn in the semi-circle.



Concluding Activity (5 minutes)

Introduce GK position

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Never talk over players. Wait until they are listening. Reinforce that a whistle blast means “stop, look and listen”.

Session	3	AGE: 5-7 45 MINUTES	PIVOTING, PASSING AND CATCHING Players will develop the skill of pivoting. They will continue to develop the skills of passing and catching with two hands.
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Equipment

6 balls
12 hoops
16 cones
1 set of bibs
Whistle

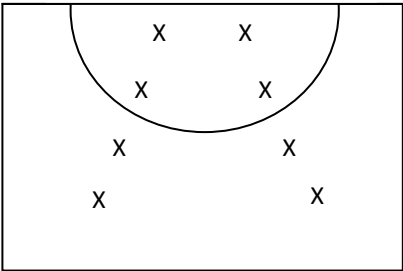
Group Organisation

12 players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

SHOOTING RELAY

- Two even teams line up from the corner of the third to the goal circle
- Pass ball down the line with front person having one attempt at goal, rebound ball and run to end of own line
- Repeat until all have had two shots
- Score number of goals for each team



STRETCH

See stretching section.

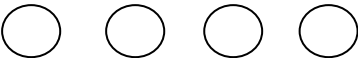
Skill Warm-up

Not applicable

Skill Development (20 minutes)

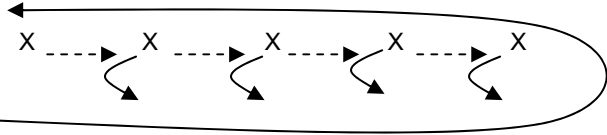
DRILL 1: TWO FEET LAND AND PIVOT

- 4 players to line up behind 4 hoops. Move forward and jump to land on both feet in a hoop. Repeat for each hoop
- Repeat and pivot with right foot in each hoop (squash the spider), left foot to trace a circle around the outside of the hoop
- Repeat pivoting with left foot

XXXX 

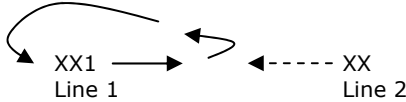
DRILL 2: BEAT THE BALL

- Form a straight line, 3m apart
- Jump as catch the ball and land on two feet, pivot, and pass to next person in line
- Move ball up and down line
- A runner tries to beat the ball as it is passed along the line and back to the start



DRILL 3: SHUTTLE BALL

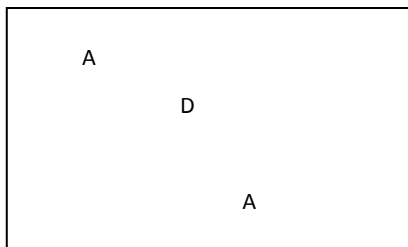
- Split group into two. Two lines facing each other
- The worker (X1) leads forward from line 1 and receives a pass from line 2
- X1 lands on two feet, pivots and then passes back to their line and returns to end of own line
- The sequence continues with alternate leads from line 1 then line 2



Skill Development (continued)

DRILL 4: INTERCEPTOR

- Two players pass a ball to one another
- An opponent attempts to intercept the ball
- Players change roles frequently
- The player with the ball cannot move and should use a variety of passes



Modified Game/Minor Game (10 minutes)

NETBALL TAG

- Play in the area the GS and GK can move in (if too big can use the goal circle)
- Divide players into two teams
- The chasing team has a netball that they must pass between them in an attempt to tag the opposition team with the ball
- Players must use the netball footwork rule (pivot) in order to tag opposition with the ball
- Work for 1 minute and swap roles
- Team with most tags is the winner
- There are many variations of this game

Concluding Activity (5 minutes)

Introduce GA position

- What is their role
- What area do they play in

Summarise skills covered.

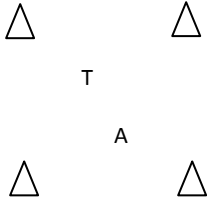
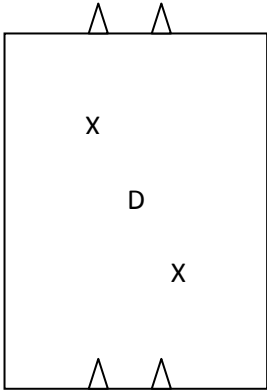
STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



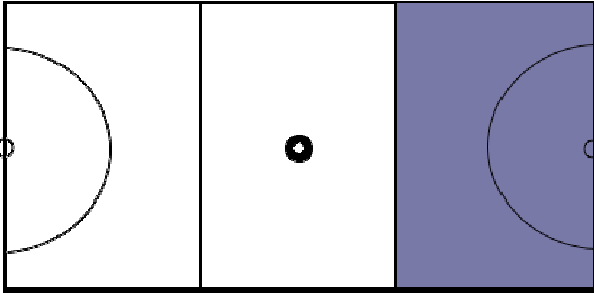
COACH TIP: Always have players gather in front of you when giving instructions and/or demonstrations

Session	<h1>4</h1>	AGE: 5-7 45 MINUTES	LEADING, PIVOTING, PASSING, CATCHING AND SHOOTING Players will develop the skill of leading. They will continue to develop other skills.
Equipment 6 balls 24 cones 2 sets of bibs Whistle		Skill Development (20 minutes) DRILL 1: LANDING AND PIVOTING PRACTICE Two athletes in a 3 x 3m square with one ball.  <ul style="list-style-type: none"> • Player with ball (T) stands still and passes the ball to the other player (A) who is making a lead in the area • They catch the ball and pivot • The thrower then makes a lead for the ball • Work for 10 passes. DRILL 2: BASE RUN <ul style="list-style-type: none"> • Two players with one ball try to stop a third player from reaching a base at either end of a playing area, 10m wide • Pass ball between them aiming to tag the third person • The ball must not be thrown at the player • The third player tries to reach either pair of cones without being tagged. 	
Group Organisation 12 players – modify equipment to suit size of group.			
Physical Warm-up (5 minutes) NUMBERS <ul style="list-style-type: none"> • Play in the area the GA plays in • All move around in random directions avoiding body contact with other • Coach calls a number and the players form groups of that size as quickly as possible STRETCH See stretching section.			
Skill Warm-up Not applicable			

Skill Development (continued)

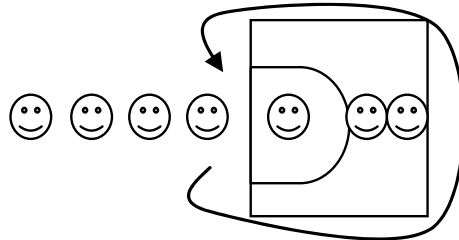
DRILL 3: KEEP THE BALL

- 3 attackers and 2 defenders are distributed over the playing area
- The attackers aim to make 5 passes between team-mates without the ball being intercepted
- Each 5 passes scores a point
- Rotate positions
- Netball rules apply
- Explain obstruction rule – must be 1.2m away to defend



Modified Game/Minor Game (continued)

- Running team scores one point when a runner completes circuit
- Last runner (golden child) can 'free' any player stopped on circuit by tagging them
- Each time a runner completes remaining part of lap team scores one point
- If goal scored while 'golden child' is running game stops and teams change roles



Modified Game/Minor Game (10 minutes)

GOLDEN CHILD

- 2 teams - Running team line up outside the court at goal post and shooting team form a line behind marker in goal circle
- Shooting team takes turns to have one shot
- Call "stop" each time they score a goal
- If runner has not completed the one third they must STOP and remain at that point
- Next runner begins after call of "stop" or when previous runner is back at start

Concluding Activity (5 minutes)

Introduce GD position

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Use lots of words of encouragement and applaud all efforts

Session	5	AGE: 5-7 45 MINUTES	DODGING AND DEFENDING Players will develop the skills of dodging and shadow defending.
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Equipment

6 balls
18 cones
2 sets of bibs
Whistle

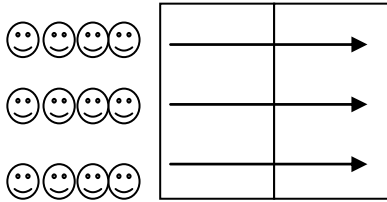
Group Organisation

12 players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

RELAY

- Run two thirds (area GD plays in)
- First person in each team runs with ball to second transverse line, bounces ball three times, runs back to line and passes ball to next person



Repeat with 3 catches, 3 balls in the air and clap, ball in the air and turn around

STRETCH

See stretching section.

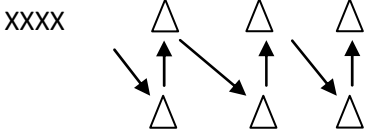
Skill Warm-up

Not applicable

Skill Development (20 minutes)

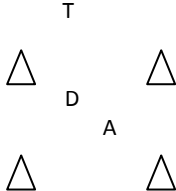
DRILL 1: CHANGE OF DIRECTION

Run one at a time changing direction at cones. When they reach the last cone pivot around to face team and dodge back to the start.



DRILL 2: SHAKE THE SHADOW (1 V 1 DEFENDING)

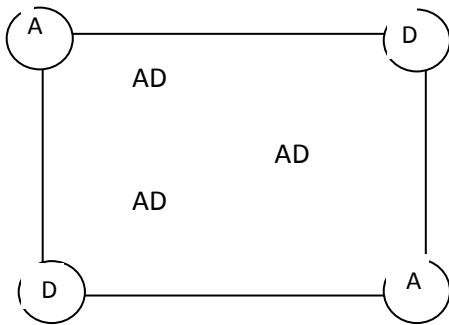
Working in a confined area the attacker tries to evade opponent and receive a pass from T.



Skill Development (continued)

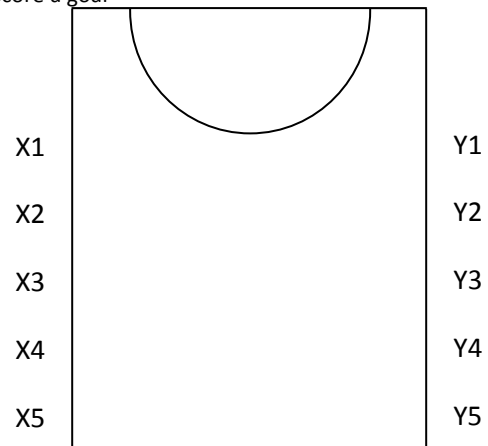
DRILL 3: CORNER BALL

- 2 even teams, each team has one player in diagonal corners
- Game played in centre third of netball court
- Ball starts in one corner – players must move the ball down court to their other post, if successful get one point and other team starts with ball in their corner
- If intercepted defender rolls ball to their nearest corner player then they become the attacking team
- Netta rules apply



Modified Game/Minor Game (continued)

- Work 1min – netball rules
- Ball into goal circle scores two points and an additional point if score a goal



Modified Game/Minor Game (10 minutes)

NUMBERS NETBALL – HALF COURT

- 2 teams line up on side line numbered consecutively
- Coach calls two numbers, these players from each team run into playing area
- Only first number called able to contest first ball rolled by coach
- Team who gains possession becomes attackers, may pass to side line players
- Both teams shoot towards same goal ring, if ball is intercepted defending team becomes attacking team but must pass ball back to the coach before shooting

Concluding Activity (5 minutes)

Introduce C position

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Always position players with their back to the sun when giving instructions

Session

6

AGE: 5-7
45 MINUTES

ATTACKING AND DEFENDING
Players will continue to develop their skills.

Equipment

6 balls
12 cones
2 sets of bibs
Whistle

Group Organisation

12 players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

SKITTLES

- Play in the area C plays in
- 2 teams
- Netta rules, players work ball towards their goal circle
- From edge of goal circle aim to throw the ball at one of 4 skittles
- Score one point for each skittle knocked over
- Other team restart game with ball after each shot.

STRETCH

See stretching section.

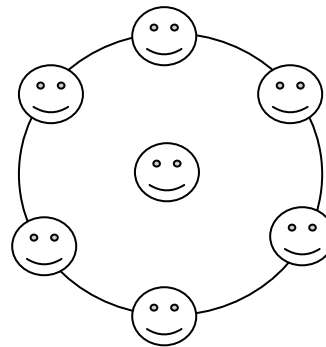
Skill Warm-up

Not applicable

Skill Development (20 minutes)

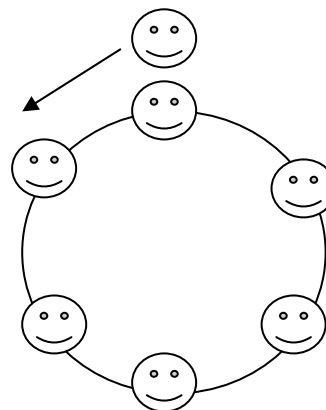
DRILL 1: PIG IN THE MIDDLE

- Players stand in a circle with one person inside circle.
- Person inside attempts to intercept ball.
- Players on outside must not pass the ball to the person next to them.
- If they pass the ball and it is intercepted they swap roles with the person in the middle.



DRILL 2: RACE THE BALL

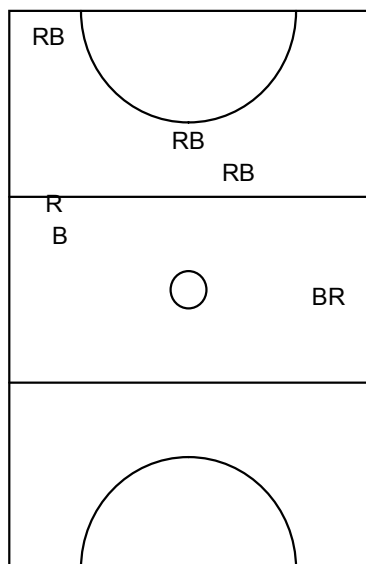
- Players stand in a circle with one person outside circle standing level with ball.
- On 'go' the person on outside of circle tries to beat ball being passed around circle.
- Repeat until all have a turn.



Skill Development (continued)

DRILL 3: 5 POINT PLAY

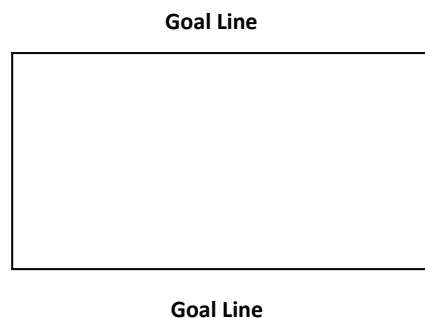
- Two teams of 5 players
- Attacking team pass ball between themselves; score 1 point for 30 seconds of passing
- After 30 seconds of passing a bonus 5 points is scored when ball is passed to a team mate in one of the goal circles, who scores a goal on their first attempt
- Netball rules apply



Modified Game/Minor Game (10 minutes)

FIND THE GOAL LINE

- Two teams
- All members of team must touch ball at least once before team can score
- A point is scored if the ball is placed over the goal line
- Opposition throws the ball in from that spot
- Netball rules apply



Concluding Activity (5 minutes)

Introduce WA position

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



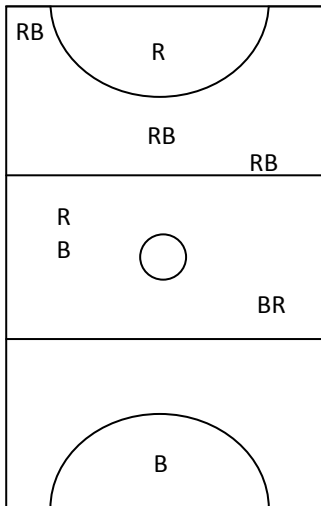
COACH TIP: Never assume players know what you are talking about. Always demonstrate and instruct.

Session	7	AGE: 5-7 45 MINUTES	PASSING, CATCHING, ATTACKING AND DEFENDING Players will continue to develop their skills.
Equipment 6 balls 12 cones 2 hoops 2 sets of bibs Whistle		Skill Development (20 minutes) DRILL 1: STATIONARY PAIR ACTIVITIES Hear and Catch <ul style="list-style-type: none"> Partner stands with back towards player with ball. Player drops ball, when partner hears ball bounce they turn and catch it before it bounces a second time. Turn and Catch <ul style="list-style-type: none"> One player stands with back to person with ball who stands 2-3m away. Person with ball calls players name as ball is thrown; they turn and catch ball. Ball can be placed high, low and bounced in front. Over and Under <ul style="list-style-type: none"> Players stand back to back. Ball is passed over head then between legs; therefore ball travels in a circle. Reverse direction after a period of time or certain number. Twisting <ul style="list-style-type: none"> Players stand back to back. Ball is received from one side of body and passed to other side; therefore ball travels in a circle. Reverse direction after a period of time or certain number. 	
Group Organisation 12 players – modify equipment to suit size of group.		DRILL 2: MOVING PAIR ACTIVITIES Boundary Pass <ul style="list-style-type: none"> Players run around outside of court passing or bouncing ball to each other. On whistle change direction. Forwards and Backwards <ul style="list-style-type: none"> Stand facing partner at end of court, one runs backwards and other runs forwards while chest passing. Aim to maintain same 2-3 metres distance along length of court. Reverse roles on way back down court. 	
Physical Warm-up (5 minutes) HERE, THERE AND EVERYWHERE <ul style="list-style-type: none"> Play in the area WA uses Coach uses three words that have special meaning and players run towards that area without contacting each other. E.g. Here – run towards the coach, There – run towards where coach is pointing and Everywhere – run in any direction STRETCH See stretching section.			
Skill Warm-up Not applicable			

Skill Development (continued)

DRILL 3: END BALL

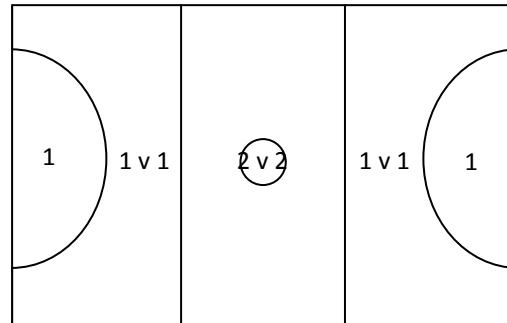
- 2 teams (approximately 6)
- Each team selects an end person who stands in a hoop
- Other players restricted as for End to End (modified game)
- Game is started with toss up between two players
- After a goal is scored game is restarted with opposite team taking a pass from behind goal line
- Using netball rules team in possession passes ball attempting to score a goal by passing to end person who must catch ball on the full
- No player other than end person may step in hoop or enter goal area
- Rotate end person



Modified Game/Minor Game (10 minutes)

END TO END

- 2 teams paired off and spread length of court
- On command, player with ball at one end passes ball to a team mate towards their goal at other end
- This continues until a goal is scored
- Players are restricted to one third or goal circle
- Only one person can be the designated shooter, they are not defended
- Change places regularly



Concluding Activity (5 minutes)

Introduce WD position

- What is their role
- What area do they play in

Summarise skills covered.

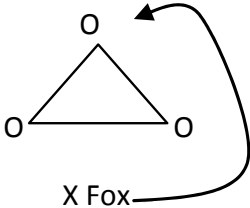
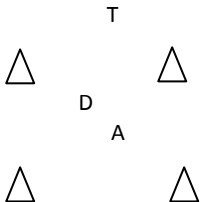
STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Aim for maximum participation. Make sure group sizes allow for lots of activity.

Session	8	AGE: 5-7 45 MINUTES	DODGING, DEFENDING AND CENTRE PASS STRUCTURE Players will develop an understanding of how a centre pass is structured.
Equipment 6 balls 20 cones 2 sets of bibs Whistle			Skill Development (20 minutes) DRILL 1: FOX AND GEESE <ul style="list-style-type: none"> • 3 players form circle, with an extra player nominated as a tagger or 'fox' • The 'fox' aims to tag player in circle designated the 'goose' • Players keep circle intact and aim to move around and reposition to protect goose from being caught by fox • Fox needs to make quick changes of direction to move around group and try to catch goose • Fox cannot push through nor go under the arms of players protecting goose • After designated time frame or after tagging goose, players change roles 
Group Organisation 12 players – modify equipment to suit size of group.			
Physical Warm-up (5 minutes) CHAIN TAG <ul style="list-style-type: none"> • Play in the area a WD uses • One player is designated as 'it' to begin game • Once another player is caught, they must join hands and then continue to chase remaining players • Only players on outside of the chain are able to tag and if chain breaks then they are not able to tag any of the remaining players STRETCH See stretching section.			DRILL 2: SHAKE THE SHADOW (1 V 1 DEFENDING) Working in a confined area the attacker tries to evade their opponent and receive a pass from T. 
Skill Warm-up Not applicable			

Skill Development (continued)

DRILL 3: CENTRE PASS

- Players stand for a centre pass (GS, GA, WA, C) with no defence
- Players pass the ball until a shot is taken then reset centre pass
- Players should play all positions
- Add one defender in the goal circle and one outside the goal circle
- Remember a defender cannot defend a shot

Modified Game/Minor Game (10 minutes)

NUMBERS NETBALL

- See session plan 5

Concluding Activity (5 minutes)

Summarise skills covered.

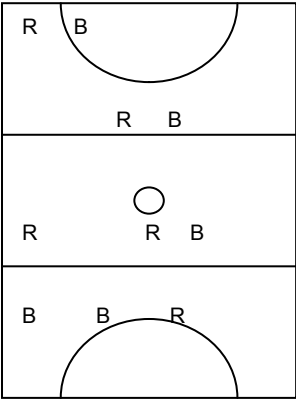
STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Do not limit yourself to the structure of the session plans. Be creative and add your own flair.

Session 	9	AGE: 5-7 45 MINUTES	PASSING, CATCHING AND CENTRE PASS AND LONG COURT STRUCTURE Players will develop an understanding of long court play.
Equipment 6 balls 2 sets of bibs Whistle		Skill Development (20 minutes) DRILL 1: PARTNER PASS <ul style="list-style-type: none"> • Players pass the ball to their partner • Pairs to spread out • When the whistle is sounded the person without the ball runs to find a new partner • Repeat 	
Group Organisation 12 players – modify equipment to suit size of group.			
Physical Warm-up (5 minutes) PARTNER TAG <ul style="list-style-type: none"> • Players are paired off • On command, one player uses a variety of attacking moves to try to evade their partner and 'shake the shadow' • The partner tries to stay within arms length • Players change roles and repeat STRETCH See stretching section.		DRILL 2: LONG THROW <ul style="list-style-type: none"> • A shoulder pass is thrown between two people • If ball is caught both step back • If the ball is dropped both step forward (unless closer then 3m) • Winning pair is the one who have retreated the furthest • Work for a set time or a number of passes 	
Skill Warm-up Not applicable			

Skill Development (continued)

DRILL 3: GK TO GS

- Players stand for GK throw-in
- Players pass ball until shot is taken then reset
- All players should touch ball before a shot is taken
- Players should play all positions

Modified Game/Minor Game (10 minutes)

HALF COURT

- Players stand for a centre pass (GS, GA, WA, C) with defence
- Players pass ball until a shot is taken then reset centre pass
- Remember a shot at goal cannot be defended
- Players should play all positions

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation



COACH TIP: Modify the activities to suit the ability of the players.

Session	10	AGE: 5-7 45 MINUTES	NETTA NETBALL
Equipment 6 balls 2 sets of bibs Whistle		Skill Development (20 minutes) DRILL 1: SHRINK AND GROW <ul style="list-style-type: none"> • Begin 3m away from partner • Each pair throws ball using one of the passing techniques • First time ball is dropped both players kneel on one knee • If ball is dropped again players 'shrink' from one knee to both knees, then to a sitting position and finally a lying position • After 10 successful passes players begin to 'grow' again • If the players are still standing they move back a step 	
Group Organisation 12 players – modify equipment to suit size of group.		DRILL 2: GK TO GS <ul style="list-style-type: none"> • Players stand for GK throw-in • Players pass ball until shot is taken then reset • All players should touch ball before a shot is taken • Players should play all positions • Add one defender to each third • Add two defenders to each third 	
Physical Warm-up (5 minutes) TAIL TAG <ul style="list-style-type: none"> • Play in the area a GS plays in • All players have a 'tail' – a coloured band or bib, tucked into the back of their shorts/skirt • Grab as many tails as possible whilst protecting own tail • Winner is the one with the most tails after all have been taken STRETCH See stretching section.			
Skill Warm-up Not applicable			

<p>Skill Development (continued)</p>	<p>Modified Game/Minor Game (10 minutes)</p> <p>NETTA NETBALL</p> <p>Coach to continually educate players on the game and rules of netball and encourage their performance.</p>
	<p>Concluding Activity (5 minutes)</p> <p>Summarise skills covered.</p> <p>STRETCH</p> <p>Select one static stretch from the warm-up section and teach it to the athletes.</p>
<p>Evaluation</p>	



COACH TIP: Some games may not work with one group whereas they could work really well with another. Modify or change the activities to suit the group.