

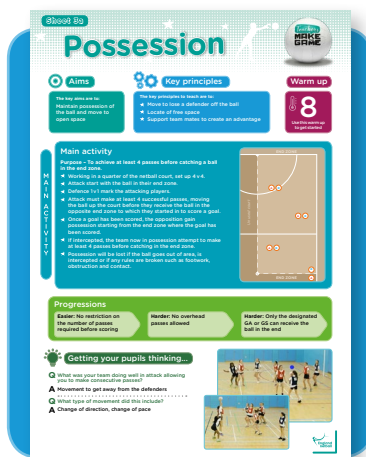
# Some things to know before you dive in...



## PLANNING

Teaching Netball is changing, we want to develop thinking players who make great decisions on court. Playing invasion games with the support and guidance of a teacher will accelerate the development of a pupil's game sense, improve decision making and consequently their netball.

This series of lesson idea cards are designed to help you deliver netball lessons that create a decision making environment for your mixed ability key stage 3 pupils. You can also see the practices in action at [www.Englandnetball.co.uk/teachers](http://www.Englandnetball.co.uk/teachers).



## Our idea cards provide...

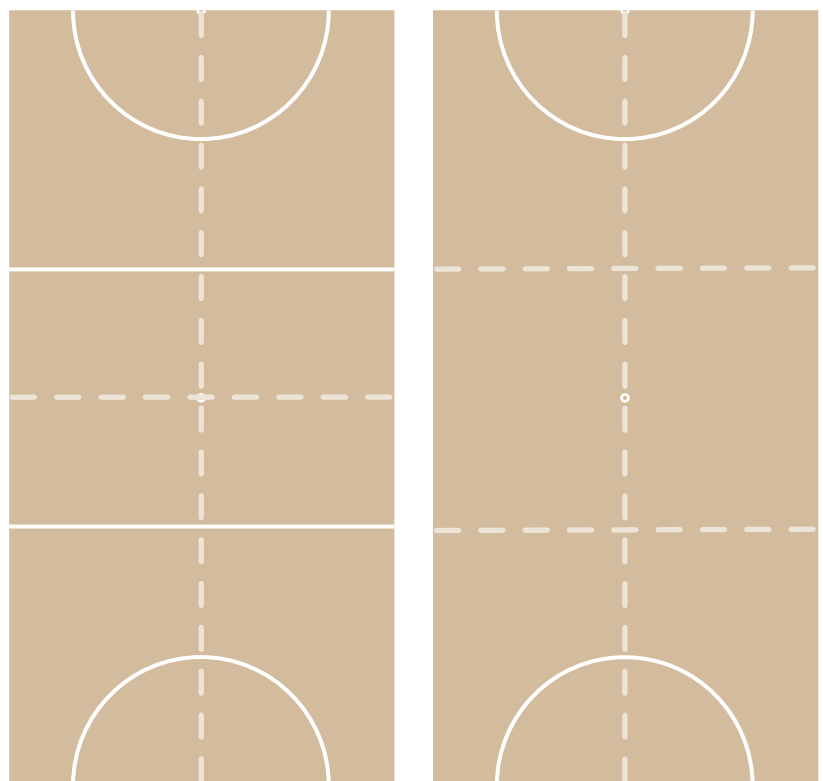
- ★ Transitional invasion practices for netball that are great for those learning the game.
- ★ Netball specific invasion practices that are great for those who may have some experience of the game.
- ★ Context specific practices and basic tactics that are great for those with more experience of the game.

Each card includes a main and technical practice with several options to make the practice easier or harder.

All practices include a diagram showing starting positions and are supported by a video showing the practice in full.

All practices should be set up to encourage players to move in the direction of the full game. This can be using the full court, splitting the court in half, in quarters or into 6.

Practices in one quarter can be replicated a further 3 times on one court. For example, there could be a 4v4 with 2 outlet players in each quarter of the court so 40 pupils can be involved and active at once.



# New concepts



## CONCEPTS

We've also introduced some new concepts that support the development of game sense; Practices should begin from a range of starting points.

Encourage your pupils to read off the front player i.e. attacking players should wait until the player in front of them has made a decision to move before deciding what to do.

An outlet player can be utilised to retain possession where no other attacking option is available. Outlet players in practices are encouraged to move around the area of play. This resembles a support player who will often come from behind play and be used when no forward option is available.

If the defending team make an interception or gain possession, encourage the players to attack by making a successful number of passes.

If you find your pupils all move into the same space, condition the practice so that following a pass, the player must move and touch a line before rejoining play.

## TERMINOLOGY

### Some new terminology

- ★ **Ballside** - closer to the ball than your opponent
- ★ **Farside** - opposite side of the court to the ball
- ★ **Lateral pass** - somebody coming from behind and receiving the ball level with ball carrier
- ★ **Nearside** - same side of the court as the ball
- ★ **Overload** - increasing intensity by modifying a practice i.e. adding additional defenders to make the attackers work harder



We hope these lesson idea cards support you to teach great netball lessons. For further practice ideas, head to [www.Englandnetball.co.uk/coaching](http://www.Englandnetball.co.uk/coaching) and check out our blog.



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