

Possession



Aims

The key aims are to:
 Maintain possession of the ball and move to open space



Key principles

The key principles to teach are to:

- ★ Move to lose a defender off the ball
- ★ Locate free space
- ★ Support team mates to create an advantage

Warm up



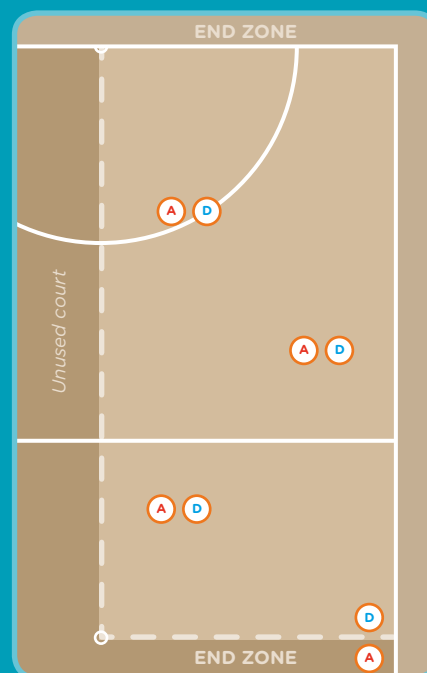
Don't forget to warm up before you get started

MAIN ACTIVITY

Main activity

Purpose - To achieve at least 4 passes before catching a ball in the end zone.

- ★ Working in a quarter of the netball court, set up 4 v 4.
- ★ Attack start with the ball in their end zone.
- ★ Defence 1v1 mark the attacking players.
- ★ Attack must make at least 4 successful passes, moving the ball up the court before they receive the ball in the opposite end zone to which they started in to score a goal.
- ★ Once a goal has been scored, the opposition gain possession starting from the end zone where the goal has been scored.
- ★ If intercepted, the team now in possession attempt to make at least 4 passes before catching in the end zone.
- ★ Possession will be lost if the ball goes out of area, is intercepted or if any rules are broken such as footwork, obstruction and contact.



Progressions

Easier: No restriction on the number of passes required before scoring

Harder: No overhead passes allowed

Harder: Only the designated GA or GS can receive the ball in the end



Getting your pupils thinking...

- Q** What was your team doing well in attack allowing you to make consecutive passes?
- A** Movement to get away from the defenders
- Q** What type of movement did this include?
- A** Change of direction, change of pace



Possession



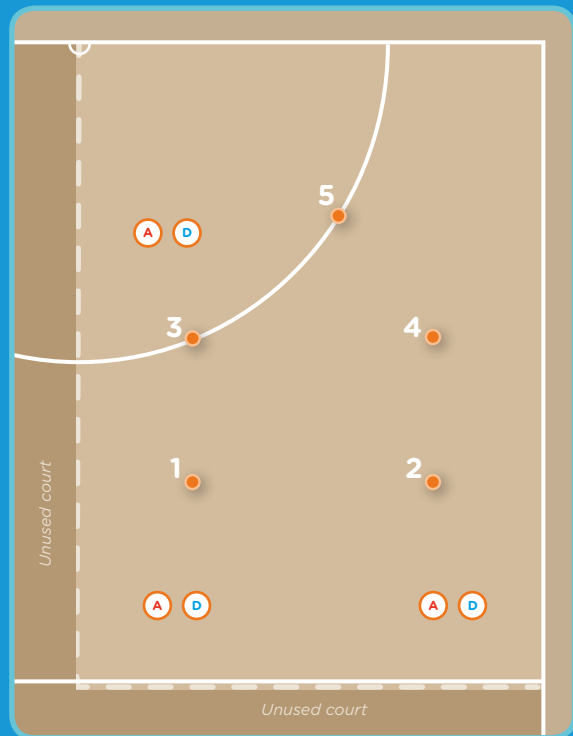
TECHNICAL PRACTICE



Technical practice

Purpose - To score points by receiving the ball at a spot.

- ★ Working in a half of a third area, set up 3v3.
- ★ Place 5 spots in the area and assign points to each spot/cone, with a higher value placed on those furthest away from the start point (1 point for 2 closest, 3 points for the next 2 and 5 points for the furthest away).
- ★ Attack work for 40 seconds to score as many points as possible by receiving the ball on a spot/cone. After time is up the teams swap roles.
- ★ Defence 1v1 mark the attacking players and cannot remain stood at a spot/cone.
- ★ If intercepted, the defence bounce the ball on the floor for the attack to collect and continue.
- ★ If the ball goes out of play, the attack just collect and carry on from the side until the 40 seconds is up.



Progressions

Easier: Start with less defenders

Easier: Defenders move with attacker but don't go for intercept

Easier: Allow attack more time to work

Harder: Increase number of defenders



Getting your pupils thinking...

- Q** What type of movements did you use to score more points?
- A** Movement away from or around defenders. Change of speed/direction and dodging
- Q** What happened when more defenders were added?
- A** It became harder as there was less space available so more movement was required
- Q** When and where would this apply on court?
- A** These practices/skills can be used in open play with all players throughout the court. Example could be the ball traveling through court using the C - WA and GA working to the GS or GA in the end zone



To see these practices in action and for more information, head to www.Englandnetball.co.uk/teachers