

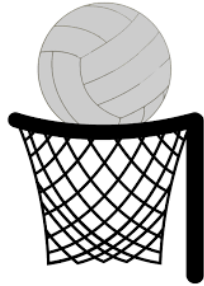
Netball (Year 7)

BUCKS
AND MK



EQUIPMENT

- A wall
- Chalk
- 1 Netball per player
- 6 Cones
- Netball post



TOP TIPS

- Stay on the balls of your feet with your feet shoulder width apart and knees slightly bent. That way students will find it easier to move around.
- **Wall rebounds** - Keep your eye on the ball and have your hands ready to receive the rebound.
- **Agility weave** – the key is to turn direction quickly, bend at the knee's through each cone.
- **Shooting** - Bend your knees and elbows, and flick the ball off your fingers keeping your hands high. Push the ball high to allow it to fall into the net.

SCORING

- **Wall rebounds** – every successful catch = 1 point
- **Agility weave** – each full run = 1 point
- **Shooting** = 1 point per goal

INSTRUCTIONS

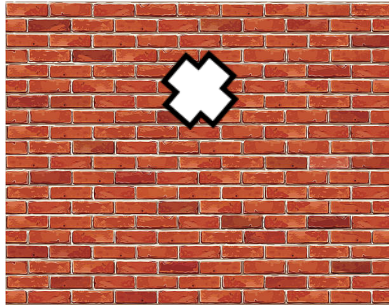
- 3 activity stations in total where students will acquire scores.
- Stations include: wall rebounds, agility runs and shooting.
- They can be done in a seated position or the agility weave in a wheelchair or with a walker. You can also adapt the ball to a volleyball if you need to.

CONTACT

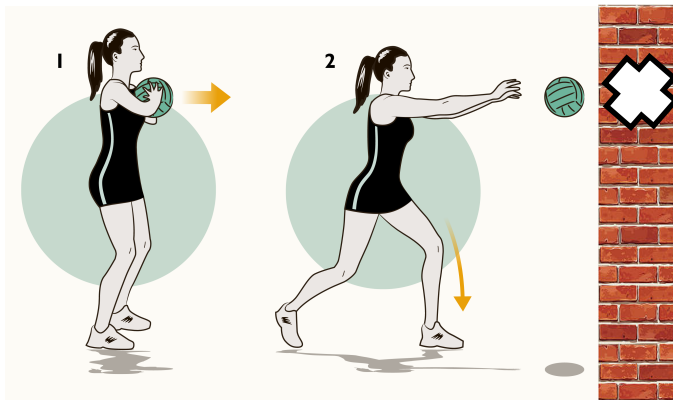
The School Games is for everyone, To enter or for adaptations please contact your local SGO.



Netball (Wall rebounds)



Mark a target spot on the wall with chalk.
The aim is to hit the spot and catch the rebound. Step and 'push' the ball to the wall.



Make sure you are ready to move to catch the ball. Move further away from the wall to challenge yourself further.

SCORING

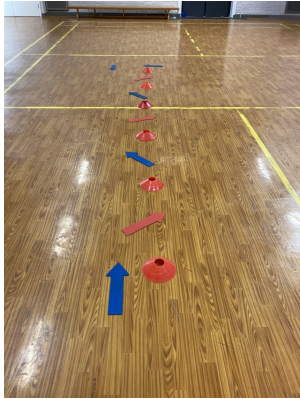
1 point for every time you catch the ball in one minute



Write down your score so far

Netball (Agility weave)

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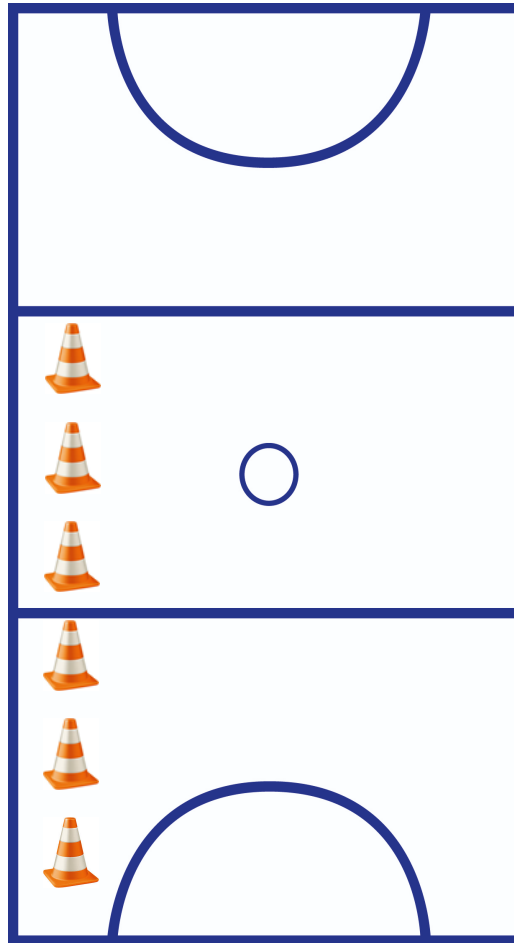


Lay out 6 cones in a straight line, 1 metre apart. Weave in and out of the cones.



Go around the last one with a fast, sharp direction change and sprint back to the start.

To make it more difficult you could add a ball in to catch.



SCORING

1 point for every full shuttle completed in one minute

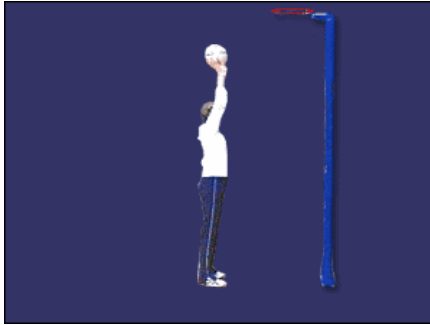


Record your score

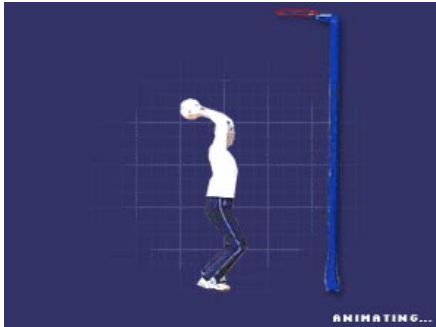


Netball – (Shooting)

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Stood about a metre from the net, players should take their time and line up their shot with the pole.



Arms should be extended above the head. Arm should be flexed from the ELBOW. Focus on height, flight, flick and the finish of their shot.

No post to shoot into? Use an alternative target – e.g. a hoop, a basketball goal (don't use the backboard) or a target on the wall. You can always lower the post if you need to.

SCORING

How many goals can you score in one minute?



Write down your score so far

