

|  |
| --- |
| ***Class: YEAR 6*** |
| ***Lesson: NETBALL SHOOTING*** |
| ***Lesson Objective:***  TO USE THE CORRECT TECHNIQUE WHEN SHOOTING IN NETBALL |
| ***Resources: NETBALL, CONES, HOOPS*** |

|  |
| --- |
| ***Warm Up:***  Move around the area using different stretches. The stretches will be involved but are not exhaustive of- Jumping/Hopping/Touching knees (Dynamic Stretches)  **Coaching Points:**  ***Safety Points:***  **Area will be checked** |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Participants will start by passing the ball to each other and the last person will take a shot at the net. They will all follow their pass so everyone gets a shot.  Next part of the session will be for participants to receive the ball make a turn before taking their shot at the hoop.  **Coaching points:**  **Push up towards the net**  **Bend from the elbow**  **Shoot one handed**  ***Safety Points:***  **Listening**  **Safety Movements**  **Spatial Awareness** |
| ***Warm Down***:  **Movement around the area- Using various breathing techniques and static stretches**  **Coaching Points:**  ***Safety Points***: |
| ***Plenary:***  To understand how to perform shot in netball |

|  |
| --- |
| RED: Decrease the distance |
| AMBER:  STANDARD SESSION |
| GREEN: Increase the distance |