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

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| ***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  |

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