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| Jc Academy Logo.pngSubject: Netball | | | |
| Resources:  Netball/Bibs/Discs/Cones/Hoops | | | |
| Warm up (15mins):  Move around the area using different stretches. The stretches will involve but are not exhaustive of- Jumping/Hopping/Touching knees | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Footwork  Move in different directions  Using quick feet between the discs  Step forward and move back  Handling/Catching Movement  Place the discs in random places on the floor- Shout a colour the children have to go to that coloured disc. The progression of this movement is to ensure that the children pivot at every disc they get to- Thinking about body position and arm to leg ratio position.  Start on one side of the area and split the group into two- The players have to move passed each other and then high five the next person. This is just to learn the route.  Then incorporate the ball- They will then throw the ball while moving along the line. | | | 1 Coaching points:  **Hand Position**  **Throwing position**  **Weight of throw**  **Movement**  **Static**  **Fluid Movements**  2. Safety points:  **Listening**  **Safety Movements**  **Spatial Awareness**  1 Coaching points:  **Accuracy of throw**  **Weight of throw**  **Throw Variations**  2 Safety points:  **Listening Skills**  **Safety Movements**  **Spatial Awareness** |
| Cool Down(10mins)  **Movement around the area- Using various breathing techniques** | | | Safety points: |
| RED  Bring the practice down a level | AMBER  Continue with practice | GREEN  Develop the session accordingly | Outcome of the session: |