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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):FootworkMove in different directionsUsing quick feet between the discsStep forward and move backHandling/Catching MovementPlace 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: |
| REDBring the practice down a level  | AMBER Continue with practice | GREENDevelop the session accordingly | Outcome of the session:  |