

Recap: What do we know about netball?

Lesson 1/6

To decide when to use different types of passing in netball

Success Criteria

To be able to:

- **Pass the ball over head to a teammate, when a chest pass isn't an option**
- **Realise when they need to use each type of pass**
- **Cushion the ball into their chest when catching and can consistently receive and control a ball against a defender**
- **Perform a range of passes against a defender**

Recap: To decide when to use different types of passing in netball

Lesson 2/6

To work on the footwork needed in netball

Success Criteria

To be able to:

- **Catch the ball with one foot on the ground and know that foot is called the landing foot**
- **Pivot on the landing foot and move the other foot any number of times**
- **Understand the rules regarding footwork faults**

Recap: To work on the footwork needed in netball

Lesson 3/6

To shoot the ball **whilst under pressure**

Success Criteria

To be able to:

- **Know how to stand and hold the ball before shooting**
- **Use correct technique when aiming at a target in a game situation**
- **Shoot the ball whilst the defender stands the required distance away applying pressure**

Recap: To shoot the ball whilst under pressure

Lesson 4/6

To understand the roles of each player on the netball team and know the specific rules involved

Success Criteria

To be able to:

- **Understand where each specific player can move to on the court**
- **Know that they are expected to play in each position throughout the games**
- **Know they only have four seconds to hold the ball**
- **Analyse skills and techniques to modify and improve performance**

Recap: To understand the roles of each player on the netball team and know the specific rules involved

Lesson 5/6

To play small modified games of netball

Success Criteria

To be able to:

- **Understand the rules of netball and the positions that are needed**
- **Identify and use tactics to help the team keep the ball and advance it forward**
- **Apply some elements of strategy and tactics**

Recap: To play small modified games of netball

Lesson 6/6

To play small-sided games and follow the rules of the game

Success Criteria

To be able to:

- **Pass and receive under control in a game situation**
- **Understand each positions roles and responsibilities**
- **Demonstrates leadership qualities to provide strategy and tactics in game situations for teammates to succeed**