

NetSetGO

COACHING RESOURCE



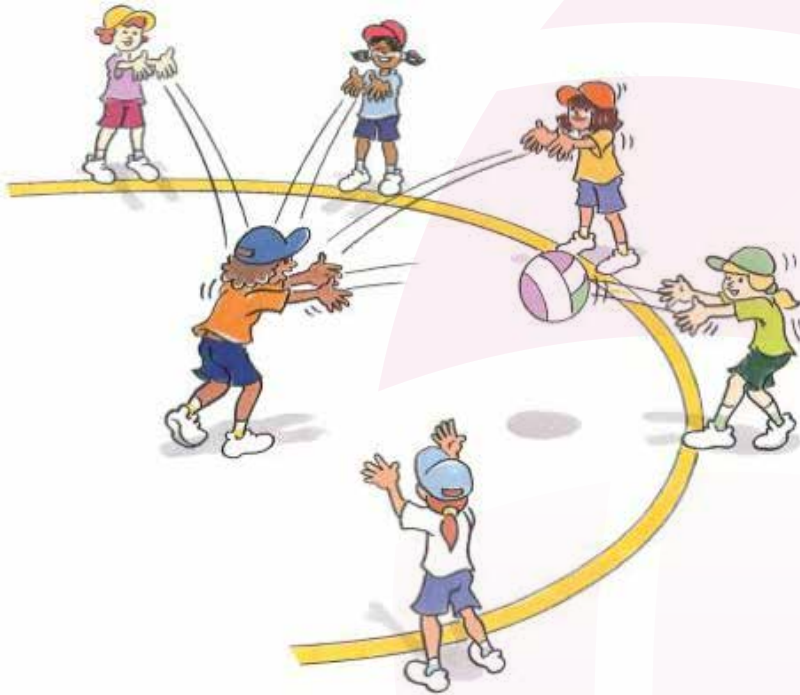
Minor Games



ACTIVITY 1 – CORNER SPRY CRICKET

Objective:

Develop accuracy of passing and catching under pressure.



What to do:

- Divide group into two teams, one 'batting' team and one 'fielding' team.
- Batter passes ball into the court then runs between 2 cones 5m apart, scoring 1 point per lap.
- At the same time, the fielders run towards the person who fielded the ball and corner spry the pass to them only, yell "stop" when completed, the batter stops running.
- Game continues until all batters have thrown the ball then swap roles.
- Winning team scores the most runs.

Change it:

EASIER – Use a soft ball.

HARDER – Set up bases so that the batter must run around the bases once before the fielding team finish the corner spry or they go out.

What you need:

Ball.

Markers.

ACTIVITY 2 – KEEP THE BALL

Objective:

Develop accuracy of passing and catching with decision making.



What to do:

- 3 attackers and 2 defenders are distributed over the playing area.
- The attackers aim to make 5 passes without the ball being intercepted.
- Each 5 passes scores a point.
- NetSetGO rules apply.

Change it:

HARDER – Increase defenders. Decrease size of area.

EASIER – Use a soft ball. Decrease number of defenders. Increase size of area. Score one point for each pass.

What you need:

Ball.

Bibs.

ACTIVITY 3 – CORNER BALL

Objective:

Develop passing and catching with decision making under pressure.



What to do:

- 2 even teams, each team has one player in diagonal corners.
- Ball starts in one corner – players pass the ball and score one point if they can pass it to the other corner, the opposition then start with the ball.
- If intercepted defender rolls ball to their nearest corner and become the attacking team.
- NetSetGO rules apply.

Change it:

EASIER – Use a soft ball. Decrease the number of defenders.

HARDER – Set a number of passes that must be completed before a point is scored. All players must touch the ball before a point is scored.

What you need:

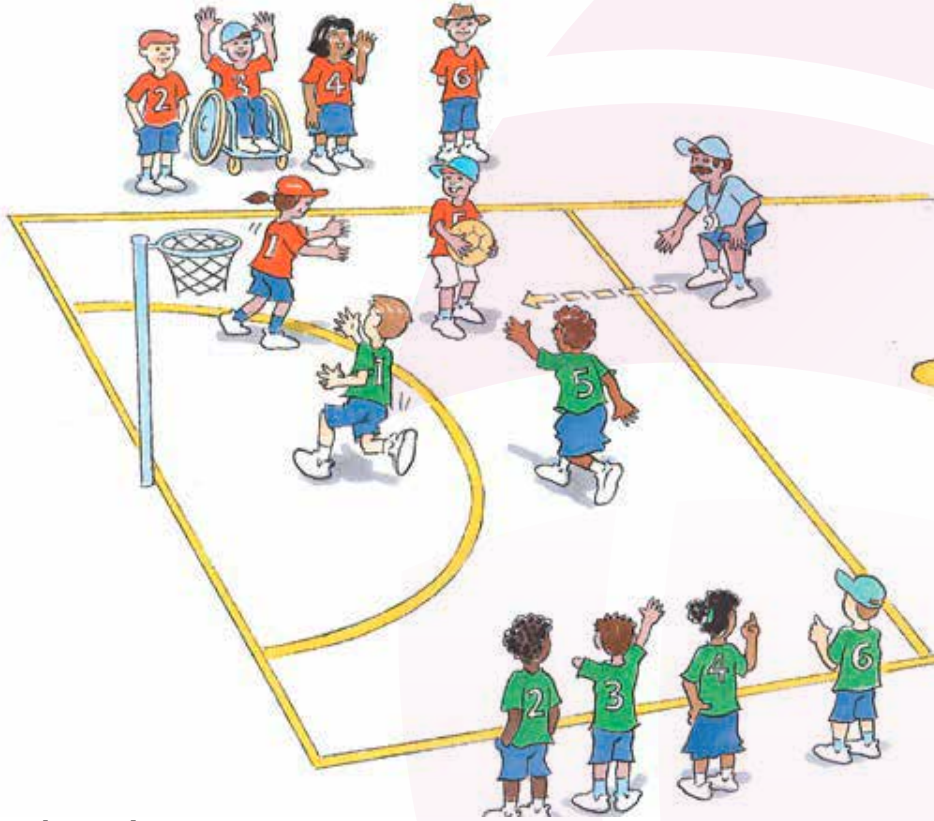
Ball.

Bibs.

ACTIVITY 4 – NUMBERS NETBALL

Objective:

Develop passing and catching under pressure.



What to do:

- Two teams line up on side line numbered consecutively.
- Coach calls two numbers, these players from each team run into playing area.
- Only first number called able to contest first ball rolled by coach.
- Team who gains possession become attackers, may pass to side line players.
- Both teams shoot towards same goal ring, if ball is intercepted defending team becomes attacking team but must pass ball back to the coach (or sideline player) before shooting.
- Work for 1 min – NetSetGO rules apply.
- Ball into goal circle scores two points and an additional point if a goal is scored.

Change it:

EASIER – Use a soft ball. Decrease the number of defenders.

HARDER – Set a number of passes that must be completed before a point is scored. All players must touch the ball to score.

What you need:

Ball.

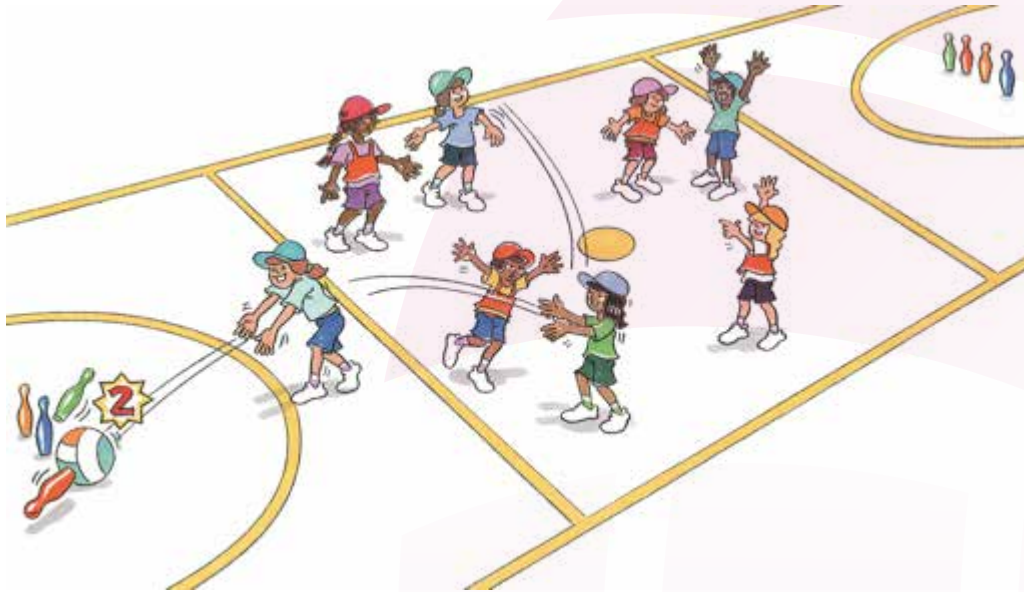
Goal ring (adjustable).

Bibs.

ACTIVITY 5 – SKITTLES

Objective:

Develop passing and catching with decision making under pressure.



What to do:

- 2 even teams.
- Players work ball towards their goal circle.
- From edge of goal circle aim to throw the ball at one of 4 skittles.
- Score one point for each skittle knocked over.
- Other team restarts game with ball after each shot.
- NetSetGO rules apply.

Change it:

EASIER – Set up Numbers Netball (Activity 4 – Minor Games) so less players on the court at once; Increase the size of the skittles and/or put them closer together.

HARDER – Decrease the size of the skittles and/or put them further apart.

What you need:

Ball.

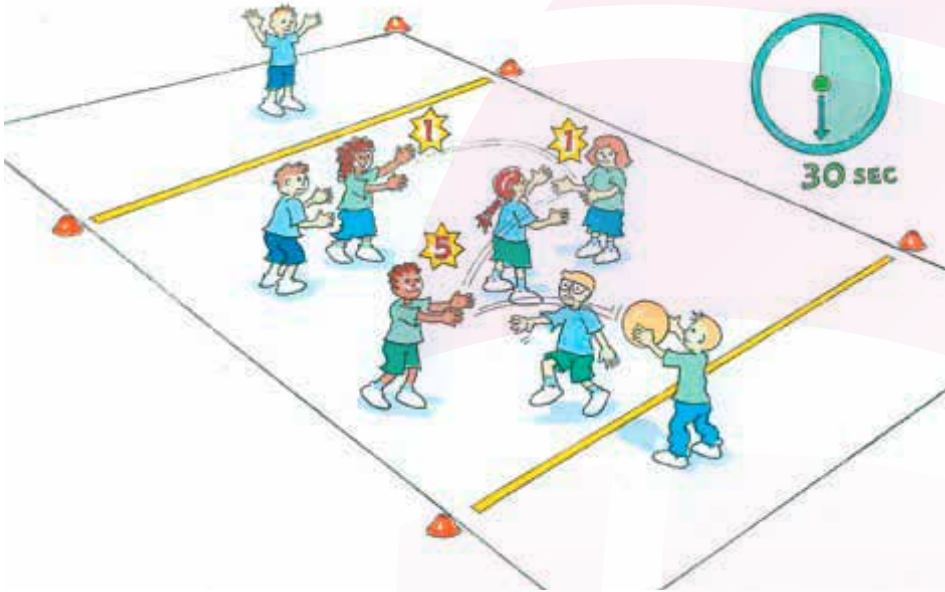
Skittles/Markers.

Bibs.

ACTIVITY 6 – FIVE POINT PLAY

Objective:

Develop passing and catching with decision making under pressure.



What to do:

- Two teams of 5 players.
- Attacking team pass ball between themselves; score 1 point per pass.
- After 5 passes a bonus 5 points is scored when the ball is passed to a team mate in one of the goal circles, who scores a goal.
- NetSetGO rules apply.

Change it:

EASIER – Use a soft ball. Reduce number of defenders. A successful pass to a player in the goal circle scores 5 points.

HARDER – Score 1 point for 15 seconds of passing then a bonus five points for passing to a team mate in the goal circle, who scores a goal. Person who shoots for goal must score on the first attempt.

What you need:

Ball.

Bibs.

ACTIVITY 7 – FIND THE GOAL LINE

Objective:

Develop passing and catching with decision making under pressure.



What to do:

- 2 teams working across the centre third.
- All members of team must touch ball at least once before team can score.
- A point is scored if the ball is placed over the goal line.
- Opposition throws the ball in from that spot.
- NetSetGO rules apply.

Change it:

EASIER – Use a soft ball; Not all players must touch the ball before a goal can be scored.

HARDER – Increase the size of area.

What you need:

Ball.

Bibs.

ACTIVITY 8 – END BALL

Objective:

Develop passing and catching with decision making under pressure.



What to do:

- 2 teams (approximately 6 players).
- Each team selects an end person who stands in a hoop.
- Game is started with toss up between two players.
- After a goal is scored game is restarted with opposite team taking a pass from behind goal line.
- Using NetSetGO rules team in possession passes ball attempting to score a goal by passing to end person who must catch ball on the full.
- No player other than end person may step in hoop or enter goal area.
- Rotate end person.

Change it:

EASIER – Use a soft ball. Smaller group e.g. 3v3; Decrease the size of the area e.g. across a third.

HARDER – Defended end person (1v1 in circle).

What you need:

Hoops/Floor discs.

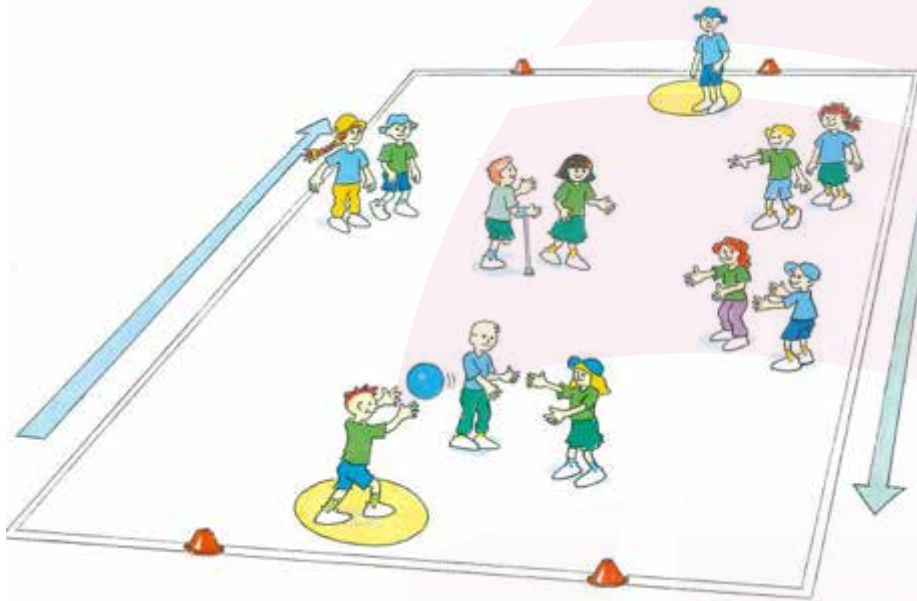
Ball.

Bibs.

ACTIVITY 9 – END TO END

Objective:

Develop passing and catching with decision making under pressure.



What to do:

- 2 teams paired off and spread length of court.
- On command, player with ball at one end passes ball to a team mate towards their goal at other end.
- This continues until a goal is scored.
- Players are restricted to one third or goal circle.
- Only one person can be the designated shooter, they are not defended.
- Change places regularly.

Change it:

EASIER – Use a soft ball.

HARDER – Defend end person. Add a goal ring.

What you need:

Ball.

Goal ring (adjustable).

Bibs.

ACTIVITY 10 – HALF COURT

Objective:

Develop passing and catching with decision making under pressure.

What to do:

- Players stand ready for a centre pass with defence.
- On the whistle, players pass the ball until a shot is taken then reset centre pass.
- Players should play in all positions.
- NetSetGO rules apply.

Change it:

EASIER – Use a soft ball. Remove defenders as required.

HARDER – All players must touch the ball before a shot can be taken.

What you need:

Half a netball court.

Ball.

Bibs.

Illustrations – Glenn Robey