

ACTIVITY TYPE

Catch

Tunnel Ball

Objective

To develop hand-eye coordination and practise rolling the ball in a confined space.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 4–5.

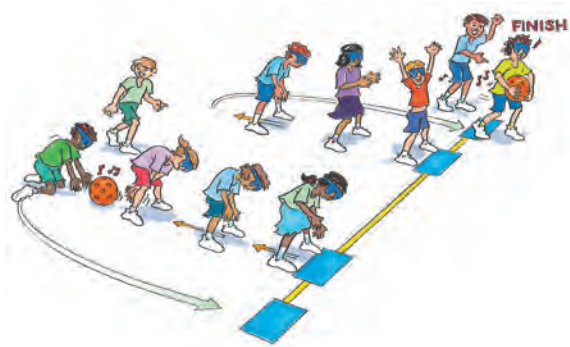
Description

Players line up in teams, one behind the other.

The ball is passed to the end of the line between the legs of all team members.

The last person then runs to the front of the line and starts passing the ball again.

The winning group is the first back to their original position.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

🔄 Change It

Down: No competition; Use a beanbag.

Up: Pass the ball over the heads of the players; Pass the ball in an over and under pattern; Pass the ball twisting to the left and right; Combine the different variations in one race.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Twisting

Objective

To develop ball control and balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players stand back to back. Ball is received from one side of the body and passed to the other side, completing a circle.

Reverse direction after a period of time or certain number of passes.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each pair.

🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Initial stance is feet shoulder-width apart, body upright, knees slightly flexed and over toes.

🔄 Change It

Down: Sit back to back; Make a circle and pass the ball around the circle.

Up: Stand further apart.

❓ Question

How did you keep your balance in this activity?

Body Wrap

Objective

To develop hand–eye coordination and ball control.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Wrap the ball around the waist, knees or head.

Work for period of time or set number of wraps.

Repeat in the opposite direction.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Use a softer ball.

Figure 8

Objective

To develop hand–eye coordination and ball control.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals

Description

Wrap the ball around each leg alternately in a figure 8 pattern.

Work for a period of time or set number of wraps.

The pattern can be repeated alternating a figure 8 pattern around a single leg lift.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Use a softer ball.

Throw to Self Using a Bean Bag

Objective

To practise catching in a controlled environment.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Group Management

Individuals/pairs.

Description

Individuals:

- Throw to self, high in the air and catch in the palms
- Throw to self in the air and catch with favourite hand
- Throw to self in the air and catch with the other hand
- Throw to self and clap once before catching
- Throw to self and turn 180 degrees before catching.

Pairs:

- Each partner has a bean bag which they pass to each other
- Use one bean bag per pair, and the thrower can pass anywhere.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the bean bag.

Hands towards the bean bag.

Pull bean bag towards the body.

↻ Change It

Down: Just do individual activities.

Up: Combine a number of activities in sequence.

❓ Questions

Which activity was the easiest?

Which activity was the most difficult?

Why do you think this was?

Throw to Self using a Ball

Objective

To develop hand-eye coordination and ball control.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Complete some/each of the following:

- Bounce ball with two hands and catch
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Use a soft ball or bean bag.

Up: Add/increase the number of claps.

? Questions

Which was the easiest to catch?

What was the hardest to catch?

Scatter Bounce

Objective

To practise catching technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Hoops.

Group Management

Individuals.

Description

Each player holds a ball and stands in an area with hoops scattered around (minimum of one hoop per player).

Players move around the area (for example, run, hop, skip).

When the coach calls a number the player should move to a hoop and bounce their ball in the hoop that number of times.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Share a ball with a partner and take in turns to catch it after bouncing in the hoop.

Up: Increase the difficulty of the activity (for example bounce, clap then bounce).

? Questions

What did you do to help you catch the ball safely?

Catch the Bounce

Objective

To practise catching technique using bounce pass.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Players stand approximately two metres apart.

One player throws the ball so it bounces once before their partner, who then catches the ball.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Use a softer ball.

Up: Move further apart; Bounce the ball more than once.

? Questions

What did you have to do differently to catch the bounce pass?

Wall Sequence

Objective

To develop catching skills in a controlled environment.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

Group Management

Groups of three.

Description

Groups of three players stand in a line two metres from the wall, the front person holding a ball.

The first person performs the following activities using a shoulder pass, until they make a mistake.

The next person then has their turn:

- 10 x Throw ball onto the wall and catch
- 9 x Throw ball at a wall, jump then catch
- 8 x Alternate throwing ball onto the floor so it bounces on the wall and catch then onto the wall so it bounces on the floor and catch
- 7 x Throw ball onto the wall, bend down and touch the ground then catch
- 6 x Throw ball onto the wall and clap then catch
- 5 x Throw ball onto the wall and catch it after it bounces once
- 4 x Throw ball under one leg onto the wall and catch (two each side)
- 3 x Throw ball at a target and catch
- 2 x Bounce ball on the ground so it rebounds on the wall and catch
- 1 x Throw ball onto the wall and spin around to catch.

When the first person is back at the front of the line, they begin the sequence from where they made the mistake.

! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Opposite foot to the throwing arm forward.

Arms extended with elbow slightly bent.

Fingers spread wide behind the ball.

Transfer weight forward as throwing arm comes through.

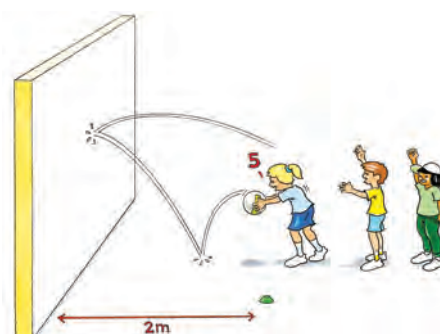
🔄 Change It

Down: Use a soft ball; Decrease the complexity and/or the number of activities.

Up: Player starts again so that all activities are completed at the one time.

? Question

What did you do to help you catch the ball safely?



Wicked Witch

Objective

To develop catching skills in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Wand (stick, bib, whistle).

Group Management

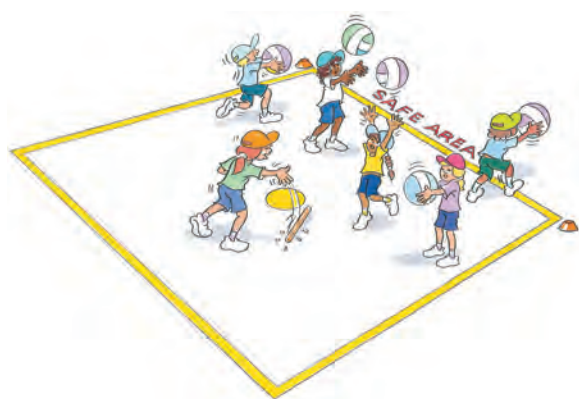
Individuals.

Description

All players have a ball and the wicked witch holds a stick as a wand.

The wicked witch calls out commands to the players (for example, bounce the ball, throw the ball in the air).

When the wicked witch drops their wand (after 2–3 orders) they chase the players to their 'safe' zone (all players must carry their ball).



! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Coach acts as the witch so that simple ball skills are called.

Up: Skills called are more complex.

? Questions

Which was the most difficult catching activity?

Circle Pass

Objective

To develop the ability to catch in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Hoops.

Group Management

As a group.

Description

Players stand in a circle with a ball and a hoop placed in front of each player.

Each player bounces the ball in the hoop continuously until the coach calls change. The players then pass their ball to their left using a chest pass, and then bounce the new ball in the hoop.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Head up, eyes on the ball.

Transfer weight forward.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Ball comes out evenly from both hands.

↻ Change It

Down: Give the ball to the partner.

Up: Continuous pattern (for example, four bounces then pass left, four bounces then pass right).

? Questions

What are the things you do to pass a good chest pass?

Hear the Catch

Objective

To practise reaction time and ability to catch the ball under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

One partner stands with back towards player with ball.

The player drops the ball. When the partner hears the ball bounce they turn and catch it before it bounces a second time.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Feet shoulder-width apart

Shoulders back and down

Knees slightly flexed

Knees over toes

Head up with eyes looking in direction of play

Arms relaxed by side of body

Centre of gravity is low and over base of support

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Call partner as ball is dropped so they turn earlier.

Up: Release the ball lower to the ground; Move further away.

? Question

What did you do to turn around quicker?

Frozen Ball

Objective

To practise reaction time and ability to catch the ball under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of approximately 10 players.

Description

Players in each group are numbered consecutively and given three 'lives' each.

A player with the ball starts the game by throwing the ball in the air and calling a number.

The player whose number is called runs in to catch the ball and calls 'freeze'.

All players stop and keep their feet on the ground. The ball is thrown at the legs of the player, who may try to catch the ball.

If the ball hits the player, they lose a 'life'.

If the ball misses or is caught by the player, then the player who threw the ball loses a 'life'.

The person who loses a 'life' throws the ball up and calls another number.

The game ends after a period of time or when a player loses all of their 'lives'.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tips

Initial stance:

- Feet shoulder-width apart
- Shoulders back and down
- Knees slightly flexed
- Knees over toes
- Head up with eyes looking in direction of play
- Arms relaxed by side of body
- Centre of gravity is low and over base of support

Take off:

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right, take off with the right foot and vice versa

Catch:

- Eyes on the ball.
- Hands towards the ball.
- Fingers forward and spread and thumbs behind the ball ('W' formation).
- Pull ball towards the body.

↻ Change It

Down: Use a softer ball.

Up: Ball must be caught on the full or the player also loses a 'life'.

? Question

How many players did you hit?

Bounce Ball between Legs

Objective

To develop hand–eye coordination and ball control.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Bounce the ball between the legs from front to back (catch behind).

Repeat, bouncing the ball from back to front.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

🔄 Change It

Down: Use a softer ball.

Partner Pass – Version 2

Objective

To practise reaction time and catching in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Wall.

Group Management

Pairs.

Description

Catch the ball released by a partner in the following way:

Dropped.

Thrown in the air.

Rebounded off the wall.

Bounced on the wall then floor.

Bounded on the wall then floor.

Surprises.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Initial stance:

- Feet shoulder-width apart
- Shoulders back and down
- Knees slightly flexed
- Knees over toes
- Head up with eyes looking in direction of play
- Arms relaxed by side of body
- Centre of gravity is low and over base of support.

Take off:

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right, take off with the right foot and vice versa.

Catch:

- Eyes on the ball
- Hands towards the ball.
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body.

↻ Change It

Down: Release the ball higher/bounce it harder, etc. to give the player more time.

Up: Release the ball more quickly.

❓ Question

Which activity was the easiest?

Which activity was the hardest?

Turn and Catch

Objective

To practise catching technique under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

One player stands with their back to the player with the ball, who stands three metres away.

The player with the ball calls the other player's name, who then turns and catches the ball.

The ball can be placed high, low and bounced in front.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Eyes on the ball.

Hands towards the ball.

Fingers forward and spread and thumbs behind the ball ('W' formation).

Pull ball towards the body.

↻ Change It

Down: Use a softer ball.

Up: Release the ball more quickly or further away.

❓ Questions

What did you do to turn quickly?

What pass was the easiest to catch?

What pass was the hardest to catch?