

ACTIVITY TYPE

Run

Hand Slaps

Objective

To practise running and changing direction.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

One player stands with one hand raised. Their partner runs around them as many times as possible in 15 seconds, slapping hands each time. Compare the number of hand slaps.



⚠ Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Running:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

↻ Change It

Down: No competition.

Up: First player to a specific number.

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.

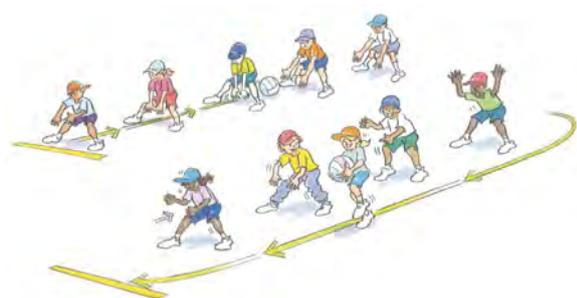
Description

Players line up in teams of four, 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 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: No competition; Use bean bags.

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.

Relays

Objective

To practise running and passing technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

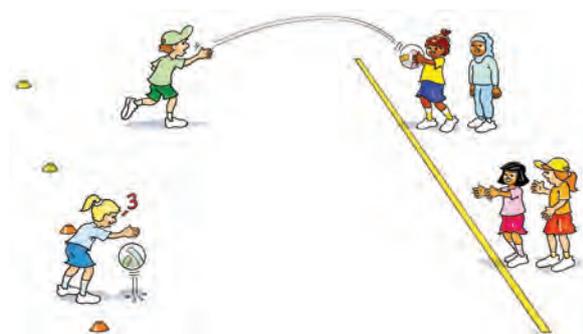
Group Management

Two groups.

Description

The first person in each team runs with the ball to a nominated spot and bounces the ball three times, then runs back to their line and shoulder passes the ball to the next person.

Repeat with different activities (for example, three catches, one bounce and one catch).



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Run:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Shoulder pass:

- 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: No competition; Place ball in front of the group so players do not have to run with the ball.

Up: Make the ball activities more challenging (for example, three balls in the air, or clap and ball in the air and turn around).

? Questions

What did you have to do to make sure your pass was accurate?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Here, There and Everywhere

Objective

To practise running and changing direction using verbal cues.

Equipment/Area

Netball court or suitable playing area.

Group Management

Individuals.

Description

The coach calls one of the three words – here, there and everywhere:

- Here: run towards the coach
- There: run towards where the coach is pointing
- Everywhere: run in any direction.



⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

🔄 Change It

Down: Reduced number of commands.

Up: Change the type of movements (for example, skipping, hopping, jumping, leaping).

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Number Exchange

Objective

To develop running and changing direction skills in a confined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

Stand ten players in a circle and number them 1 to 10.

Another player stands in the middle of the circle.

The player in the middle calls two numbers and these two players must exchange places.

The middle player tries to run to one of the vacated places before the other players.

The player left out stands in the middle and calls two numbers.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

↻ Change It

Down: The coach calls the numbers out.

Up: Change the activity so that more than two players can go at once (for example, players who have on a blue skirt, players who barrack for a certain netball team).

? Question

When you were in the middle, what strategies did you use to take someone's place?

Bean Bag Take Off

Objective

To develop a strong take-off technique.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Group Management

Groups of 5–6.

Description

Players stand behind a line.

On a command players sprint forward five metres to pick up a bean bag.

⚠ Safety

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

🎯 Coaching Tips

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.

↻ Change It

Down: No competition; Remove the bean bag so players only need to cross the line.

Up: Take off from different starting positions (for example, lying down, facing backward/sideways).

❓ Questions

What are the important things to do to run fast?

Straight Line Partner Tag

Objective

To develop change of pace.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of 2–3.

Description

Players form into groups of two or three with one nominated leader.

Starting behind the sideline, players jog towards the opposite sideline. At any point between the sidelines, the leader turns and sprints back to the start line.

The other players in the group aim to beat the leader back to the sideline.

Repeat then change roles.



⚠ Safety

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

👁 Coaching Tip

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

↻ Change It

Down: Players change direction at a designated spot.

Up: Add a further change of direction (for example, before the player reaches the start line they change direction and sprint back to the other sideline).

❓ Questions

What did you do to speed up/change pace?

Slap Tag

Objective

To practise running and changing direction skills to evade partner.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

One player stands on the transverse line with their back to their partner and their hand outstretched behind.

Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point.

Swap roles and repeat.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

↻ Change It

Down: Start behind player so they do not have to sneak across.

Up: Both stand in the middle of the third and perform a rock, paper, scissors competition, then the loser is chased over the transverse line.

? Questions

What did you do to avoid being tagged?

What's the Time Mr Wolf?

Objective

To practise running and changing direction skills to evade tagger.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

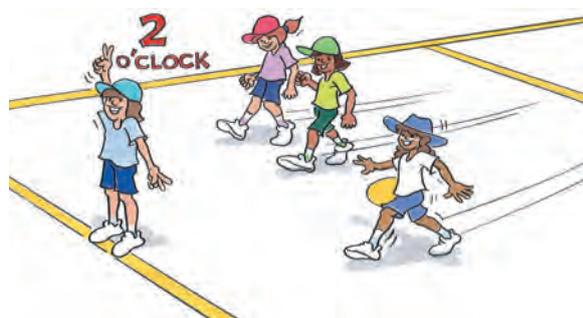
Description

Players line up behind the transverse line with one player, the wolf, standing at the next transverse line.

Players say 'What's the time Mr Wolf?', and the wolf answers with a time (for example, 4 o'clock).

The players then take that number of steps closer to the wolf.

When the wolf answers 'dinner time' instead of a number, the wolf turns and chases the players back to their transverse line.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tip

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

↻ Change It

Down: Players play in pairs.

Up: The wolf must turn and catch a player moving before they can chase them back to the transverse line.

? Questions

What helped you get away from the 'wolf'?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Ball Pick-Up Race

Objective

To develop running technique, focusing on take off.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Groups of 5–6.

Description

Groups form two lines and stand facing each other across one third. Players in each group are numbered consecutively.

Two balls are placed in the middle, one for each group.

When the coach calls a number, the corresponding player from each group runs in to pick up their ball.

The first player to pick up their ball scores a point for their team.



⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

Knee lifts.

🔄 Change It

Down: Make a circle of five players, numbering players one to five. When a number is called only one person has the number.

Up: Once the player picks up the ball they must complete an activity with the ball (for example, three bounces, or once the player picks up the ball they must pass to three team-mates).

❓ Questions

What things did you do to take off quickly?

What things slowed you down?

Cat and Mouse

Objective

To practise running and change of direction in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

Players join hands to make a circle.

One player stands inside the circle (mouse) and another outside the circle (cat).

The cat must try and catch the mouse as the players in the circle raise their arms to let the cat and mouse in and out.

Rotate roles.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Take off:

- Arms and 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.

Change of direction:

- Shoulders in direction of movement
- Emphasis should be on strong first 3–4 steps
- Push off strongly on outside foot and use inside foot as take off foot.

↻ Change It

Down: The coach calls the arms up or down.

Up: Add a second cat or mouse.

? Questions

How many times did you catch the mouse?

Number Exchange

Objective

To develop running and changing direction skills in a confined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

Stand ten players in a circle and number them 1 to 10.

Another player stands in the middle of the circle.

The player in the middle calls two numbers and these two players must exchange places.

The middle player tries to run to one of the vacated places before the other players.

The player left out stands in the middle and calls two numbers.



⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

🔄 Change It

Down: The coach calls the numbers out.

Up: Change the activity so that more than two players can go at once (for example, players who have on a blue skirt, players who barrack for a certain netball team).

❓ Questions

When you were in the middle, what strategies did you use to take someone's place?

Pairs Chasey

Objective

To practise running in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand in pairs with arms linked.

One pair is separated, with one player chasing their partner.

The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased.

If the player being chased is tagged, the roles are reversed.



! Safety

Define the area appropriate for numbers.

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

🕒 Coaching Tip

Running:

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward.

Change of direction:

- Eyes looking forward
- Shoulders in direction of movement
- Push off outside foot
- Body lower on change of direction.

↻ Change It

Down: Reduce the number of pairs;
Decrease the size of the area.

Up: Increase the size of the area.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Golden River

Objective

To practise running and change of direction technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Multiple sets of bibs.

Group Management

As a group.

Description

All players wear bibs of varying colours and line up on one side of the area.

One player stands in the middle of the area and plays the role of the wolf.

The group asks the wolf, 'Mr Wolf, may we cross your golden river'. The wolf responds, 'Yes if you are wearing yellow'.

Players wearing a yellow bib can cross the area safely, but players without the yellow bib aim to run across without being tagged.

Players caught join the wolf and assist in tagging other players.

The players then ask to cross again and the wolf responds with a different colour.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

↻ Change It

Down: Reduce the size of the area to make it easier for the wolf and increase the size of the area to make it easier for the players.

Up: Increase the size of the area to make it harder for the wolf and decrease the size of the area to make it harder for the players.

? Questions

What did you do to escape the wolf?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Golden Child

Objectives

To develop goal shooting technique.

To practise take off and running technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Group Management

Two teams.

Description

Divide the group into two teams of five to six players.

The running team lines up on the goal line and the shooting team forms a line behind a marker in the goal circle.

The shooting team takes turns to have one shot at goal and calls 'stop' each time they score a goal.

If a runner has not completed running around one third they must STOP and remain at that point.

The next runner begins after a call of 'stop' or when the previous runner is back at the start.

The running team scores one point when a runner completes a circuit.

The last runner (the golden child) can 'free' any player stopped on the circuit by tagging them.

Each time a runner completes the remaining part of the lap the team scores one point.

If a goal is scored while the 'golden child' is running, the game stops and the teams change roles.



! Safety

Define the area appropriate for numbers.

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

Ensure there is an awareness of safety considerations such as avoiding the area near the goalposts.

🎯 Coaching Tip

Running:

- Eyes looking forward
- Push off the ground with the front part of the foot
- Extend back leg
- Knees bent at right angles when they move forward
- Legs and feet move in a straight line
- Arms bent at right angles at elbows
- Arms and legs move in opposition
- Contact ground with front part of foot
- Body leans forward.

Shooting:

- Ball is held above head in dominant hand
- Opposite hand may be used to steady ball
- Bend knees and elbows, release ball and flick wrist.

↻ Change It

Down: Decrease the distance of the running.

Up: Increase the running or shooting distance.

? Questions

What helped you successfully shoot for goal?

Rob the Nest

Objectives

To develop running technique at different speeds and in varying directions.

To work as a team to achieve the task.

Equipment/Area

Netball court or suitable playing area.

Bean bags.

Size 4 netballs (or equivalent).

Hoops.

Group Management

Four groups.

Description

Place netballs in the middle of the centre circle.

Divide players into four teams and line them up at each corner of the centre third.

Each team sends a runner to rob an egg (netball) from a nest. They return the egg to their nest and the next person in line then goes to rob an egg.

Players can collect eggs from the middle or from other nests. Teams cannot stop others stealing their eggs.

Set a time limit for each game.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when they move forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

↻ Change It

Down: Use beanbags; Decrease distance of running; Increase the number of netballs/bean bags.

Up: Increase distance of running.
The winner is the first team with three eggs.

? Questions

To get a quick start what do you need to do?

How did you encourage the members of your team during the game?

Rats and Rabbits

Objectives

To develop running and quick take off.

To reinforce the concept of 'ready position' in preparation for sprinting.

Equipment/Area

Netball court or suitable playing area.

Group Management

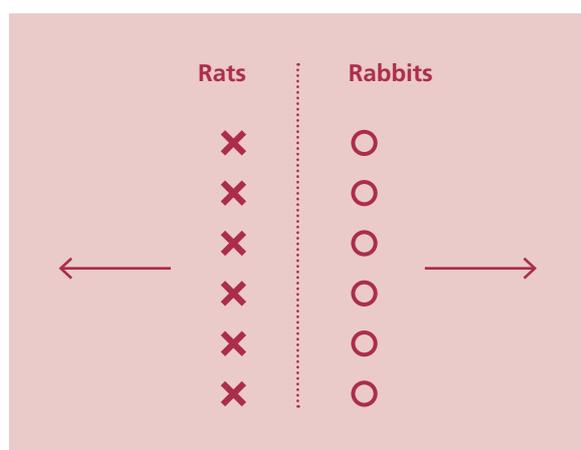
Teams.

Description

Players set up in two single file lines next to a partner who is standing approximately one metre away.

One line of players is designated the 'rats' while the other line of players is the 'rabbits'.

On the call of 'rats' or 'rabbits' the nominated group attempts to run to the sideline before their partner catches them.



⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Reinforce the concept of 'ready position' in preparation for sprinting.

Feet shoulder-width apart, body upright, knees slightly flexed and out over toes.

Push off on inside foot, stepping out in direction of lead.

Arms drive forward, elbows bent.

↻ Change It

Players can keep a tally of scores, receiving one point if they catch their partner or one point if they reach the line before they are tagged by their partner.

Change the movement patterns (for example, side stepping, skipping, jumping).

'Crusts and crumbs', 'Brats and brownies' – similar sounding words can be substituted for rats and rabbits.

Down: Increase the starting distance between the teams.

Up: Coach extends the 'r' sound so players are unsure of the call; After the first call (for example, 'Rabbits') and prior to them reaching the sideline, the coach calls 'Rats', who then have to turn and reach their sideline before being tagged.

❓ Questions

What starting position can you use to be ready to either catch your partner or avoid being caught by your partner?

Why is it important to have an explosive start?

Change of Direction

Objective

To develop take off and change of direction technique.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Individuals.

Description

Lay out markers in a zigzag formation on the ground.
Players line up behind the start of the zigzags.

Players run through, changing direction at each marker.
At the end of the line, they pivot and repeat back down the line.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

↻ Change It

Down: Reduce the number of markers.

Up: Introduce a competition between teams;
After the last marker the player leads for the ball.

? Questions

Why is it important to be able to change direction?

Marker Dodge

Objective

To practise take off and change of direction technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.
Markers of different colours.

Group Management

Groups of three.

Description

Place 4–6 markers of each colour in one third of the court.

Divide players into groups of three and allocate them a colour.

The first player from each group moves into the area and changes direction each time they reach a marker of their colour.

On a call from the coach or after a set number of dodges, the player goes back to their team and the next player repeats the activity.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

↻ Change It

Down: Reduce the number of groups working in an area.

Up: Introduce a competition between teams; After the last marker/each marker the player leads for the ball from their team.

? Questions

What did you do to change direction quickly?

Follow the Leader

Objective

To practise movement skills in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

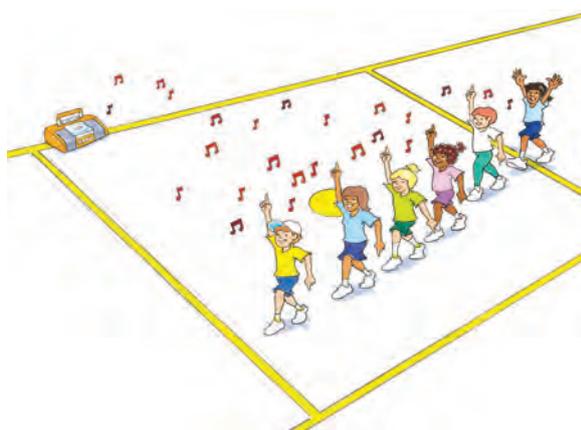
Groups of 4–5.

Description

Form groups of four or five with one player nominated as the leader.

Using the outlines of the netball court, the leader alternates between running, skipping, hopping, jumping, leaping and walking on tip toes along the lines, with the participants copying the movement.

Change leaders regularly.



⚠ Safety

Define the area appropriate for numbers.

Ensure there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalpost.

🎯 Coaching Tip

Reinforce running, hopping and skipping techniques.

↻ Change It

Down: Coach calls the movement.

Up: Use the full court rather than just the lines; Call a change of leaders and the front person goes to the back and the second person becomes the new leader without a break between activities.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Knee Tag

Objective

To develop the ability to change direction and dodge.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, partners face each other.

Partners try to tag each other's knees while avoiding being tagged.

Players cannot turn and run away from their partner.



! Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

↻ Change It

Down: No competition.

Up: First player to a specific number.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Toe Tag

Objective

To practise change of direction.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, partners face each other with hands behind their back.

Partners try to step on each other's toes while avoiding the other players standing on theirs.

⚠ Safety

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

🎯 Coaching Tip

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Body leans forward.

↻ Change It

Down: Allow players to have arms out for balance.

Up: Introduce a competition between pairs.

❓ Questions

What did you do to change direction quickly?

Partner Tag

Objective

To develop dodge technique.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, one player uses a dodge to try to evade their partner and 'shake the shadow'.

The partner tries to stay within arm's length so when the coach blows their whistle they can touch their partner.

Players change roles and repeat.

Players cannot turn and run away from their partner.

⚠ Safety

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

🎯 Coaching Tips

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

🔄 Change It

Down: Decrease number of pairs working within an area; Increase distance the partner should be on the whistle (for example, two steps to touch partner).

Up: Increase the number of pairs working the area.

❓ Questions

What moves worked best to shake the shadow?

Fox and Geese

Objective

To develop change of direction and dodge technique in a confined space.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of four.

Description

Three players form a circle with one of these players nominated as a goose, and another player (fox) standing outside the circle.

The fox aims to tag the goose.

Players keep the circle intact and aim to reposition themselves to protect the goose from being caught by the fox.

The fox cannot go under the arms of players protecting the goose.

After a designated time frame or after tagging the goose, players change roles.



! Safety

Define the area appropriate for numbers.

Ensure there is sufficient space between the groups and there is an awareness of safety considerations such as avoiding the area near the goalposts.

🕒 Coaching Tip

Feet shoulder-width apart.

Body upright.

Knees slightly flexed and out over toes.

Use small running steps.

Push off an outside foot to quickly change direction.

↻ Change It

Down: Two players in the circle can be geese and the fox can touch either one.

Up: Designate a tagging time frame (for example, 30 seconds for the fox to catch the goose and one point each time the goose is tagged. Experiment with group sizes and more than one 'goose'.

? Questions

What moves helped the fox catch the goose?

Train Tag

Objective

To practise change of direction using quick footwork.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of four.

Description

Three players stand in single file (train) holding the waist of the person in front, with another player standing facing the line (the tagger).

The tagger aims to tag the player at the back of the train.

Players keep the train intact and aim to reposition to protect the back carriage of the train from being caught by the tagger.

After a designated time frame or after tagging the back carriage, players change roles.

⚠ Safety

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

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

👁 Coaching Tips

Eyes looking forward.

Move feet using small steps.

Feet shoulder-width apart.

Change direction by pushing off on outside foot.

↻ Change It

Down: The two back players in the line can be tagged.

Up: Introduce a time limit.

❓ Questions

How might you use quick footwork like this in a netball match?

Scarecrow Tiggy

Objective

To practise running and changing direction in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

One player is nominated as the tagger.

When the tagger catches the other players they become 'scarecrows'.

Scarecrows are released when another player crawls underneath the legs of the player captured.

Limit space depending on numbers.

Variation: Change the type of movements (for example, skip, hop, jump).



⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tip

Eyes looking forward.

Shoulders in direction of movement.

Push off outside foot.

Body lower on change of direction.

↻ Change It

Down: Increase the size of the area; Increase the number of taggers.

Up: Increase the size of the area.

❓ Questions

What did you do to avoid the tagger?

Flip It

Objective

To practise running and change of direction in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Markers or coloured paper (different colour each team).

Group Management

Two teams.

Description

Split the group into two teams.

Each player has a marker. One team places them correctly on the ground and the other team places them on the ground upside down.

On a command, players run around to try and turn the other team's markers over to match their own.

After a set period of time, the team with the most markers in the same position wins.

⚠ Safety

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

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

🕒 Coaching Tips

Eyes looking forward.

Push off the ground with the front part of the foot.

Extend back leg.

Knees bent at right angles when moving forward.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Contact ground with front part of foot.

Body leans forward.

↻ Change It

Down: All players are on the same team. Players stand outside the area, and on a command they run in and flip all the markers over.

Up: Player must run to a corner after each flip.

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Chain Tag

Objective

To practise running and change of direction in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

One player is designated the tagger and chases the other players.

Once another player is caught, they join hands then continue to chase remaining players extending the line after each additional tag.

Only players on the ends of the chain are able to tag players.

⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tip

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.

🔄 Change It

Down: Begin with more than one tagger.

Up: When the chain has four players, they split in half and form two separate tagging groups.

❓ Questions

What did you do to avoid the taggers?

Position Tag

Objective

To practise running and change of direction in a dynamic environment.

Equipment/Area

Netball court or suitable playing area.

Bibs.

Group Management

As a group.

Description

Each player wears a bib and stands on the court.

The coach calls out a position and the player whose position is called becomes the tagger and chases the other players.

When tagged, the player freezes on the spot.

When another position is called, everybody is 'free' and the new tagger begins the chase.

⚠ Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

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.

🔄 Change It

Down: Before the tag game begins, ensure the player knows their position has been selected.

Up: Two teams on the court and therefore two players chasing at any time.

❓ Questions

When you were the tagger, what did you do to catch/tag other players?

Tail Tag

Objective

To practise running and change of direction in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Bibs.

Group Management

As a group.

Description

All players tuck a bib or band into the back of their shorts/skirt.

Players must keep moving and grab as many tails as possible while protecting their own tail.

Players cannot hold onto their own tail.

The winner is the one with the most tails after all have been stolen.

There is no elimination.

! Safety

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

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

🎯 Coaching Tip

Eyes looking forward.

Push off the ground with the ball of the foot.

Back leg extends to push off and give more momentum.

Legs and feet move in a straight line.

Arms bent at right angles at the elbows.

Arms and legs move in opposition.

Body leans forward.

↻ Change It

Down: Work in pairs so you can only steal your partner's tail.

Up: Divide the group into teams. Players can only steal the tails of the opposition players, team with the most tails wins.

? Questions

How did you get away and avoid your tail being stolen?

What tactics did you use to steal players' tails?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.