

ACTIVITY TYPE

Balance

Individual Standing Balances

Objective

To develop players' balance by practising different balances as dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Individual standing balances:

- Stand on one leg like a bird
- Stand on one leg, swing the other like a pendulum
- Stand on tiptoe
- Stand on both feet with eyes shut
- Stand on one foot with eyes shut
- Stand on both feet, then on one leg and balance a beanbag.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Eyes looking forward.

Bend at knees as required.

↻ Change It

Down: Players can use another player or object to balance and let go for as long as possible.

Up: Add players moving around prior to the balance being called; For some balances a ball could be thrown while balancing.

? Questions

When was it hard to keep your balance?

When was it easy to keep your balance?

Walk Along a Line

Objective

To develop players' balance using dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Line for players to perform balances.

Group Management

Individuals.

Description

Players to move along a line using a variety of movements:

- Heel/toe walk
- Walk on toes
- Walk backward
- Hop forward/backward
- Jump.



! 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.

Bend at knees as required.

↻ Change It

Down: Players perform the activity without staying on a line.

Up: Add cones to move over as players progress along the line.

? Question

How did you keep your balance during the activities?

Simon Says

Objective

To develop balance using a variety of dynamic activities.

Equipment/Area

Netball court or suitable playing area.

Coach to call instructions.

Group Management

As a group.

Description

Use the following balance and hopping activities or make up your own:

- Stand on one leg
- Stand on one leg and swing the other to the side
- Stand on tip toe
- Stand on both feet with eyes open/shut
- Stand on one foot with eyes open/shut
- Hop forward/backward on right/left foot
- Pivot right or left (squash the spider).

! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

Use of arms to counterbalance.

↻ Change It

Down: Perform balances/activities without playing 'Simon says'.

Up: Introduce a competition using time, not exclusion.

? Questions

Which was the easiest activity to stay balanced?

Which was the hardest?



Thumb War Leg Balance

Objective

To practise balance in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

Players stand on one leg and monkey grip the hand of their partner, with thumbs in the air.

Players tap thumbs onto hand on alternating sides three times then try to pin the other player's thumb down.

Variation: right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

↻ Change It

Down: Players can touch other foot down as required to balance.

Up: Play both hands at once.

? Question

Which position was easiest to balance?

Musical Balance

Objectives

To improve balance technique in a dynamic activity.

To practise a range of movement skills in a defined space.

Equipment/Area

Netball court or suitable playing area.

Music.

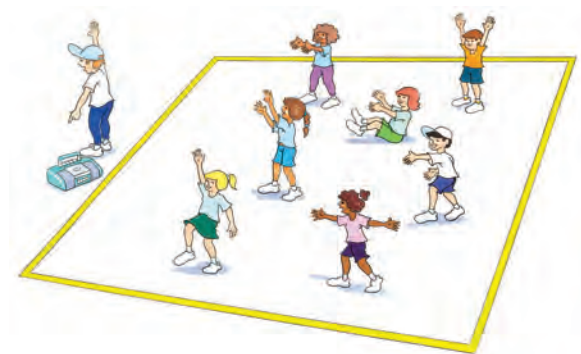
Group Management

Individuals.

Description

Players move around with a variety of movements (for example, running, skipping, hopping, jumping).

When the music stops, players must balance on the body parts called by the coach (for example, one foot, one hand and one foot).



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Reinforce technique for running, skipping, hopping and jumping.

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

↻ Change It

Down: Keep the same balance position.

Up: Introduce a competition.

? Question

What did you do to help yourself remain balanced?

Squash the Spider

Objective

To practise balance and pivot technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Individuals.

Description

Players run around an area scattered with markers.

When they come to a marker they perform a pivot – squash the spider.

⚠ 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

Bring weight over grounded foot.

Bend knees slightly.

Turn on ball of the pivot foot, pushing off the other foot.

Non-grounded foot is lifted and re-grounded to maintain balance throughout movement.

↻ Change It

Down: In groups of three, line up behind a line, run to one marker, pivot and return to own line.

Up: Introduce a competition.

❓ Question

What did you do to stop and balance to perform a pivot at the marker?

Balloon Stomping

Objective

To practise balance technique in a dynamic activity.

Equipment/Area

Balloons.

String.

Group Management

Pairs.

Description

A balloon is tied to each player's ankle.

Players hold both hands of their partner, trying to burst their partner's balloon while protecting their own.



! Safety

Define the area appropriate for numbers.

Reinforce importance of holding on to their partner.

🎯 Coaching Tips

Eyes forward.

Knees bent as required.

↻ Change It

Down: Only one person in the pair has a balloon.

Up: Move around an area and try to stomp on other players' balloons.

? Question

What did you do to stomp the balloon?

Partner Connection

Objective

To improve participants' balance and movement skills.

Equipment/Area

Netball court or suitable playing area.

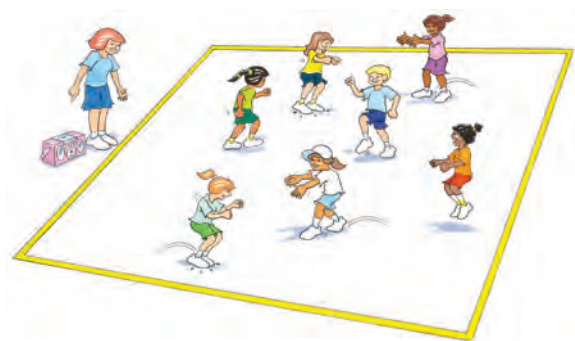
Group Management

Groups.

Description

Players move around using a variety of movements (for example, running, skipping, hopping, jumping, leaping).

The coach calls out two body parts which each player must connect to another player (for example, elbow to knee, hand to foot, head to head).



! 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.

Bend at knees as required.

Use arms to balance.

Look for correct technique in movement skills.

↻ Change It

Down: Players do not move around prior to creating the connection.

Up: Form larger groups by calling out more body parts (for example, five elbows, two heads and three knees).

? Question

What things did you do to stay balanced?

Partner Balance

Objective

To improve participants' balance.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs ask the players to balance on the body parts called by the coach. Make up your own or use the following:

Four feet touching the ground.

Two feet touching the ground.

Two hands and two feet touching the ground.

Two hands and two knees touching the ground.

One back and two feet touching the ground.

⚠ Safety

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

🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

↻ Change It

Down: Allow players to add one or two other body parts to balance if required.

Up: Players move around using a variety of movements (for example, run, skip, hop, jump, leap), when the coach calls the body parts; Perform the balance with a partner.

❓ Question

What things did you do to stay balanced?

Mirror Balance

Objective

To improve participants' balance.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, players mirror each other's balances.

! Safety

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

🎯 Coaching Tips

Eyes forward.

Bend at knees as required.

Use arms to counterbalance.

↻ Change It

Down: All players mirror the coach.

Up: Add movement before the balance.

? Question

What things did you do to stay balanced?

Throw to Self, Using a Bean Bag/Ball Standing on One Leg

Objective

To practise balance techniques incorporating ball movement.

Equipment/Area

Netball court or suitable playing area.

Bean bags/balls.

Group Management

Individuals.

Description

Complete each of the following standing on one leg then repeat standing on the other leg:

Throw bean bag from hand to hand – high/low.

Throw to self in the air and catch.

Throw to self and clap once before catching.

Repeat, extending the number of claps.

! 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 the bean bags towards body.

↻ Change It

Down: Move bean bag around rather than throwing it and/or copy partner's movements.

Up: Increase the difficulty of activities with the bean bag (for example, bean bag in each hand throwing both up in the air at once).

? Question

What things did you do to stay balanced?



Bounce Ball and Balance

Objective

To practise balance techniques incorporating ball movement

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Individuals.

Description

Balance on one leg while bouncing a ball.

Hop and bounce a ball.

Cross legs and bounce a ball.

! Safety

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

🎯 Coaching Tips

Eyes looking forward.

Bend at knees as required.

↻ Change It

Down: Move ball around rather than throwing it and/or copy partner's movements.

Up: Bounce ball consecutively with one hand; Bounce two balls at once.

? Question

What things did you do to stay balanced?

Partner Pass and Balance

Objective

To practise balance techniques incorporating ball movement.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Group Management

Pairs.

Description

Both players balance on one leg with one ball between them.

They pass the ball using the following passes:

- Around the body
- Bounce the ball
- Chest pass.

! Safety

Define the area appropriate for numbers.

🎯 Coaching Tips

Bend knee as required.

Eyes forward.

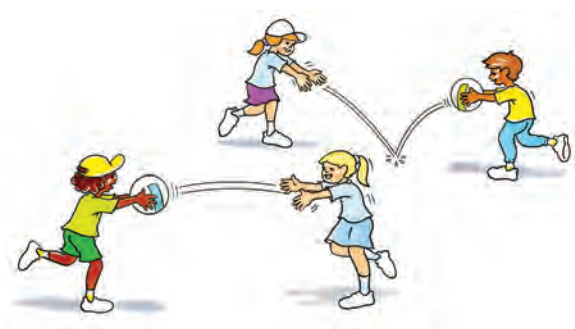
↻ Change It

Down: Stand close to partner so the ball can be passed from hand to hand.

Up: Throw the ball further away from the centre of the body.

? Question

What activity made it hard to keep balanced?



Islands

Objective

To practise balance techniques in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Floor discs/hoops.

Bib (for the shark).

Group Management

Groups.

Description

Set up with less hoops/discs (islands) than the number of players.

Nominate one/two players as the sharks; these players are the taggers.

The players avoid being tagged by balancing on one leg on an island. Islands can only hold one person, so if another player moves onto an island the first player must leave.

Players cannot balance on the island for more than three seconds.

If a player is tagged they exchange places with the shark.

Variation: Run until the music stops, then run to an island and balance.



! 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.

Bend at knees as required.

Use arms to counter balance.

↻ Change It

Down: Have no tagger, players balance on islands then move to a new island.

Up: Coaches nominate different balances to be performed when on the island (for example, two feet, right foot, left foot).

? Question

What did you do to help keep your balance?

Kings and Queens

Objective

To practise balance technique and hands over ball defense.

Equipment/Area

Netball court or suitable playing area.
Line or markers (to start).

Group Management

Groups of 5–6.

Description

Group lines up along a line.

The coach faces the group – the first player on the coach's right is the king and the second is the queen.

When the coach calls players to 'defend the pass', they must get back 1.2m (4 feet) and put their hands up to defend.

If a player is slower than the player on their right (coach's left), they move down one spot.

The aim is to be the quickest and become the king.



! Safety

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

🕒 Coaching Tips

Recovery to 1.2m (4 feet)

Push off strongly 1.2m distance.

Strong stride/jump back – can be one large stride or a few quick steps.

Use arms for power to jump back.

Head up with eyes on ball and opponent.

Hand over the ball:

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

↻ Change It

Down: Remove the competition.

Up: Combine with specific arm positions (Balance Activity - Norma Says).

? Question

How far away do you need to be to defend a player with the ball?

What did you do to stay balanced?

Norma Says

Objective

To practise balance technique and hands over ball defence.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

Description

Using the rules of Simon Says, the coach calls out commands for players to perform.

Players should move back 4 feet to defend the pass when 'Norma says defend the pass'.

Other commands are:

Norma says high wide pass – move back 4 feet with arms wide.

Norma says lob pass – move back 4 feet with arms high in the air.

Norma says bounce pass – move back 4 feet with arms low.

⚠ Safety

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

👁 Coaching Tips

Feet shoulder-width apart, knees, hips and ankles slightly bent.

Weight balanced over two feet with knees over toes and entire foot on ground.

Arms up and in position over the ball.

↻ Change It

Down: Play just with arm actions and not moving back 4 feet; Use lines so players know how far to move back.

Up: Combine with Kings and Queens (Balance Activity).

❓ Question

Which was the easiest activity to stay balanced?
Which was the hardest?