

ACTIVITY TYPE

Minor Games Coaching Resource

Corner Spry Cricket

Objective

To develop accuracy of passing and catching under pressure.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent) or bean bags.

Markers.

Group Management

Two groups.

Description

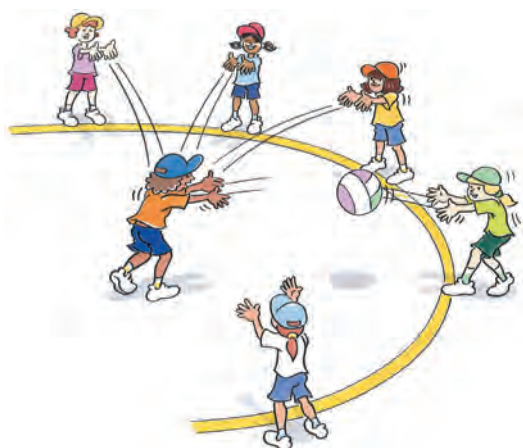
Divide group into two teams, one team 'batting' and the other team 'fielding'.

The batter passes the ball into the court then runs between two cones 5m apart, scoring one point per lap.

At the same time, the fielders run towards the player who fielded the ball and corner spry the pass to them only, yell stop when completed, and the batter stops running.

The game continues until all batters have thrown the ball, then swap roles.

The winning team scores the most runs.



! Safety

Define the area appropriate for the numbers and selected activity.

🎯 Coaching Tips

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

- 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.

Up: Set up bases so that the batter must run around the bases once before the fielding team finishes the corner spry or they go out.

? Question

How many points did you score?

Keep the Ball

Objective

To practise netball skills in a match-like game.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Bibs.

Group Management

Groups of five.

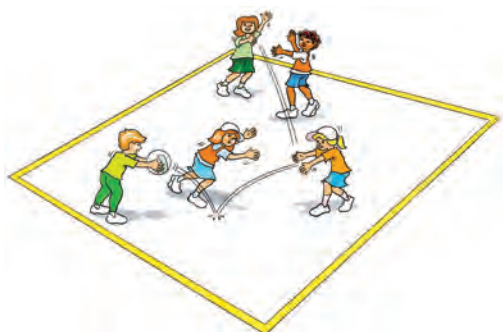
Description

Three attackers and two defenders are distributed over the playing area.

The attackers aim to make five passes without the ball being intercepted.

Every five passes score a point.

NetSetGO rules apply.



! Safety

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

🎯 Coaching Tips

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

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

Shadow:

- Start standing in front of opponent with back to attacker, half way across attacker's body
- Arms close to sides of body, feet shoulder-width apart, knees slightly bent
- Vision to see both attacker and ball
- Use small, fast steps to maintain position
- Don't move head.

Intercept:

- Watch thrower to see where they are going to throw the ball (look for cues)
- Run at an angle towards the ball, run through and take the ball, land on outside foot.

↻ Change It

Down: Use a soft ball; Decrease number of defenders; Increase size of area; Score one point for each pass.

Up: Increase defenders; Decrease size of area.

? Question

What did you do well if you succeeded in making five passes without being intercepted?

Corner Ball

Objective

To practise netball skills in a match-like activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Two even teams.

Description

Each team has one player in diagonal corners.

The 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, the defender rolls the ball to their nearest corner and becomes the attacking team.



! Safety

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

🎯 Coaching Tips

Reinforce all techniques during the activity.

↻ Change It

Down: Use a soft ball; Decrease the number of defenders.

Up: 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.

? Question

How many points did your team score?

Numbers Netball

Objective

To practise netball skills in a match-like game.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Modified goalposts.

Bibs.

Group Management

Groups of 10–12.

Description

Two teams, consecutively numbered, line up on the sideline.

The coach calls two numbers and those players from each team run into the playing area.

Only the first number called is able to contest the first ball rolled by coach.

The team which gains possession becomes attackers and may pass to sideline players.

Both teams shoot towards the same goal ring. If the ball is intercepted, the defending team becomes the attacking team but must pass the ball back to the coach (or sideline player) before shooting.

Work for one minute using NetSetGO rules.

The ball getting into the goal circle scores two points and an additional point if a goal is scored.



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Passing:

- Eyes on target
- Step towards target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target.

Catching:

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

Reinforce intercept, shadow and shooting coaching points.

↻ Change It

Down: Use a soft ball; Decrease the number of defenders.

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

? Questions

What moves did you use to lose the defender?

What did you do to stick tight to the defender?

Skittles

Objective

To practise netball skills in a match-like activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Skittles or markers.

Group Management

Two even teams.

Description

Form two even teams with bibs.

Position four skittles in each goal circle.

Start with a toss up in the centre circle.

Players work the ball towards their goal circle.

From the edge of the goal circle, players aim to throw the ball at one of four skittles.

Players score one point for each skittle knocked over.

The other team restarts the game with the ball after each shot.

The first team to knock down all four skittles wins.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Reinforce all techniques during the activity.

↻ Change It

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

Up: Decrease the size of the skittles and/or put them further apart.

? Question

What did your team do to knock down a skittle?

Five Point Play

Objective

To develop passing and catching technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Groups of 10.

Description

Form two teams of five players.

The attacking team passes the ball between themselves scoring one point per pass.

After five passes a bonus five points is scored when the ball is passed to a team-mate in one of the goal circles who then scores a goal.

! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tip

Reinforce all techniques during the activity.

↔ Change It

Down: Use a soft ball; Reduce number of defenders; A successful pass to a player in the goal circle scores five points.

Up: Score one point for 15 seconds of passing then a bonus five points for passing to a team-mate in the goal circle who then scores a goal. The player who shoots for goal must score on the first attempt.

? Questions

How many points did you score?

Did you score any bonus points?

Find the Goal Line

Objective

To practise netball skills in match-like game.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Groups of 4–5.

Description

Two teams work across the centre third.

One team attempts to pass the ball to each team member, while the opposing team tries to intercept the ball. All members of the team must touch the ball at least once before the team can score.

A point is scored if the ball is placed over the goal line.

The opposition throws the ball in from that spot.

NetSetGO rules apply.

! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tips

Reinforce passing/catching technique.

Encourage a range of attacking moves to move ball in the space.

Encourage defending team to use shadowing.

↻ Change It

Down: Use a soft ball; Not all players have to touch the ball before a goal can be scored.

Up: Increase the size of the playing area.

? Questions

What did you do to keep close to your player?

What did you do to make sure you passed the ball safely?



End Ball

Objective

To practice netball skills in a match-like activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Hoops/floor discs.

Group Management

Groups of 5–6.

Description

Form two teams of approximately six players.

The game is started with a toss-up between two players.

After a goal is scored, the game is restarted with the opposite team taking a pass from behind the goal line.

Using NetSetGO rules the team in possession passes the ball, attempting to score a goal by passing to the end person who must catch the ball on the full.

No player other than the end person may step in the hoop or enter the goal area.

Rotate the end person.



! Safety

Define the area appropriate for numbers.

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

🎯 Coaching Tip

Reinforce all techniques during the activity.

↻ Change It

Down: Use a soft ball; Small group (for example, 3v3); Decrease the size of the area (for example, across a third).

Up: Defended end person (1v1 in circle).

? Questions

How does this activity relate to what happens in a netball match?

End to End

Objective

To practise netball skills in a match like activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Modified goalpost.

Group Management

Two teams.

Description

Pair off two teams and spread the length of the court.

On command, the player with the ball at one end passes the ball to a team-mate towards their goal at the other end.

Players are restricted to one third or the goal circle.

Only one player can be the designated shooter and they are not defended.

! Safety

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

🎯 Coaching Tips

Reinforce all techniques during the activity.

↻ Change It

Down: Use soft ball.

Up: Defended end person;
Add a modified goalpost.

? Questions

How many passes did it take to score a goal?

Half Court

Objective

To practise netball skills in a match-like activity.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Bibs.

Group Management

Two teams.

Description

Players stand ready for a centre pass with defence.

On the whistle, a player passes the ball until a shot is taken, then reset the centre pass.

Players should play in all positions.

NetSetGO rules apply.

⚠ Safety

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

🎯 Coaching Tip

Reinforce all techniques during the activity.

↔ Change It

Down: Use soft ball. Remove defenders as required.

Up: All players must touch the ball before a shot can be taken.

❓ Questions

What different moves did you use to get free for the centre pass?