

Year 4 Netball Lesson 2 - Footwork

Lesson Objectives

- To understand the simple footwork rules of Netball (**all**)
- To be able to pick the right foot to pivot on and pivot without taking steps (**most**)
- To be able to catch the ball while moving and stop correctly (**some**)

Lesson Structure

Introduction/ warm-up (Connection and Activation)

Movements Matter

- Ask the children to move into spaces in a number of different ways (jogging, skipping, hopping, jumping, sideways, backwards, hop/step/jump)
- On the whistle or set call the children must freeze.
- Whichever child is in the biggest space gets a point. They can also be allowed to give another child in the class a challenge (5 star jumps, 5 burpees etc)

With timings

10-Minutes

Differentiation (Extension/Support)

- Challenge children on technique and body control.

Main (Development/ Application)

Introduction

What is the footwork rule in Netball?

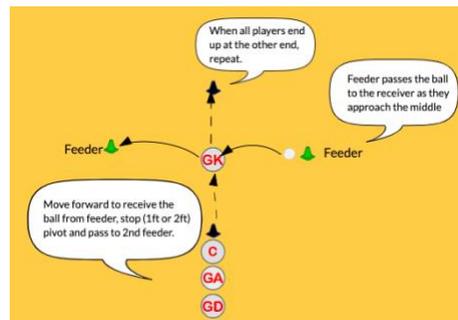
Introduce / recap pivoting. **Add video**

In pairs – Pass & Move

- Pass and move within the area with a partner
- Emphasis on the receiver catching and stopping on 1 foot or 2 and then pivoting before passing back to the partner.

Activity – Catch, Pivot, Pass

- Groups of 6
- 2 feeders and 4 receivers
- Each player moves forward to receive a pass from the feeder.
- Aim to receive the ball on the move and then stop either on 2 feet or 1 foot after the other.
- They receiver must then pivot towards the second feeder and pass the ball.
- When all of the players have moved through to the other end change the feeders and repeat.



With timing

5mins

10mins

Differentiation (Extension/Support)

Teaching Points

5: Bend knees and hips to give stability and control

1: As static catch plus

2: Jump to catch to control momentum



4: Keep head up

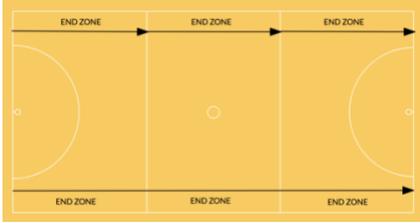
2-Handed Catch on the Move

3: Land balanced with weight over both or landing foot

Extension

- Increase the distance of pass
- Increase the speed of run to receive the pass
- Feeder to pass the ball at different heights.

Success Criteria

<p>Development</p> <p>Progression - 4v4 End Zone</p> <ul style="list-style-type: none"> - 2 teams of 4 - The area is set up with 2 end zones to score in. - Each team will look to score in the opposing teams end zone but receiving a pass in the opposing teams end zone. - Emphasis on all of the children obeying the footwork rules. - Employ 1 child as an umpire. 		<p>15-20mins</p> <ul style="list-style-type: none"> - Successfully catch a while static, pivot and pass. - Successfully catch a ball on the move and stop. - Being able to implement the footwork rule within a conditioned game.
<p>Plenary</p>		
<p>How can I stop when catching the ball? How do I change direction without taking steps? Which directions can we pivot?</p>		