

## Virtual Netball Challenge - Circuit for Primary Schools – Years 3 & 4

### Station 1 – BALL HANDLING



### Description/Rules

- ❖ How many times can you pass the ball under each leg within the time limit?
- ❖ Pupils pass the ball under alternate legs whilst standing still.
- ❖ Time limit - 30 seconds.
- ❖ 1 point each time the ball passes under leg.

## Station 2 – PASSING



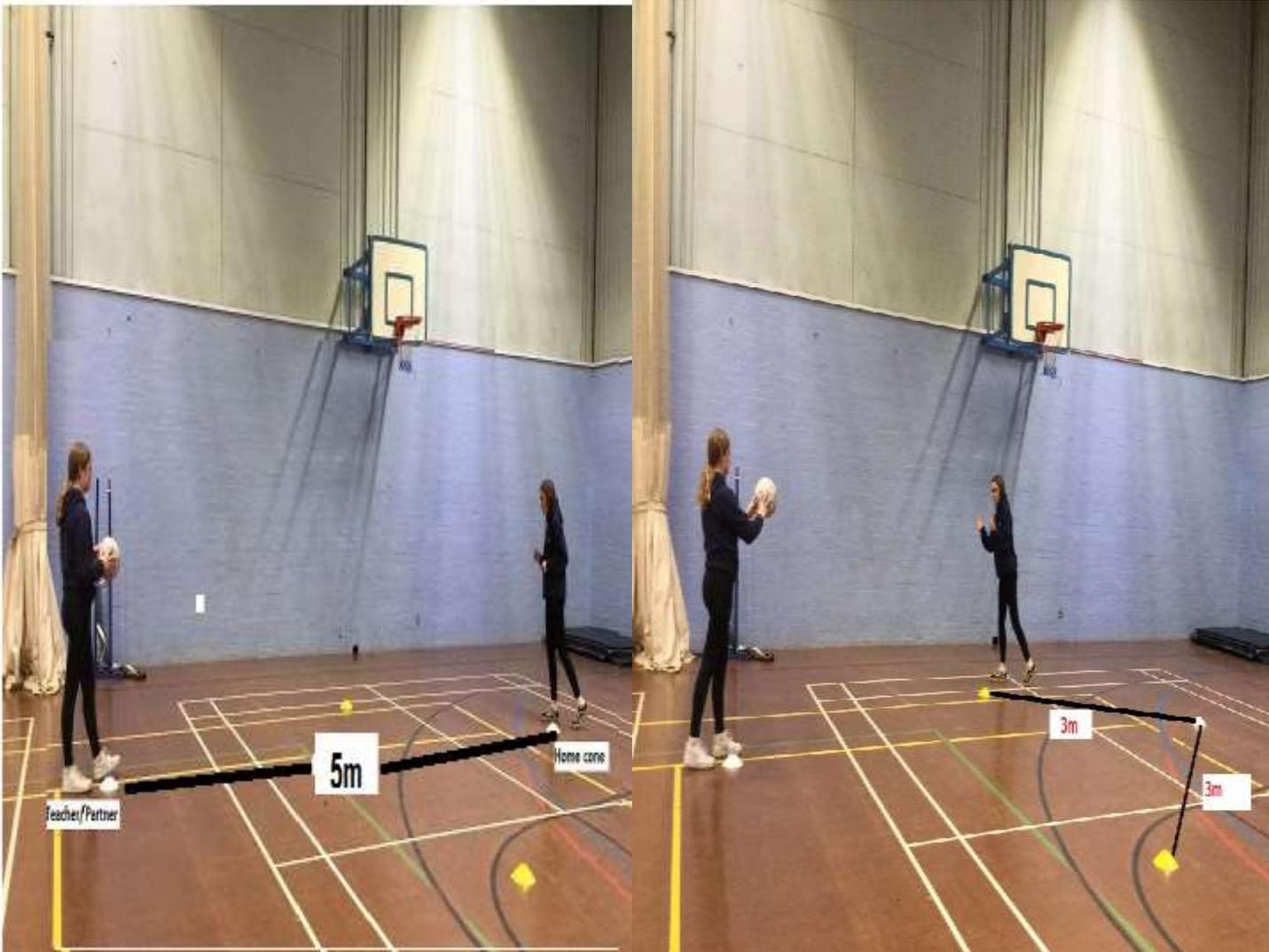
- ❖ How many passes can you make within the time limit?
- ❖ Pupils work with a partner/teacher who is standing 3m away.
- ❖ Pupils pass the ball to their teacher/partner. Pupils to use a chest pass or shoulder pass. The ball may bounce once.
- ❖ Pupils try to catch the return pass with their hands making a 'W' shape behind the ball, not using a 'bucket' technique.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each pass made by the pupil (not the teacher/partner).

### Station 3 – JUMP AND LAND



- ❖ How many times can you jump, catch and land in the time limit?
- ❖ A partner feeds in the ball up high. The pupil jumps and lands (either 1 foot then 2, or 2 footed). They must catch the ball at the top of the feed with arms outstretched, hold it and pull the ball in.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each jump and land successfully completed.

## Station 4 – PASS AND MOVE



- ❖ How many passes can you make around the court in the time limit?
- ❖ Teacher/partner stands at a cone 5m from the home cone in the middle. The pupil starts at the home cone, runs to another cone 3m away at an angle of approx 45 degrees and receives the ball. Pupil passes the ball back to the teacher/partner and then runs to the home cone and on to another cone 3m away on the other side. They receive the ball here and then pass it back. Repeat.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each pass made by the pupil (not teacher/partner).

PASS AND MOVE CONTINUED



## Station 5 – MOVE TO BALL



- ❖ How many catches can you make whilst moving to the ball?
- ❖ Teacher/ partner stands 3m away from the 'gate', which is where the pupil starts. The pupil runs round a cone 2m away and then back to the gate where he /she must catch the ball from the teacher/partner. They pass the ball back and then run round another cone 2m away and back to the gate to receive another pass. Repeat.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each catch made in the gate area.

MOVE TO BALL CONTINUED



## Station 6 – SHOOTING



- ❖ How many times can you shoot and score in the time limit?
- ❖ Pupils can shoot from anywhere. They take as many shots as they can in the time limit and retrieve the rebound.
- ❖ Partner can help with the rebounds.
- ❖ The post should be 8ft high.
- ❖ Time limit - 30 seconds.
- ❖ 5 points for each shot scored. 1 point if the ball hits the ring but doesn't go in.