

## Virtual Netball Challenge - Circuit for Primary Schools – Years 5 & 6

### Station 1 – BALL HANDLING



### Description/Rules

- ❖ How many times can you pass the ball around and through your legs within the time limit?
- ❖ Pupils pass the ball around both legs and then between their legs whilst standing still. This makes one circuit with the ball. Repeat.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each completed circuit with the ball.

## Station 2 – PASS CATCH



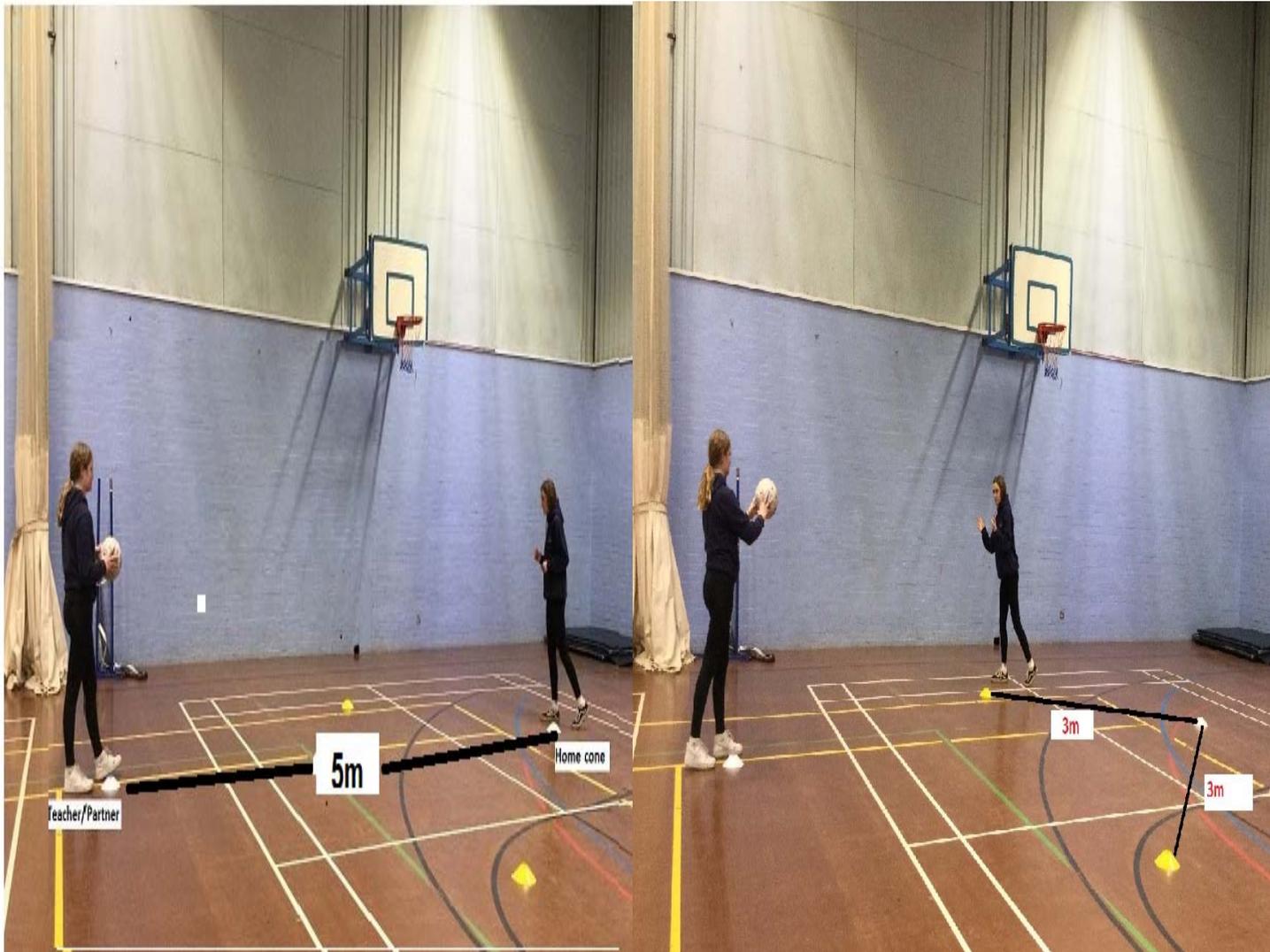
- ❖ How many times can you pass and catch the ball within the time limit?
- ❖ Pupils work with a partner/teacher who is standing 3m away.
- ❖ Pupils pass the ball to their teacher/partner. Pupils to use a chest pass or shoulder pass.
- ❖ Pupils catch the return pass with their hands making a 'W' shape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

### Station 3 – JUMP, LAND AND TURN



- ❖ How many times can you jump, land and turn in the time limit?
- ❖ A partner feeds in the ball up high. The pupil jumps and catches the ball at the top of the feed with arms outstretched. They must hold the catch and pull the ball in.
- ❖ The pupil must then turn 180 degrees. This can be done in mid-air or they can land and then pivot. The landing can be either 1 foot then 2, or 2 footed.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each jump and pivot 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. 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 the 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 5m 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.

<b>MOVE TO BALL CONTINUED</b>	
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Station 6 – CATCH AND SHOOT



- ❖ How many times can you shoot and score in the time limit?
- ❖ Teacher/partner stands outside the D and feeds the ball in to the pupil.
- ❖ Pupil must catch the ball and shoot. They retrieve then pass the ball back out to the feeder. Repeat.
- ❖ The post should be 9ft high.
- ❖ Time limit - 30 seconds.
- ❖ 5 points for each shot scored. 1 point if the ball hits the ring but doesn't go in.