

SPORTS &amp; GAMES · GRADES 3–5

# Netball — Passing

45-minute lesson plan

## Lesson at a glance

<b>Time</b>	45 minutes
<b>Equipment</b>	Netballs (or any size 4 ball), cones, bibs
<b>Space</b>	Hall or court
<b>Aim</b>	Pass accurately with correct footwork (no traveling).

## The footwork rule

When you catch the ball in netball, you have to stop. Your 'landing foot' is your pivot — you can step the OTHER foot in any direction, but the landing foot CANNOT lift until you pass. Walking with the ball = travelling = the other team gets it. This rule is the #1 thing to teach early.

## Lesson structure

<p><b>Warm-up (5 min)</b></p> <p>Side-step around the area. On a whistle, freeze. Coaching point: feet shoulder-width, knees bent — ready position.</p>	<p><b>Skill 1 — Chest pass (10 min)</b></p> <p>In pairs, 3m apart. Both hands push from chest. Strong follow-through. Step into the pass. Build to 5m.</p>
<p><b>Skill 2 — Bounce pass (5 min)</b></p> <p>Same pairs. Pass should bounce halfway between you. Useful for getting past defenders.</p>	<p><b>Skill 3 — Pivot drill (10 min)</b></p> <p>In threes — A passes to B, B catches, plants landing foot, pivots and passes to C. C does the same back. Drill the footwork rule.</p>



**Game (10 min)**

End-zone netball. Two teams. Pass the ball into the end zone (a defender catches = goal). NO running with the ball — must stop on catch. Reinforces footwork.

**Cool-down (5 min)**

Walking lap. Reflection: hardest part of the footwork rule?

