



COMMONWEALTH GAMES CHALLENGE

WEEK 12 – NETBALL

This is a shooting challenge that can be played with or without goalposts.

- Put students into groups of two or three. Those not shooting, or passing ball count the points scored.
- Demonstrate the shooting action and allow plenty of time for practice before challenge starts.
- Practise in twos:
 - Player 1 is the post and stands with hands up.
 - Player 2 practises holding ball high with hands in correct position and pushes ball up into the air.
 - Player 1 jumps to catch ball.
- Move practice to goal circle for challenge, practice same shooting action using the goalposts.
- Put two markers 3m away from post (mark circle in half using cones, use half circle per group).
- Player 1 passes the ball to shooter from behind goal line to start the challenge.
- Player 2 takes five shots from each marker.
- Player not shooting or spare player counts points scored.
- Players must score a minimum of five points from 10 shots at goal.
 - Players must take five shots from each marker and score as follows:
 - five points “swish” shot straight through ring
 - three points if the ball goes in after hitting the ring
 - one point for hitting the ring but not scoring.

