



Cockburn Netball Club

Established In 1960

INVASION GAMES

Invasion games are usually modified games played in such a way to develop the technical and tactical skills of players in team sports.

In netball invasion games players explore skills in the following areas:

- the locomotor movements of running and change of speed and direction
- catching and passing of the netball
- defending opponents

Netball invasion games also develop the tactical awareness of players in areas of:

- On the ball skills such as passing and decision making and goal shooting.
- Off the ball skills such as moving to space, supporting the passer by offering a lead at the correct time
- Off the ball skills such as covering attacking opponents, moving into the attackers path to deny them space (working the ground), defensive zones, and defending shots

When using invasion and other modified games as learning tools it is really important that coaches/teachers use questioning to help players identify the various tactical problems involved in the game and also the strategies that are effective in solving the problems.

Bench Ball (Netta +)

Two teams of 7 players all wearing a bib of their teams colour. 2 players from each team start on court and the rest of their team line up on opposite baselines. The game begins with a toss between two opposing players in the centre third. Whoever wins possession passes to their other free team mate and they work the ball between themselves until they receive a pass in their benches third. Now they can pass it to one of their bench players. The bench player must catch it cleanly. The bench player is now released and runs back to the centre circle with the ball and places it on the ground. The other team picks up the ball and tries to work the ball down to their bench to release a player. If the defensive team creates a turnover they become the attackers and play continues. Winning team is the team with all players released from their bench.

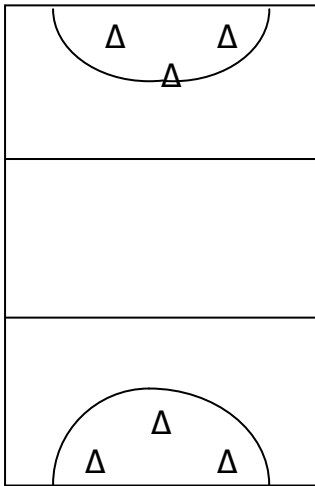


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Full Court Game – “It’s a Knockout” (Netta +)

Two even teams of at least 5 but up to 10 players each

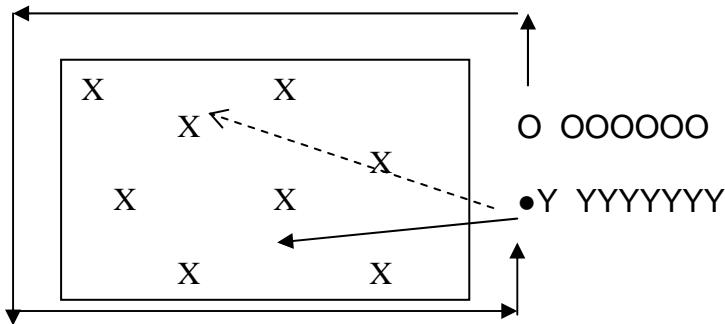


RULES:

*Court size: Full Court (minus goal circles)
A number of markers are placed in both goal circles (eg 3-4). The first team to knock over their markers wins.*

- No-one is allowed in either goal circle
- 5 sec time limit
- Must be 1m from any player with the ball
- Can't run with the ball
- Once a marker is hit, it is removed. The first team to knock over all of their markers wins.
- Netball rules apply

Rounders Netball (Netta+)



One team fields (X's) and the other team bats (O&Y's). The batting team split into 2 lines. One line throws the ball into the field of play (Y) and then runs into the field of play and tries to escape being tagged while their partner (O) runs around the outside and back to the start of the line (put a marker here). The fielding team (X) try to tag the batter (Y) by tagging (touching) her with the ball below the knees. Fielding team can move anywhere they like in the area, however they cannot run with the ball. So they try to pass the ball between them to get near the batter to tag them. 3 out “side away”. Make sure batter gets a chance at O and Y.

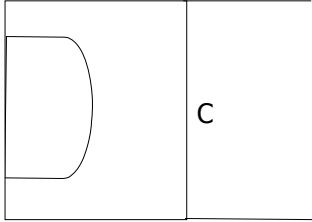


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Numbers Netball (Netta +)

X1 X2 X3 X4 X5



Y1 Y2 Y3 Y4 Y5

RULES

1/3 of a court is used so you can have two games on one court at any time. Team members are numbered consecutively and each team lines up on a side line. The coach C calls two numbers and then places a short bounce ball between the two teams. The 4 players who were called compete for the ball. The team that gains possession must complete at least 3 passes as they work the ball to the goal ring when they can have one shot. If they complete the three passes and successfully convert the goal they gain two points for their team, if they complete the three passes and miss the shot they still get one point. If the defenders turn the ball over they then become the attackers and play continues until the shot. If the ball goes out the pass is taken like a throw in. All age appropriate netball rules apply.

Circle Ball (Netta +)

2 Equal teams, 5 players per side. Use 1/3 of the court with a hoop placed at each end on the middle of the line. One player from each team is designated the catcher and stands in their teams' hoop. The remainder pair off and stand in free space. Start the game with a toss up. Teams attempt to pass to their catcher by using at least three passes. One point is scored each time the ball is caught by the catcher. Players rotate after each score. After a score the opposing team takes a pass from close to the catcher's hoop.

Players may not run with the ball, push or bump an opponent. A defending player must stand at least 1.2m from the player with the ball. Players have up to 6 seconds to pass the ball. A free pass is taken for any infringement.

End Ball (10 yo +)

Up to 8 players in each team. Pair off with someone on the opposite team. Start the game with a toss up in centre court. Each team has a goal shooter who is the only member allowed in the goal circle. An opposing defender will position on them. All other players may move anywhere else on the court. Ball must be passed at least 5 times before going into the shooter. Score 1 point for pass into circle & 1 point for converting the goal. Pass within 6 seconds, defend from 1.2m, no contact, observe footwork rule as appropriate. Rotate circle defender and shooter after every goal. When a goal is scored the opposing team takes a back line throw in from beside the circle.



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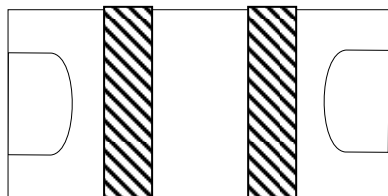
3 Point Netball (10 yo +)

Two opposing teams of about 7 players each. 2 players from each team are allowed in their goal circle as shooters and two opposition players allowed in the circle as defenders. Everyone else is allowed anywhere except in the goal circle. If the shooters catch the ball in the shooting circle the team gets 1 point if they shoot the goal they get 3 points. When a goal is scored the opposing team take a back line throwin. Ball must be passed at least three times before it can be passed into the goal circle. Age appropriate netball rules apply.

3 Point Pass (12 yo +)

Two teams of four players. Objective is to score as many points as possible. Players score 3 points for their team if they get the ball from 1 goal third to the next goal third in 1 throw. They score 1 point if they use more than one pass. Defence is man to man. Netball rules apply except for over a third. The players need to decide whether to go for the risky easily intercepted long pass or be more patient and build the score with the 1 point method. Toss ball to begin. When a team gets across the third the opposition team takes a pass from there. If the defending team causes a turn over they take the ball from the closest goal third and try to work across the centre third.

5 Point Netball (10 yo +)



RULES

2 even teams of 4 or 5. The team gets 1 point for each pass in the centre third and 5 points for a pass to the 5 point player, who is the only attacking player allowed in the 5 point area (shaded). When the 5 point player receives a pass they run to the opposite 5 point area and start passing again and a new player becomes the 5 point player. If the attacking team lose possession they start in opposite 5 point area again. Set a time limit and then switch attackers and defenders. Age appropriate netball rules apply.

2 on 2, 3 on 3 or 4 on 4 (10 yo +)

This game is played across a third sideline to sideline. The attacking team start with a sideline throwin and attempt to work the ball to the other sideline using at least 4 passes. The last pass across the sideline must be to a player who receives it on the move. If they are successful they get 1 point. The attacking team get 5 turns then they become the defenders. If the defenders turn the ball over the attacking team starts at the sideline again and starts their next turn. Winners are team with most points. Age appropriate netball rules apply.



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Four Way Netball (14 yo +)

Up to 14 players in two even teams. Two portable posts or hoops are set up behind each sideline, level with the centre circle. Game starts with a toss-up between two players; other players may start anywhere. Players may move in all court areas. Players can score at either of their two goal posts (one team has the north & west posts, and the other the east & south), anyone can shoot. After a goal is scored the ball is returned to the centre circle for a toss up to restart play.

Variations:

- assign 1 goaler to each goal post & goalers are the only ones who can score-rotate goalers after each score
- if using hoops instead of portable posts, put the hoops 2m back from sideline- to score the goaler must catch the ball with both feet in the hoop and no defender can exit the court to defend in the goal zone.

Interceptor (Netta+)

Groups of three with 1 ball. In a designated space (third of 1 third) two of each group pass the ball to each other and the third member tries to intercept or deflect the ball. Rotate the interceptor after a short period eg 3 minutes. Each interceptor counts how many times they deflect or intercept the ball.

Keep Ball (Netta +)

As above but now have 3 v1, 3 v2 and then 4 v 2. The attacking team pass the ball among themselves aiming to get as many passes in a row as possible, in one minute, without the defender/s deflecting or intercepting the ball. Each deflection or interception reduces the score to zero. Rotate defenders frequently.

Octopus (6 yo +)

No Equipment needed

2 people stand in the middle of a third. All other players stand behind a transverse line. On "go" everyone attempts to run through the third to the opposite side without being tagged by either of the two players in the middle. When tagged a player must stand still where they were tagged. They then become an octopus for players to avoid. An octopus may (keeping one foot grounded) reach out and tag a runner. Game continues until all players tagged.