



## Hot Shots Netball Club



Lessons will incorporate learning the different techniques in Netball. Each lesson will focus on one objective. At the end of the course, children will play a game and we will round off with a quiz or recap of the lesson.

### **Lesson 1:**

Objective: Learning different passes and the reasons why it is important to stretch.

### **Lesson 2:**

Objective: Footwork rules and practice shooting the ball.

### **Lesson 3:**

Objective: Dodging and practice shooting the ball.

### **Lesson 4:**

Objective: Defending and marking another player plus practice shooting the ball.

### **Lesson 5:**

Objective: Learning the different positions and practice shooting the ball.

### **Lesson 6:**

Objective: Recap of the techniques taught and a mini game to end.

**Children will receive a certificate for attending Hot Shots Netball club.**

