



3 CONES MOVEMENT

Representative Netball

LEARNING INTENTION: *Physical Skills:* Agility, speed, reaction, passing and catching

Physical Fitness: General endurance, speed, agility and balance

Knowledge/Understanding: Attacking and defending

Social: Interaction, being a team member, competition, enjoyment, communication and participation

WHEN TO USE: Whole group activity, small group or individual training

ACTIVITY:

- 3 cones set up in a triangle 2m apart, using 3 different colours
- Thrower calls a combination on 3 colours, worker moves to the combination using sharp footwork as quickly as possible, keep eyes and body facing thrower
- Work the 3 colour combination for 30secs, change roles

VARIATION:

- Thrower passes on the last colour of combination
- Keep changing the colour combination and change to 4 or 5 combinations
- Use a pass and change to a reaction ball
- Add a defender to delay and deny workers movements

COACHING POINTS

- Quick and effective movements with smart use of change of direction
- Keep head up to have vision of the thrower
- Ensure players are balanced and using correct passing and catching technique
- When players are defending ensure they are sticking close to their opposition player but not contacting

Legend

○ THROWER X PLAYER ▲ CONE

