

Give it a Go Guides Netball badge



To gain your 'Give it a Go' netball badge you should complete the following activities or take part in a netball taster session with a local coach.

- Name 3 important rules you need to follow to play netball.
- Research positions and what part of the court they play in.
- Research the length of a netball game and their scoring system.

1 Activity 1 - Warm up

- Create a relevant warm up that incorporates all the muscles and movements you would use in a game of netball.

2 Activity 2 - Passing

- In pairs or small groups.
- Perform a chest pass, bounce pass and shoulder pass.
- Discuss when you would use these passes in a game and why.

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3 Activity 3 - Defence and intervention

- Create a circle in groups of 9, with 2 defenders in the centre of the circle.
- Attackers on the outside of the circle must pass the ball around whilst the defenders try to intercept the pass.
- If the defender intercepts the pass, they swap with the attacker who threw it.

4 Activity 4 - End zone netball

- Split the group into small sided teams. (4v4)
- The aim is to get the ball to the oppositions end zone to score a point.
- Netball rules apply – cannot move with the ball, must pass in 3 seconds.
- You are able to travel anywhere within the court and must pass 4 times before getting to the end zone. The ball goes to opposite team once point has been scored.

