

# Give it a Go Rangers Netball badge



To gain your 'Give it a Go' netball badge you should complete each of the following activities with the help from your unit leader or attend a session with a local coach or sports educator.

- Understand and comply with the main rules of netball
- Understand and learn the positions played in netball and where they are able to travel.
- Create a warm up that is fun, creative and relevant to the skills used in netball.

## 1 Activity 1 - Technique

- Demonstrate the correct techniques for the 3 different types of passes.
- Chest pass, Bounce pass, Shoulder pass

## 2 Activity 2 - Frisbee netball

- Split yourselves into 2 teams.
- Play a game of netball by using a Frisbee instead of a ball.
- To score a 'goal' tap the Frisbee against the post (or any equipment you have used to create a post).

## 3 Activity 3 - Game on

- Organise and take part in a netball game against another unit.

## 4 Activity 4 - Mini tournament

- Organise and take part in a mini tournament/festival against other units in your area.

## 5 Activity 5 - Pass it on

- Use your knowledge and skills to deliver a netball session to your local Rainbow, Brownie and Guides units.
- Session must be at least 30 minutes in duration and delivered to each section.



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