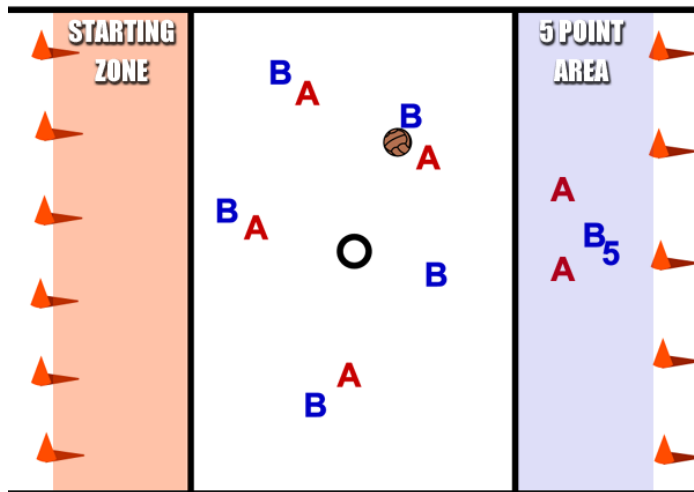


5 Point Player



Length
10 Minutes
Players
10 -14
Equipment
1 Netball Markers

Game Description

Mark the court as per the diagram and create two even teams. The area in the goal third is the '5-point area'.

The aim of the game is for the attacking team to score points by passing the ball between themselves. They score 1 point for each pass in the centre third but five points if they pass to the 5-point player who is the only attacker allowed in the 5-point area.

When the 5-point player receives a pass they run with the ball to the opposite goal third and start passing again, still trying to add to their teams score and a new player becomes the 5-point player. If the attacking team loses possession they must start with the ball in the starting goal third again.

Each team has a time period, say 1 minute, to score as many points as possible.

Key Points

- Defenders can choose to use any type of defence tactic, one on one or two defenders on the 5-point player.
- Attackers - quick passes trying to get a pass to the five-point player as often as possible.
- Defenders - being alert to the tactics of the attacking team.

Excerpt from Netskills - Coaching Manual 3

Book available at www.netskills.com.au