

Netball For All Flashcards



Contents:

- 22 Blue flashcards – Basic skills cards
- 8 Red flashcards – Challenge cards
- 8 Green flashcards – Fitness cards

Equipment Required:

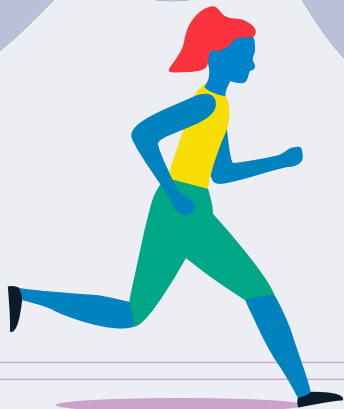
- 1 netball – if you don't have a netball, any ball will do

Instructions:

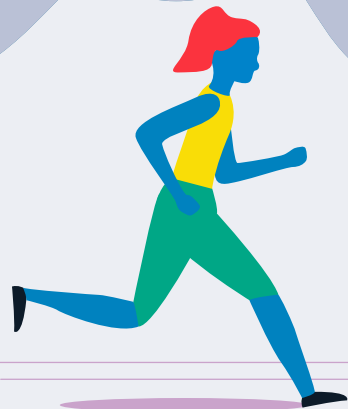
- Print out flashcards or view on computer
- Place some or all flashcards in any order
- Complete the actions as shown on the flashcards
- Mix up the actions and have another go!

Options:

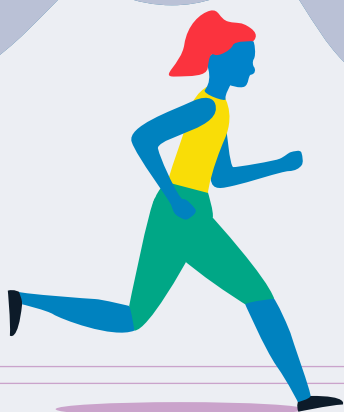
- Complete indoor or outdoor
- Create an activity course around the house
- Do it with other people in your house
- Just do the movements with no netball
- Add your own extra flashcards!



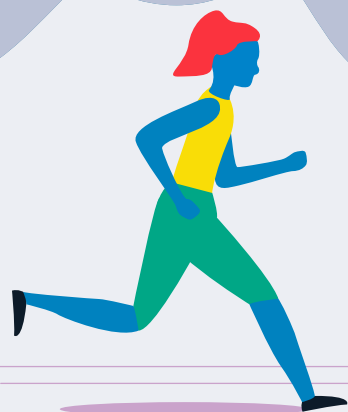
Run



Run



Run



Run



Run Backwards



Run Backwards



Jump



Jump



Side Step Left



Side Step Left



Side Step Right



Side Step Right



Pivot
(Turn Around)



Pivot
(Turn Around)



Dodge
(Change Direction)



Dodge
(Change Direction)



Throw & Catch



Throw & Catch



Throw & Catch



Throw & Catch

netball
VICTORIA



Hands Up
(Defending)

netball
VICTORIA



Hands Up
(Defending)

netball
VICTORIA



Double Dodge
(Change Direction twice)

netball
VICTORIA



Double Dodge
(Change Direction twice)



Shoulder Pass



Chest Pass



Bounce Pass



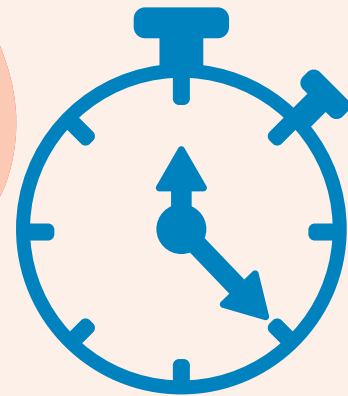
Lob Pass

netball
VICTORIA



Overhead Pass

netball
VICTORIA



Change Speed (Faster or Slower)

netball
VICTORIA



10 Star Jumps

netball
VICTORIA



20 High Knees



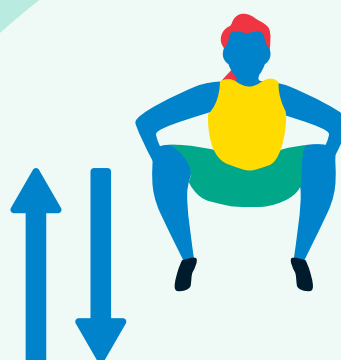
10 Sit Ups



10 Lunges



10 Squats



5 Tuck Jumps



10 Push Ups



Plank
(30 Seconds)