TASK #1: SHOULDER PASS

HOW TO PLAY

Draw a target on the wall with chalk / or use tape at about shoulder height.

The player stands 2 metres from the wall, and attempts to throw the ball at the target before catching it on return. Click here to watch a video of this task.

See how many times you can successfully throw the ball at the target in one minute.

Concentrate on the correct throwing action:

Have a solid base of support, with feet shoulder-width apart and weight on the back leg.

Stand side-on to the direction on you are throwing.

Make sure you have the opposite foot to your throwing arm forward with fingers wide and the ball held on one hand.

Bring the ball behind the body at shoulder height and generate momentum through the shoulders, elbow, wrist and fingers as the arm extends towards the wall.

Transfer body weight from back foot to front foot, with extra momentum generated from the rotation of hips and torso.

Maintain contact between hand and ball for as long as possible. Follow through after each pass with fingers pointing in the direction of the pass. Keep eyes focused on where you want to pass the ball.
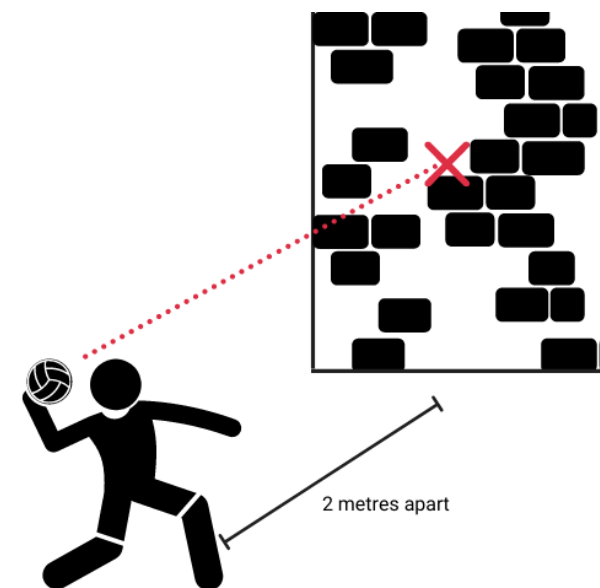
2 metres apart

SCORING
One point per throw and catch on return. (If you drop the ball it does not count).

EQUIPMENT

Netball, chalk, tape measure, stopwatch.

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TASK #2: BOUNCE PASS

HOW TO PLAY

Bounce the ball towards the wall and catch on return. See how many you can do in one minute. Click here to watch a video of this task.
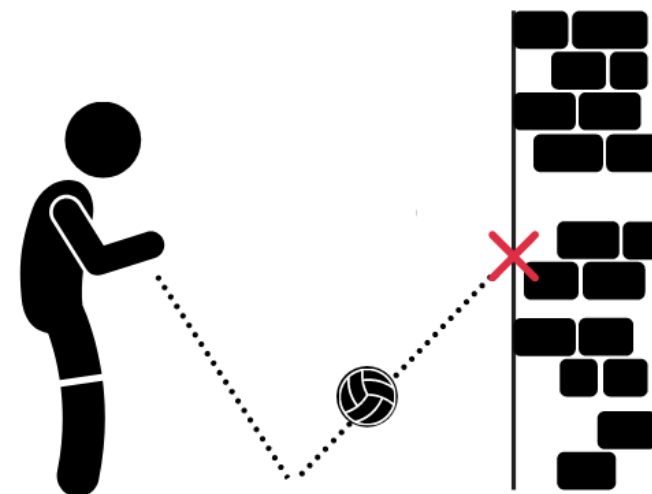
Stand 1 metre away from the wall.

Step forward on opposite leg and lunge down.

Push the ball forward and downwards, so it bounces before it hits the wall.

The ball should be released by the thrower below hip height.

Catch the ball on return.

SCORING

One point per catch after it has bounced against the wall. (If you drop the ball it does not count).

EQUIPMENT

Netball, stopwatch.

TASK #8: GOAL SHOOTING

HOW TO PLAY

Score as many goals as you can in one minute. [Click here](#) to watch a video of this task.

Players stand with feet shoulder-width apart and in line (one foot should not to be in front of the other) and body facing the goal post.

Players should extend their shooting arm upwards, holding the ball above their head, with their elbow close to the ear and pointing towards the ring.

Rest the ball on shooting hand, on all five finger tips and make sure fingers are evenly spread.

Place free hand gently to the side of the ball as support to help balance the ball.

The shooting action is a rhythmical movement starting with the bending of the knees and flowing up through the hips, shoulders, arm and wrist, and eventually the ball is released with a flick of the wrist and fingers. Release the ball only when the arm is fully extended. The finger flick allows for a slight back spin of the ball, with fingers following the high arc of the ball towards the post.

Make sure players keep their heads up and eyes focused above the ring.
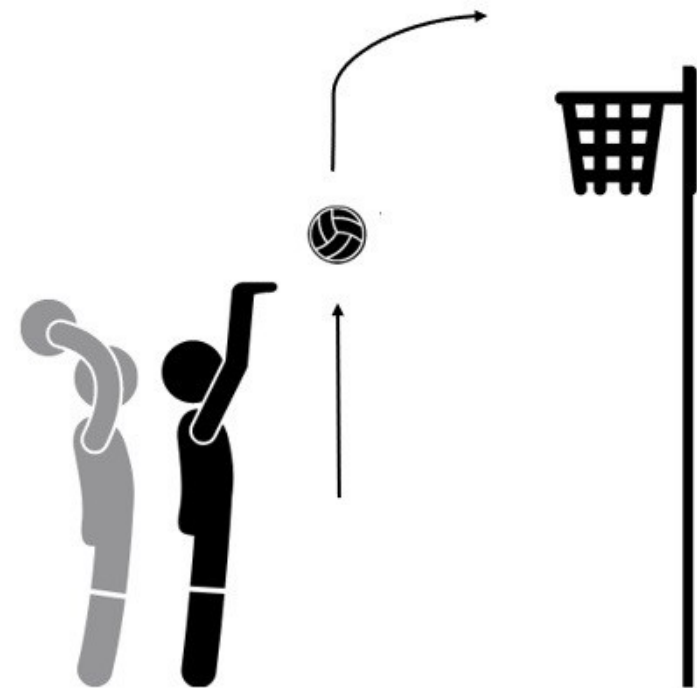
SCORING One point per successful goal.

EQUIPMENT

Netball, post (9ft height) and stop watch.

TASK #4: CHEST PASS

HOW TO PLAY

Stand 2 metres away from the wall. Chest pass the ball towards the wall and catch it on the return. Click here to watch a video of this task.

Follow the correct technique, and see how many attempts you can achieve in one minute.
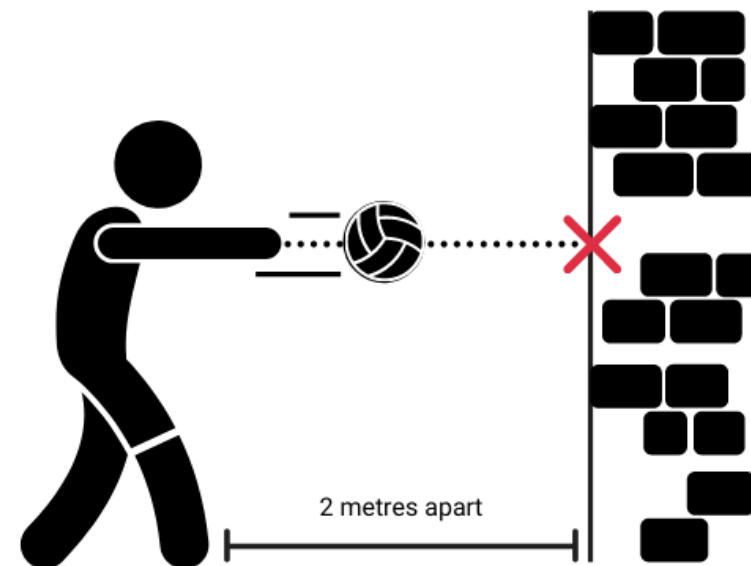
Hold the ball with both hands at chest height.

Spread your fingers around the side of the ball and thumbs towards the back, with elbows bent and tucked in.

With a quick thrust, pass the ball forward by straightening the elbows, fingers and thumbs, giving a final push and follow-through after the ball is released.

As the ball is passed, the player should step forward into the pass, transferring weight onto the front foot.

Foot and thumbs should point towards the ground.

Keep eyes focused on where you want to pass the ball.

SCORING   -One point per throw and catch on return. (If you drop the ball it does not count).

EQUIPMENT

Netball, stopwatch.

2 metres apart