



'Shoot-Out' Challenge



What to do:-

- Mark a cone 2m away from the front of the netball post (post set at:- 9ft yrs 5/6, 8ft yrs 3/4)
- Players stand by the cone and shoot the ball into the net to score
- Count the number of successful shots in 30 secs
- Schools without posts. Place a hoop 2m away from the cone. Players shoot the ball upwards and the ball must land in the hoop when it hits the floor

Equipment:

- 1 size 4 netball
- 1 cone
- 1 post or hoop
- 1 stopwatch