

Dragon Sport Netball

Funky Fives

Activity Card



Dragon
Sport
Campau'r
Ddraig

Funky Fives



Let's play

- 5v5 in one 'garden' divided into three zones, with a shooting zone in each of the end zones and a spot in the centre of the middle zone
- Play 4v4 plus one coach/umpire from each side, decide on a fair way to rotate roles
- The playing team is made up of two shooters (S), one connector (C) and one defender (D). The shooters are not allowed in their opponents shooting circle, the connectors are not allowed in either shooting circle, and the defenders are not allowed in their own shooting circle
- The two teams toss a coin to see which team starts the game with a pass from the centre spot. All players except the connectors must start outside the middle zone and move into the middle zone to receive the first pass. The attacking team (the team in possession of the ball) send and receive the ball between themselves, progressing towards their shooting zone. A goal can only be scored by a shooter from inside their own shooting zone
- The team not in possession of the ball, try to intercept the ball. If they gain possession, they send and receive between themselves progressing towards their shooting zone, to their shooters, for them to attempt to score
- After a goal is scored, the game is restarted from the centre spot by the team that did not score
- Players must not move once they are in possession of the ball.
- All players must be at least 3 feet (1m) away from the player with the ball
- No contact allowed

