

Laundry Basket Netball

4 or more participants.

Equipment- cones or makers, round ball, 2 laundry baskets or bins.

Mark out a playing area similar in size to a netball court. At either end of the court place laundry baskets to act as goals. Divide participant into two equal teams, and commence play.

Rules- game loosely follows the rules of netball. The most important rules being a player cannot run with the ball and the defense must keep a metre from attacking player with the ball. Another good rule to implement is not to allow the defense to directly block shots at goal. This rule is necessary because the goals are on the ground and shots must be relatively low.

Tips

Put a small medicine ball or weight in each goal to prevent it from falling over (if required).

Mark out a metre and a half semi circle around each goal. Players may not shoot from within the semi circle. This ensures goal shooting is a little more challenging.

For all fitness levels, the larger the court the more aerobically demanding.

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