

## Sports Report 02/10/2023

Monday 2<sup>nd</sup> October 2023

### U14 Netball vs Co-op Academy



The U14 netball team enjoyed playing against Co-op academy. It was a really good learning opportunity for the girls as the opposition fought for every ball and challenged the girls physically. The girls had to think about regularly changing direction and always moving their feet to make sure they could cleanly get the ball. This is an area to continue to improve on as a couple of times the girls were stood still receiving the ball and the opposition intercepted it from them.

The girls worked hard on their centre passes, and this is where they played their best netball. They had strong structures and knew where to drive to make sure the ball was passed into space. It is important the girls consider this type of play when they turnover the ball as this will help them move the ball down the court freely and ensure they have more opportunities at goal.

Miss Jade Preston

Tuesday 3<sup>rd</sup> October 2023

U14/U15 Netball vs Horsforth



A mix of Year 9 and Year 10 girls enjoyed playing netball together after school, focussing on getting tips and intercepts and looking for players who were free before they passed the ball. They improved this throughout the game which is the most important aspect. Each game, the girls have a focus of something they would like to achieve to ensure they are focussed on what is required. This is something that was identified as an area for improvement in the last game, so it was good to see the girls taking the advice and working hard to improve.

The game was tough as the opposition were using their speed to move the ball around the court quickly and were often changing direction before they received the ball. This is something that the girls need to work out during practices to ensure they can adapt to the opposition and move quickly to mark the players. However, when the girls had the ball in hand, they were able to control their feet and make sure they remained balance to release the ball accurately which helped to increase the power behind the passes.

Miss Jade Preston

Wednesday 4th October 2023

U16 Netball v Mount St Marys



The U16 Netball team played a friendly match against St Marys school on Wednesday. The opposition were very tall in comparison to our team but we knew we could pass accurately, run quickly into space and feed the ball into the shooters. This is what the girls did in the first quarter, they utilised quick passing, fast feet and found the space in the shooting circle. The defenders also timed their moves well and tipped and intercepted centre passes and feeds into the opposing circle. The only negative from this game was the very slippery floor, causing a few issues with footwork for both teams. The girls adjusted their style of play and passed shorter more direct balls rather than overhead balls that required them to run too quickly into space, sliding along the court. The final score in this match was 16-1 to Gateways with Olivia being named as player of the match.

Mrs Laura Braithwaite



Thursday 5th October 2023

U12 Netball v Benton Park



The U12 netball team played a friendly match against Benton Park on Thursday. It was the first time I had seen this team play competitively and was so refreshing to see how determined they were to win the ball, keep possession and put advice during the breaks into action. We conceded two goals in the first quarter and scored 5 and this set us up for the rest of the match. The girls moved quickly into the spaces, used their agility to change direction and get free from their opponents and often threw accurate balls to our players, denying the opposition of interceptions. On occasions when the opposition did win the ball, we found our players and put pressure on them to win the ball because our feisty defending. Some super accurate balls were thrown into our shooting circle, and this gave us many opportunities to score goals. The final score in this match was 13-2 to Gateways and the player of the match, as voted for by the opposition, was Lucie W. The focus will now be to ensure we have good balance when we land to help us throw stronger passes, reducing the number of passes we have to make on the court.

Mrs Laura Braithwaite

Monday 2<sup>nd</sup> October 2023

Under 13 Rugby

Gateways 10 – 20 Woodhouse Grove ‘B’



This represented another step up in terms of opposition after our success of the previous week. Our boys were caught a little cold as the visitors scored very early. It would be a test of our mindset and resilience which the boys passed comfortably with tenacious tackling and improved ball movement. Jayan led the way with intelligent decision making and good tackle technique and this inspired Teo to follow suit; a pity then that they had to leave the field after tackling each other! This left us a man down but still the Gateways spirit was on show. Tariq and Griff smashed their way through the Grove defence as we registered some well worked tries. There are areas of the game to work on this week which can help our tactical understanding. The good sign is that the boys retained their enthusiasm and focus and continue to make progress under match conditions – well done all.

Mr Phil Holmes