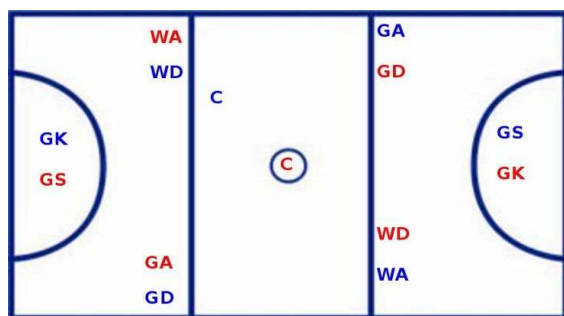


The Netball Court



Footwork

A player can receive the ball...

1. With both feet grounded or jump to catch the ball and land with both feet at the same time. The player can then choose one foot to move.
2. Landing on one foot then the other. The first foot is the landing foot and cannot be moved, other than to pivot on the spot.

If you break a footwork, a free pass will be awarded to the other team.

Key Vocabulary

Passing – Sending the ball

Receiving – Catching the ball

Footwork – How you can land when in control of the ball

Dodging – A way to change direction quickly

Defending – Preventing the other team from gaining possession and scoring

Attacking – Making an attempt to score

Marking – Preventing an opponent from receiving, passing or shooting the ball.

Shoot – Attempt to score a goal

Offside – Moving into an area that's not permitted

Throw-In – A free pass taken off court

Centre Pass – Taken to start or restart the game

Free Pass – Awarded when there is a rule infringement

Penalty Pass – as above, when 2 players are involved

Goal Third & Centre Third – Areas of the court

Lesson Overview

1. Footwork
2. Passing and Receiving
3. Timing of Pass
4. Attacking Play
5. Shooting
6. Defensive Play
7. Assessment

Netball

The Player Positions

Goal Shooter (GS) – To score goals and to work in and around the circle with the GS

Goal Attack (GA) – To feed and work with the GS to score goals.

Wing Attack (WA) – To support forward players, giving them shooting opportunities.

Centre (C) – To take centre pass and to link defence and attack.

Wing Defence (WD) – To look for interceptions and prevent the WA from feeding the forwards.

Goal Defence (GD) – To win the ball and reduce the effectiveness of the GA.

Goal Keeper (GK) – To work with the GD and to prevent the GA/GS from scoring goals.

Rules of the Game

Held Ball – A free pass is awarded if the ball is held for longer than 3 seconds.

Obstruction – A player attempting to intercept the ball must be at least 3ft away from the player with the ball.

Contact – This occurs when a player's actions (such as physical contact) interfere with an opponent's play whether accidental or not.

Over a Third – The ball cannot be thrown over a complete third without being touched or caught by a player.

Replayed Ball – A player can; toss the ball into the air and catch it again without it being touched by another player, catch a rebound from a shot on goal if it is not touched by another player or pick it up again after losing control if it has not been touched by another player.

Offside – A player cannot move into an area of the court that is not their designated position.