NETBALL @

Skills and Techniques	Key Words & Terminology	

Skills and Techniques

Footwork

When you receive the ball from another player you will land with your feet using '1,2'. The first foot is your landing foot, the second foot is your pivoting foot.

Pivoting

You may move around on a pivot by keeping foot number 1 on the floor, but not lifting it up. Foot number 2 can help you by moving around in a circle so you are facing a different direction.

Chest pass

This is a powerful pass for short distances. You have your hands in a W shape behind the ball which is chest height. You push to extend your arms, step forward to give more power and aim for your partner's chest.

Shoulder pass

This is a pass for long distances. You start with the ball in your strong hand next to your shoulder, you push the ball high your arm and follow through with your body.

Bounce pass

This is another pass used for short distances. You use the same position as a chest pass, but aim ¾ of the distance between you and the person you are passing too.

Marking/Defending

You must be 1m away with your feet from the player. Once you have this distance you put both of your arms up over the ball and go onto your tiptoes. When the ball is released you jump to attempt to intercept.

Dodging

When you need to get free from your player you push off one foot and then turn your hips to change direction and run the other way.

Shooting

You have one hand underneath the ball and the other helping it to balance. Aim for the back top of the ring, bend your knees and release the ball high, flicking your wrists

Key Words & Terminology

Attack	Dodging
Defence	Receive
Footwork	Obstruction
Pass	Contact
Interception	Pivoting
Marking	Shooting
Repossession	Possession

NETBALL @ THE VICTORY ACADEMY

Rules
Contact - You cannot touch or push any player during the game, as Netball is a non-contact sport. If you do it will result in a penalty pass. If they contact you whilst you are in the shooting goal circle, you will get a penalty shot.
Footwork - If a player moves their landing foot and regrounds it, the other team gets a free pass.
Obstruction - You must be 1 metre away from the player you are marking before your arms go up and over the ball. If your defender is obstructing you before you shoot, you get a penalty shot.
Holding the ball - You can only hold the ball for 3 seconds before you must pass or shoot.
Centre pass - To start a game, players must receive the Centre pass in the centre third from the Centre player. A Centre pass restarts the game after a goal.
Repossession - If a player drops the ball or bounces the ball and picks it back up again, the other team gets a free pass.
Offside - If you go into a third that you are not allowed in or if any other player than GS GA GK GD go into the shooting circle, the other team gets a free pass.
Scoring systems - To score a point the GA or GS must shoot the ball into the net and it must travel all the way through the net. You get 1 point for each goal. In a Netball League, you get 3 points if you win a game, 1 point if you draw and 0 points if you lose. However, if you get over half of the winners goals you get an extra point.

| Tactics |
|---|
| **Blocking** - This is where you face your player and try to block them from receiving the ball. You have to have your hands by your side and if they then push into you, it would be contact and you get the free pass. This can be used around the circle, such as, the defending C will block out the GA, which assists the GD. |
| **Feint dodging** - This is where you trick your player into thinking you are going to run into a certain space but then change your direction and get free for the pass. |
| **Switching** - You must be able to read the game to do this, make decisions quickly and communicate effectively. Switching is where you change the player you are marking for a short period of time. This happens a lot on centre passes. |
| **Communication** – It is important that a team has good communication so all players know what they are doing. |

Key Words & Terminology

Footwork is a **NO NO!!**

You **CAN'T** move your 1st foot but you **CAN** move your 2nd.

If you land on both, *you decide!!*
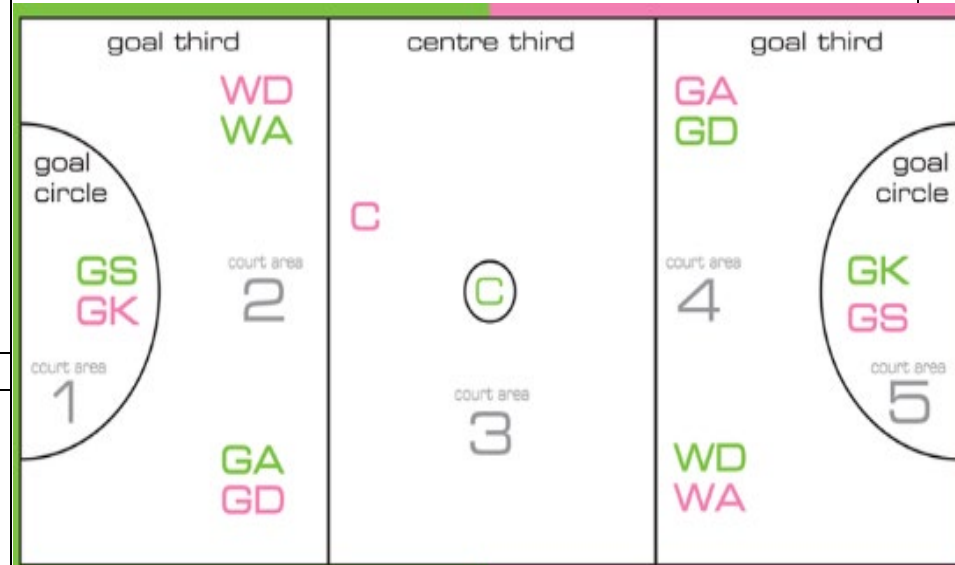
POSITION	RESPONSIBILITIES	COURT AREA
GS	To score goals & to work in & around the circle with the GA	1 & 2
GA	To feed & work with GS & to score goals	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities	2 & 3
C	To take the centre pass & to link the defence with the attack	2, 3,& 4
WD	To look for interceptions & to prevent the WA from feeding the circle	3 & 4
GD	To win the ball and reduce the effectiveness of the GA	3, 4 & 5
GK	To work with the GD & to prevent the GS from scoring goals	4 & 5

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