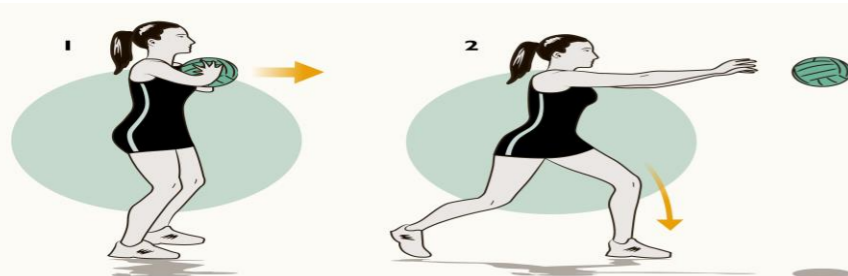




Physical Education Year 9 Netball Knowledge Organiser

Key teaching points for a chest pass

- Elbows in
- Extend your arms towards teammates chest
- Step into your pass
- Keep the ball at chest height
- Used for short fast passes

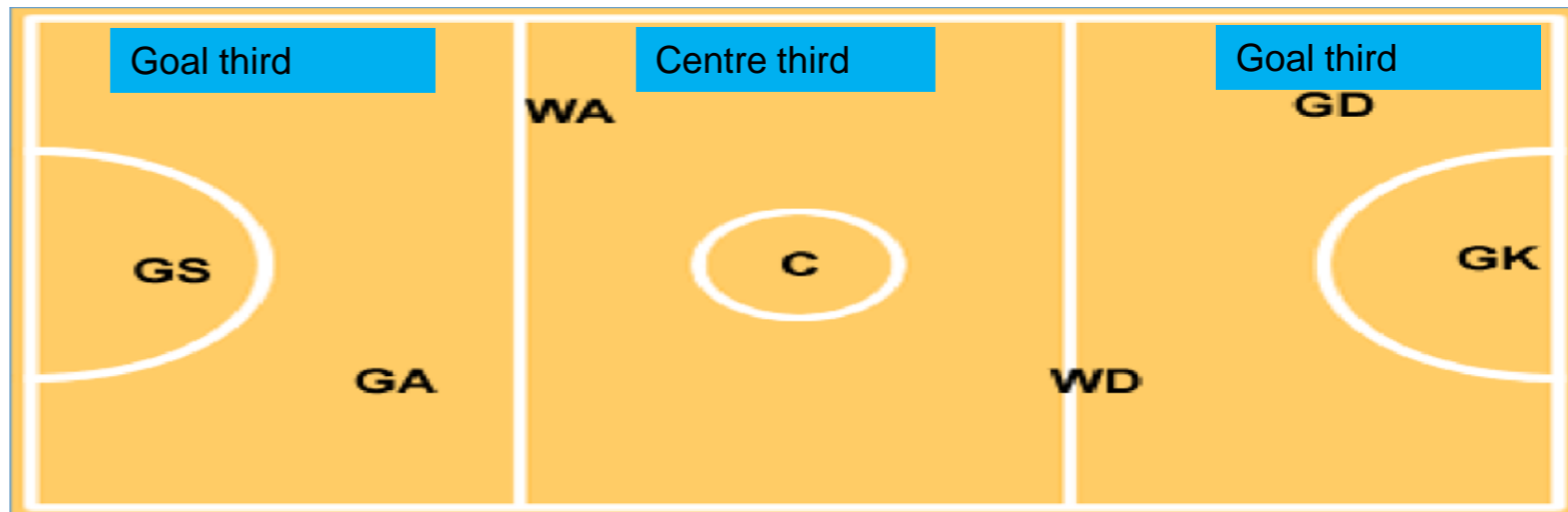


Key teaching points for a shoulder pass

- 1 handed pass
- Comes from the shoulder
- Elbow is flexed to start and is then fully extended
- Used for longer passes



**After every goal scored
a centre pass is taken.**



The ball can not be passed from one goal third to another.
This is called over a third

Infringements

Three second rule	Free pass to the opposing team
Centre pass not received in centre third	Free pass to the opposing team
Contact on another player	Penalty pass awarded to opposing team (player that did this stands next to the player and is not allowed to move until the pass has been completed)
Obstruction	Penalty pass awarded to opposing team (player that did this stands next to the player and is not allowed to move until the pass has been completed)
Footwork	Free pass to opposing team

KEY VOCABULARY

Pivoting, Defending, Intercept, Rebounding. Positional play, Powerful pass, Rebound, Attacking centre set play, Split leg landing, Running Pass, Obstruction, Over a third, Offside, Delaying, Replaying, Contact and Contest