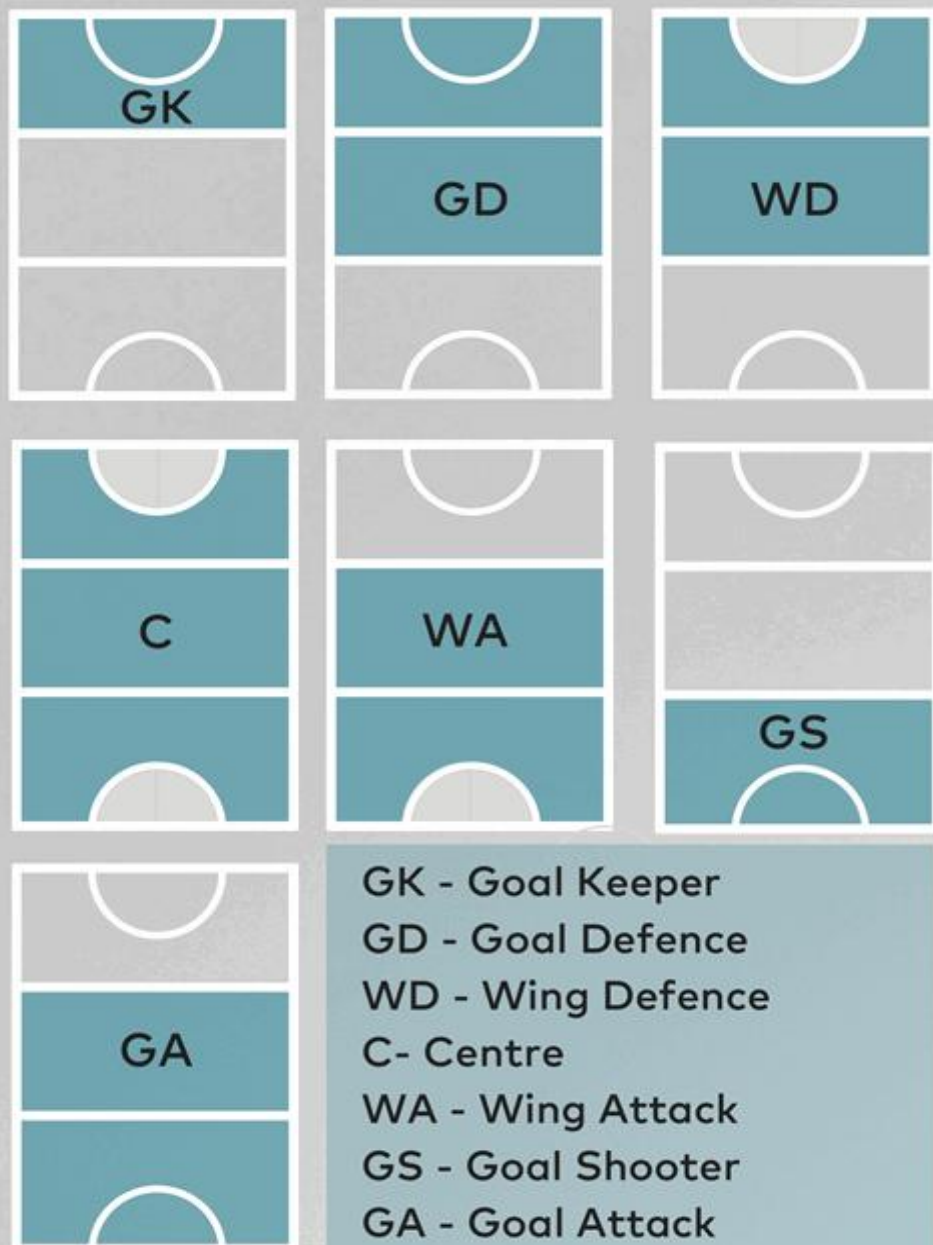




Physical Education

Year 7 Netball Knowledge Organiser

Netball Court Positions



Footwork key rule

The foot that you land on first must always remain on the ground. The other foot may move and pivot around the landing foot. If you land on both feet you may choose which one you can move.

Key teaching points for a chest pass

- W on the ball
- Elbows in
- Extend your arms towards teammates chest
- Step into your pass
- Keep the ball at chest height

Who marks who on the netball court?

GS	← →	GK
WA	← →	WD
C	← →	C
GA	← →	GD



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

Powerful pass, Attacking centre set play, Split leg landing, Running Pass, Obstruction, Over a third, Offside, Delaying, Replaying, Contact and Contest