



Defending

Stage of defence	Description
1	Mark player to limit ball receiving options/attempt intercept.
2	Once ball received use hands over/up to limit passing opportunities.
3	Block/delay player from moving down court for next feed/set up.



Rebound

When a player attempts to shoot but the ball hits the goalpost and bounces back into play. The attacking and defending players will attempt to catch the ball and continue with play.

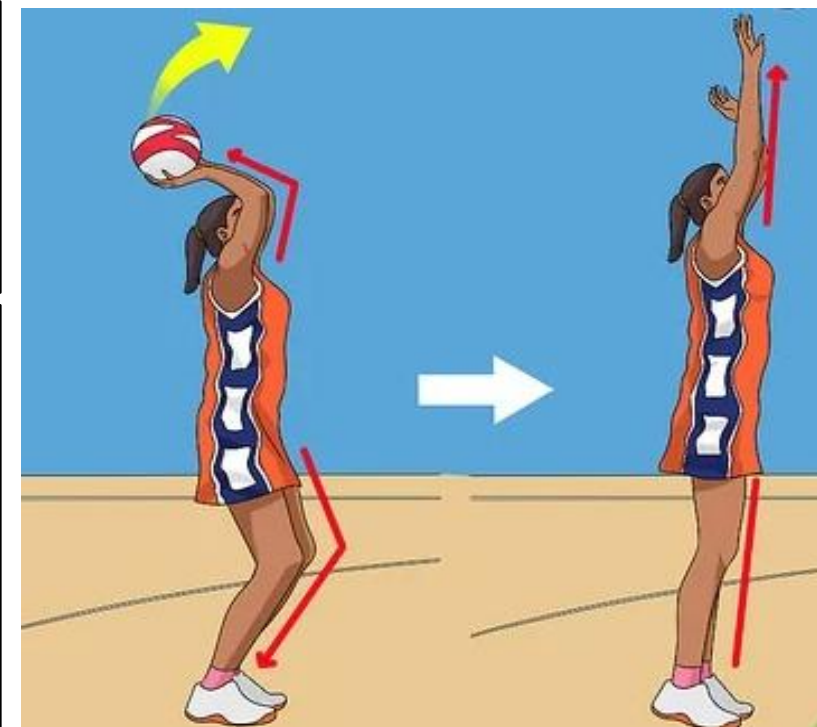
Physical Education Year 8 Netball Knowledge Organiser

Pivoting... What's the point?

The pivoting action is a swivel movement that allows the player to move on a fixed axis (Their landing foot) to either pass or shoot.

Key teaching points for shooting

- Arms extended above your head
- Flex your knees
- Push up onto your toes and release the ball
- Aim above the rim when releasing (witches hat)



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