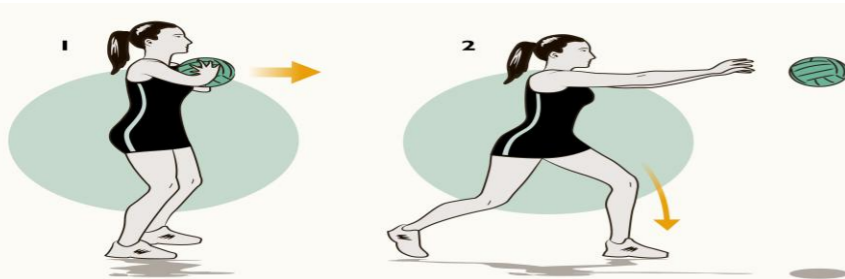




Physical Education Year 9 Netball Knowledge Organiser

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

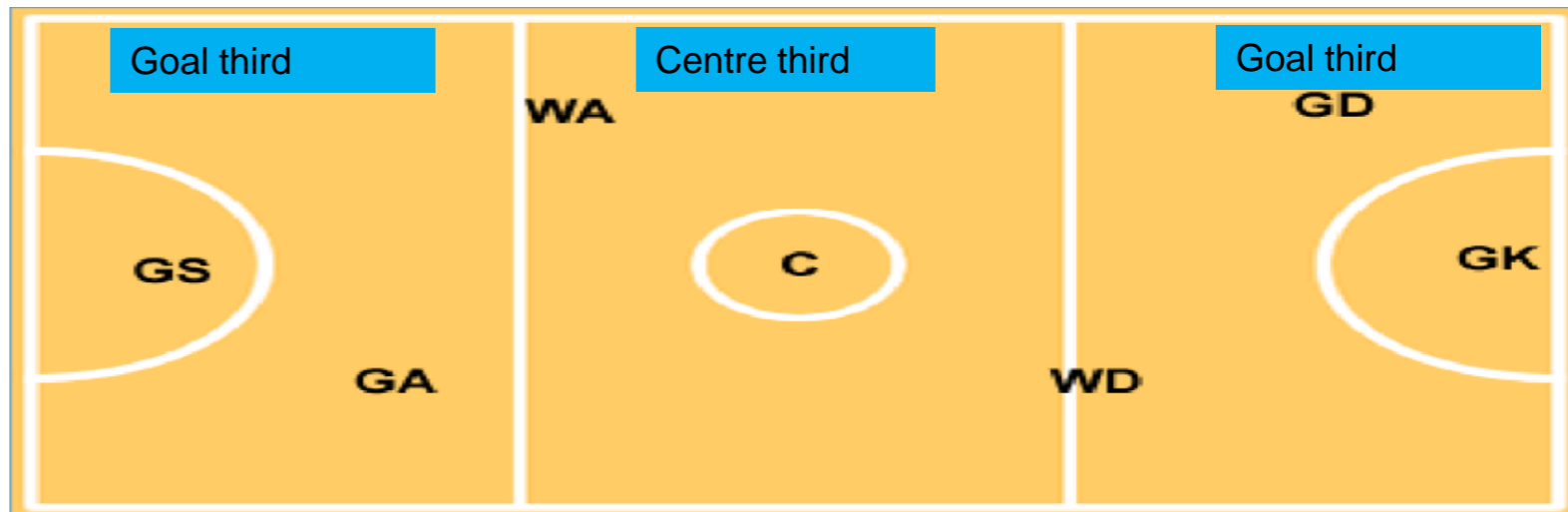


Key teaching points for a shoulder pass

- 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