

### Learning Objectives

- Understand basic rules of netball and positions
- Catch the ball and to keep feet grounded.
- Throw the ball at a given target using accuracy.
- Throw the balling using a chest pass, shoulder pass and bounce pass.
- Shoot from different distances and positions.
- Choose suitable tactics to defend, attack, pass and receive the ball when playing a game.
- Be able to evaluate their own and peers performances, identifying how to improve.

### Key Skills

- When catching, reach for the ball with straight arms.
- When passing hold the ball with two hands and step forward into the pass.
- Remembering to pivot on one foot when looking for a teammate to pass to.
- Using your weaker arm to help you line up a shot for accuracy.

### Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

### Inspiring Athlete: Helen Housby



### Key Vocabulary

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Accuracy      | Being able to make passes and shots making sure they get to the location the player is aiming for. |
| Attack        | Movement made towards the oppositions scoring area within a game to score points.                  |
| Balance       | To stay still and steady in a position or shape.                                                   |
| Bounce Pass   | To pass the ball to a team mate using one bounce.                                                  |
| Chest Pass    | To pass the ball using two hands from chest height.                                                |
| Defend        | Movements made to protect the home team's goal, preventing the opposition from scoring.            |
| Dribbling     | Travelling within a game, keeping the ball close to your stick.                                    |
| Overhead Pass | To pass the ball using two hands from a position above the head.                                   |
| Passing       | Sending the ball to another member of your team.                                                   |
| Receive       | When the ball is passed to a player. They are able to catch it and may pass again or shoot.        |
| Send          | When you hit the ball to a location through shooting and passing.                                  |
| Stamina       | The ability to perform physical activity for a sustained period of time.                           |
| Travelling    | An illegal move where a player takes more than one step when holding the ball.                     |

## Kit and Equipment

- Netball
- Netball post

## Basic Rules

- The object of the game is for teams to pass a ball around and to shoot it into the goal ring to score goals.
- During play, a player with the ball can only take one step before passing it. She must also pass or shoot for goal within three seconds.
- However, goals can only be scored by the assigned shooting players. Netball games are divided into 15-minute quarters - 60 minutes long - at the end of which the team with the most goals scored wins.
- Only the Goal Attack and Goal Shooter are able to score goals directly inside of the semicircle. The umpire's whistle signals the goal is scored.
- It is the job of the Goal Defence and Goal Keeper to block the Goal Attack and Goal Shooter from shooting and they must be three feet or more away from the landing foot of the shooter. Or else, this is a violation called an obstruction.
- If a player completely misses a shot, the player may not catch it. It will be considered a "replay" if she does and a free pass will be awarded to the other team.
- Each position may only enter certain areas of the netball court.

## Pitch / Playing Area

