

PE – Netball

Rules

The Game: Netball is played over 4 quarters.

Contact: You can't touch or push any player during the game as it is a non-contact sport, this will result in a **penalty pass** or if they contact you whilst you are in the shooting circle, you will get a penalty shot.

Footwork: If the player moves the landing foot or takes 3 steps with the ball, the other team gets a free pass.

Obstruction: You must be 1 metre away from the player with the ball before your arms go up and over the ball. If your defender is obstructing you before you shoot, you get a penalty shot.

3 Seconds: You can only hold the ball for 3 seconds before you pass or shoot.

Centre Pass: To start a game, and after a goal is scored you go back to the centre pass and players must receive the ball in the centre third.

Repossession: If a player drops the ball or bounces the ball and picks it back up again the other team gets a free pass.

Offside: If you go into a third that you are not allowed in or if any other player than GS GA GK GD go into the shooting circle the other team gets a **free pass**.



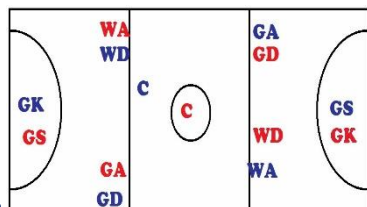
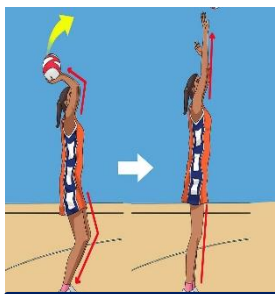
Umpire decisions:

Penalty pass - Awarded to the opposing team for any penalty incurred involving obstruction or contact. The offending player must stand to the side of the opposing player and is not allowed to move until the ball has been released.

Free pass - If a player breaks a minor rule such as footwork, offside, the opposition is awarded a free pass, which is a pass taken from the same spot where the rule was broken.

Team Formation

To score a point, the GA or GS must shoot the ball into the net. You get 1 point for each goal. They must be wholly inside the goal circle to shoot. If the shooter does not hit the rim of the net/post with the ball and the shooter catches the ball after shooting, this is repossession and the ball goes to the other side.



Shooting position

Blue Team.
Red Team.

Positions

| | |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| GS (marks GK) | To score goals and to work in and around the circle with the GA. Allowed in the shooting third. |
| GA (marks GD) | To feed and work with GS and to score goals. Allowed in the shooting and centre third. |
| WA (marks WD) | To feed the circle players giving them shooting opportunities. Allowed in the centre and shooting third but not the circle. |
| C (marks C) | To take the centre pass and to link the defence and the attack. Allowed everywhere except the 2 semi circles. |
| WD (marks WD) | To look for interceptions and prevent the WA from feeding the circle. Allowed in the centre and defending third but not the circle. |
| GD (marks GD) | To win the ball and reduce the effectiveness of the GA. Allowed in the defending third and centre third. |
| GK (marks GS) | To work with the GD and to prevent the GA/GS from scoring goals. Defending third only. |

Key words and Vocabulary

Attack, Defence, Footwork, Pass, Interception, Marking, Dodging, Receive, Obstruction, Contact, Pivoting, Shooting, Repossession, Signal, Space, Rebound, Umpire



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Skills and Techniques

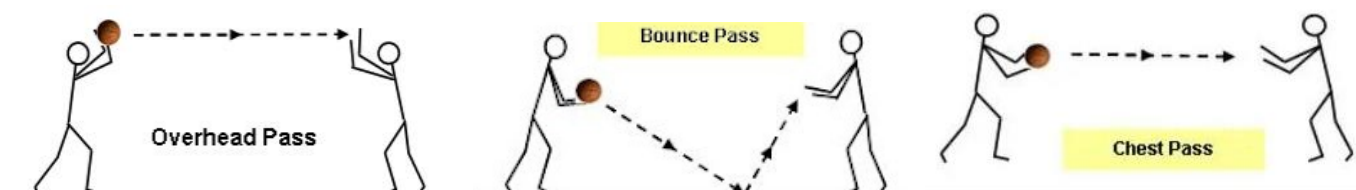
Footwork: When you receive the ball from another player you will land with your feet using '1, 2' the first foot is your landing foot the second foot is your pivoting foot.

Pivoting: You may move around on a pivot by keeping foot number 1 on the floor, but not lifting it up, your foot number 2 can help you by moving around in a circle.

Chest pass: This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

Shoulder pass: This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

Bounce pass: This is a pass which is low to the ground, you use the same position as a chest pass but aim in $\frac{3}{4}$ of the way between you and the person you are bouncing too.



Marking: You must be 1m away with your feet from the player, once you have this distance you put both of your arms up over the ball and go onto your tiptoes, when the ball is released you jump to attempt to intercept.

Shooting: You have one hand underneath the ball and the other helping it to balance, you get your aim correct and then bend your knees and release the ball, flicking your wrists

Blocking: This is where you face on and try and block a player. You have to have your hands by your side and if your opponent pushes/runs into you, it would be contact and you get a free pass. This is usually used around the circle. E.G, the defending C will block out the GA, which assists the GD

Dodging: When you need to get free from your player you push off one foot and then turn your hips to change direction and run the other way.

Dodging tactics: always signal when/where you want to receive the ball.

- **Feint Dodge:** This is where you trick your player into thinking you are going to run into a certain space by dropping your shoulder but then change your direction and get free for the pass.
- **Drive/Sprint Dodge:** Start on your toes and sprint into a space to receive the ball.
- **Roll Off:** Step to one side to draw the defender, pivot on that foot, make a quick half turn with your back towards the defender and sprint in the opposite direction.
- **Double feint dodge:** Drop your shoulder one way and then the other and then sprint into the space in the opposite direction.

Attacking: Gain the front position on a defender. Move in front of the defender to gain an advantage. Receive the ball on ball side

Defending: 3 steps - mark the player, mark the ball and mark the space. Limit available options for the ball carrier.



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