



# Netball

## Key Words

**Teamwork** – It's important that you work together and get along with other players or members.

**Respect** – Respect within PE can be developed in the following ways:

- Caring for equipment and apparatus
- Keeping themselves and others safe i.e. when travelling in a space, moving equipment
- Celebrating others' successes, including of opponents
- Listening to teachers' instructions
- Listening and responding to others' ideas
- Understanding everyone has a right to take part regardless of ability
- Recognising others' contributions.

**Control** – When a player receives a pass they have to act quickly, but they are not allowed to run with the ball or dribble it. To gain control of the ball, a player can bat or bounce the ball once, but they CANNOT bat and bounce the ball, or do either more than once.

**Attack** – Attack in netball involves players keeping possession and passing the ball across the centre and goal zones to the shooting circle.

**Defence** – The goal defence patrols the defensive third, the goal circle and the centre third. Their main job is to stop the opposition from scoring and to get the ball out of the danger area! The Goal Defence has to keep a close eye on the other team's goal attack.

**Coordination** – Players cannot run with the ball. Players must develop different ways to land and jump for the ball, so need to develop or have good co-ordination to receive the ball without infringing the footwork rule.

**Obstruction** – When players are defending in netball you can extend your arms to intercept the ball. But you must be no closer than 0.9 metres (3ft) to your nearest opponent .....Double marking in netball, or obstructing a player with the ball, results in an obstruction penalty pass awarded to the opposing team.

**Pivot** – The pivoting action is a swivel movement that allows the player to move on a fixed axis to either pass or shoot.

**Dodge** – You need to use very quick footwork to trick your opponent into moving one way. Feint to go one way by moving your feet and body. Once you have your opponent off balance, you can set off in the other direction and into space.

**Footwork** – Footwork in netball applies when a player is stepping, landing and pivoting while in possession of the ball.

**Intercept** – This is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options. There's also a chance that you can intercept the ball once it's been thrown.

**Offside** – A player with or without the ball cannot move into an area of the court that is not designated for their position. This will result in a free pass being awarded to the opposing team.

**Position** – Players are assigned "positions" that define their role within the team and restrict their movement on court.

**C** – Centre    **GS** – Goal Shooter    **GK** – Goalkeeper    **GA** – Goal Attack    **GD** – Goal Defence

## School Games Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

## Netball - Passing



### Chest Pass:

10. Hold ball in two hands, finger and thumbs spread.
11. Step forward onto left foot in the direction of the throw.
12. Push the ball away from body sharply.



### Overhead Pass:

6. Bend your arms and keep your elbows close to your body.
7. Lift the ball over your head.
8. Step forward and release the ball.
9. The flight of the ball should be high.



### Bounce Pass:

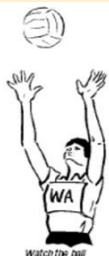
1. The ball is brought in close to the body.
2. Fingers should point towards the floor.
3. Release the ball into the ground.
4. Aim the ball 2/3rds the distance between you and your partner.

## Netball - Shooting

- Feet shoulder-width apart facing the target.
- Ball held high directly ABOVE head.
- Knees are slightly bent to push off with.
- Eyes looking at a point above the ring.
- Push the ball upwards using wrist and fingers.



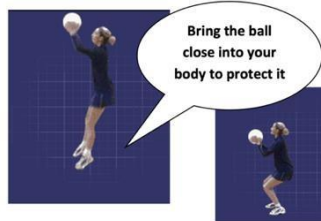
## Netball – Catching and Landing



- Track the flight of the ball.
- Judge the speed and direction.
- Reach for the ball with straight arms.
- Cushion the ball with fingertips as it comes towards you.
- Bring your arms back into your body with the ball in your hands.

Watch the ball

- You can make your catch harder by jumping in the air before you land.
- Make sure you balance after you land.
- Always be ready to receive the ball in a game.



### More ADVANCED

*Pivot (turning) with the ball once you have caught it.*

- Keep one foot fixed to the ground.
- Push and turn with the other foot.
- Release the ball off in a different direction.



## Interesting Facts

- Netball was first played in England in 1895.
- In 1995, Netball became recognised as an Olympic sport.
- Traditionally it is recognised as a sport for women, however there is no reason why it cannot be played with mixed teams, and increasingly more boys and men are becoming involved.
- As of 1<sup>st</sup> July 2019, England National Netball Team ranked third in the World Rankings.

## The Impact of Physical Activity

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.

## Bee Netball

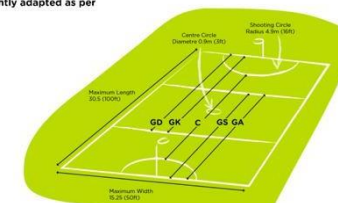
Rule Adaptions		Buzzer	Flier	Stinger	
Player		Small groups	4 Mixed	5 Mixed or girls only	7 Girls first
Court size			1/2 of full size netball court Width: min 8m max 10m Length: min 12m max 15m	Width: min 10m max 15m Length: min 20m max 30m	Full size netball court
Post height		Target	8ft	9ft	10ft
Ball size		Mini netballs size 4	Size 4	Size 4	Size 5
Rule adaptations	Positions	No formal positions	Attack & Defence	No WA, WD Rotate positions during game	Standard positions Encourage trying all positions
	Passing		Pass within approx 4 seconds	Pass within 4 seconds	
	Defending		Defend player & intercept ball		
	Footwork		Take an extra step		

The Bee Netball rules for Stingers require players to rotate positions, this is to ensure all children learn and develop both attack and defence skills.

A coin is tossed to determine who takes the first centre pass. Subsequent centre passes are taken alternatively.

Play is started by a pass from the Centre, who stands with at least one foot wholly within the centre circle.

The areas that each position can move are slightly adapted as per the diagram.



At the start of play, the GS, GA, GD and GK may be anywhere in their respective goal thirds. The opposing Centre shall be in the centre third and free to move.

When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the footwork rule. The ball must be caught or touched in the centre third.

A pass must be made within 4 seconds.

The ball cannot be passed the complete length of the court and must be touched at least once in each of the thirds.

Netball is a non-contact game.

When defending a player with the ball, the defender must be at least 3ft (0.9m) away from the person with the ball.

Players are also able to mark other players and intercept the ball during a pass.

A goal is scored when the ball passes completely through the ring from top to bottom.

A player of offside if they enter an area of the court which they aren't allowed in.