



# Netball

## Key Words

**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.

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

**Overhead Pass:**  
 Bend your arms and keep your elbows close to your body.  
 Lift the ball over your head.  
 Step forward and release the ball.  
 The flight of the ball should be high.

**Bounce Pass:**  
 The ball is brought in close to the best.  
 Fingers should point towards the floor.  
 Release the ball into the ground.  
 Aim the ball 2/3rds the distance between you and your partner.  
 The ball should bounce into their hands.



## 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.