

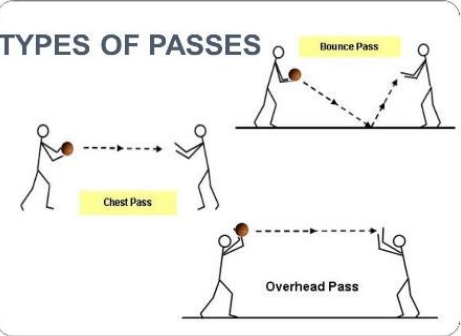


Netball Knowledge Organiser



Year 7

It's important to warm up before exercise to physically and mentally prepare your body for exercise and to avoid injury.



Footwork is a **NO NO!!**

You **CAN'T** move your 1st foot but you **CAN** move your 2nd.

If you land on both, **you decide!!**

Sportsmanship-fair and generous behaviour or treatment of others, especially in a sporting contest

Dodging

- Get in front of opponent
- Stay on balls of your feet
- Agility

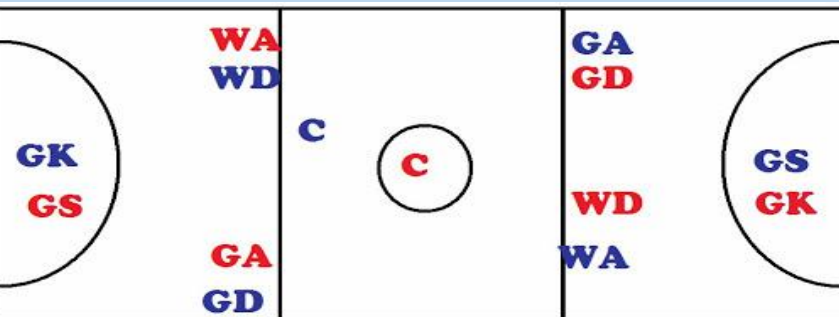
Marking

- Stay close to your player
- No contact
- Agility

Agility- changing direction at speed

Power= strength x speed

Coordination- the ability to use one or more body parts together



= Blue Team.
 = Red Team.

Year 8

Netball running Pass:



1. move forward to receive ball, landing on one foot.
2. take a large stride forward with the other foot.
3. continue moving forward but release the ball before re-grounding your landing foot.

Speed= time taken to get from A to B.

SHOOTING TECHNIQUE

B-balance E- eyes E-Elbow F- Follow through

The Drive



The Feint Dodge



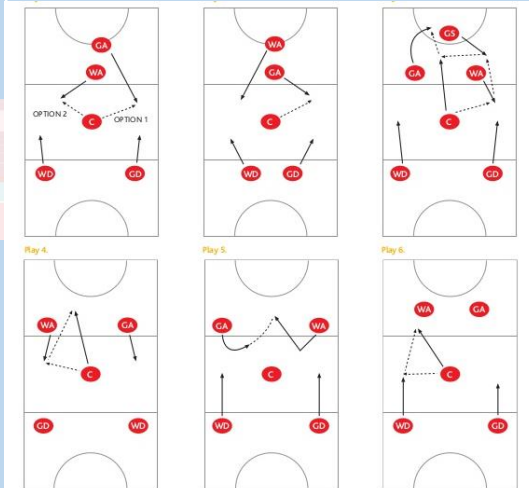
Defend a shot



Defend a pass

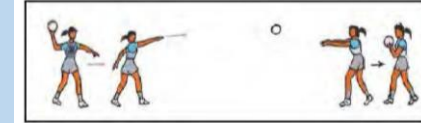
Accuracy= the ball is sent to player at appropriate height to be caught. Ahead of player where possible.

Centre pass set plays



Single hand Passes in Netball

Shoulder pass (ball goes straight)



Lob Pass (ball goes in a curved path above the player)



Face-on marking/ Zone defence



| Rule | Explanation | Consequence |
|--------------------|--|--------------------------------------|
| Obstruction | Standing closer than 3ft | Free pass, stand by opponent's side |
| Contact | Contacting opponent | Free pass, stand by opponent's side |
| Footwork | Re-grounding landing foot when in possession | Free pass |
| Replaying the ball | Bouncing ball or picking up 'lost' ball | Free pass |
| Holding | Holding the ball for more than 3 seconds | Free pass |
| Offside | A player entering an area they aren't permitted to | Free pass from off-side infringement |
| Over-a-third | Ball passing over two transverse lines | Free pass from second line |
| Breaking | Moving into centre third at centre pass before whistle | Free pass from place of infringement |