

Year 8 Netball Vocabulary

Vocabulary	Definition	Example
Power	Strength x Speed	A powerful chest pass will travel quickly to your partner
Speed	Travelling from A to B quickly	A player or ball can move at speed in order to outpace an opponent
Analyse	Exam something in detail	It helps to analyse someone's techniques in order to help them to see how they can be more successful.
Communication	Exchanging information through speaking, listening, verbal and non-verbal cues	In order to lead an activity, it is important that you pass on the necessary information of what you want them you do, and listen for any questions they may have.
Balance	Maintaining a wide base whilst staying upright	Balance is important when shooting in order to gain a solid base an increase accuracy.
Footwork	Replacing you first grounded foot when in possession of the ball	A player who has possession of the ball, must release the ball before they can continue to move.
Coordination	Two or more body parts working together	Good coordination is required to move arms and legs together effectively to run and catch the ball.
Contact	It is against the rules to contact any player with/without the ball.	When a player has possession of the ball, opponents must be 1 meter away from the player. When a player does not have the ball, opponents can stand as close as they like to the player without touching them.
Agility	The ability to change direction at speed	Agility can be used when running and changing direction within the game to follow the direction of the ball.
Replaying	When a player bounces the ball	GA receives a poor low pass below knee height and bounces the ball in order to control and catch it. The umpire blows their whistle and a free pass is given to the opposing team.
Spatial awareness	Knowing where your body is in space in relation to the other players and the ball.	At the centre pass, GD needs to be aware of where their partner opponent is (GA) and where C is who is in possession of the ball. They also need to be aware of where their other teammates are in order to plan their next pass should they gain possession of the ball.
Dodging	Avoid someone using speed and agility in order to 'get free' to receive the ball.	GS uses speed and agility to dodge away from the GK in order to receive a pass from WA into the shooting area.
Fient	A deceptive or distracting movement to 'put-off' your opponent.	At the centre pass, the GA uses the fient dodge to deceive the GD and get into space in the centre third to receive the ball.
Dodging	To evade your opponent in order to get into space/receive the ball.	WA was able to use speed and outrun the WD in order to receive the ball in space.