

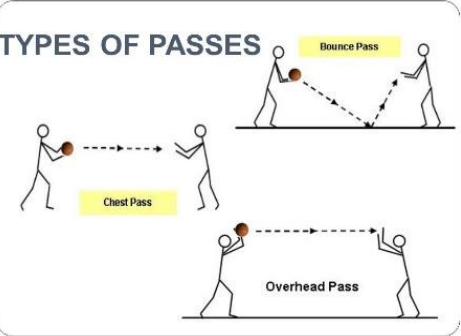


Netball Knowledge Organiser



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

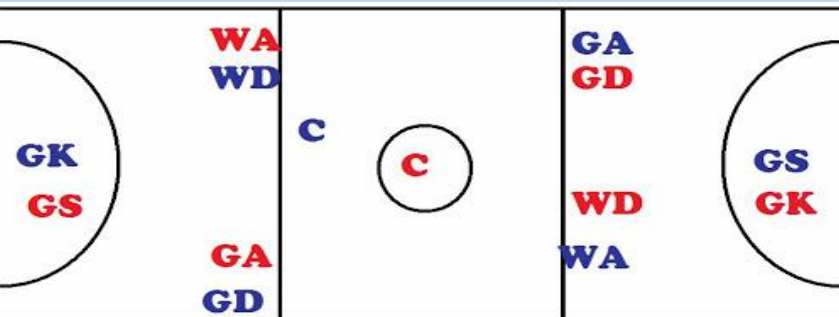
Marking

- 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



Prepare: On toes, aware and ready.



Execution: Signal and accelerate into space.



Follow-through: Receive ball in space, land balanced on your outside foot.

The Feint Dodge



Prepare: On toes, aware and ready.



Execution: Drop shoulder pretending to go one way then accelerate in the opposite direction



Follow-through: Receive ball in space, land balanced on your outside foot.



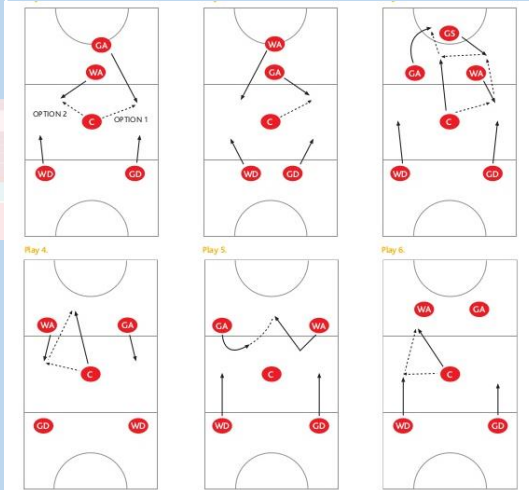
Defend a shot



Defend a pass

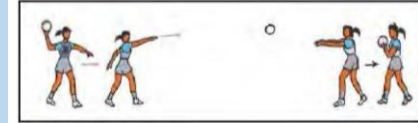
Accuracy= the ball is sent to player at appropriate height to be caught. Ahead of player where possible.

Centre pass set plays

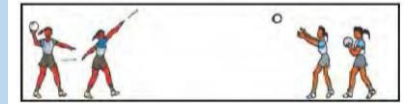


Single hand Passes in Netball

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