



## Key Skills:

## Year 8 Netball

### SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



Skill	Description
Shooting	Shooting in netball is a critical skill that involves accurately throwing the ball into the goal to score points for your team. We follow the 'BEEF' technique. <b>B</b> alance- feet shoulder width apart, <b>E</b> yes looking at the post, <b>E</b> lbow at 90 degrees and <b>F</b> lick of the wrist.
Change of direction	In netball, change of direction refers to the technique of quickly altering the direction of your movement to evade defenders, create space, and gain an advantage on the court.
Change of Pace	In netball, change of pace refers to the technique of altering your speed or tempo to disrupt the opposition's defensive structure, create openings, and gain an advantage.
Stage 1 defence	In netball, Stage 1 defense refers to the initial defensive position and movements of a player who is marking an opponent in their designated area of the court. The primary objective of Stage 1 defense is to impede the attacking player's progress, prevent them from receiving the ball easily, and ultimately force turnovers
Stage 2 defence	In netball, Stage 2 defense refers to the next level of defensive play that occurs when the attacking player with the ball has advanced past Stage 1 defense. Stage 2 defense aims to disrupt the attacking player's options, create turnovers, and limit their scoring opportunities.
Passing	A general recap on the 3 main types of passes used in netball: Bounce, chest and overhead pass, and when is best to use them.
Set plays	Attacking and defensive set plays used through goal line throw ins and centre passes. Set plays are a rehearsed set of movement where certain plays move to certain areas.

## Example of a Netball Game



When watching the game look out for the following:

- How a player takes their time when they are about to shoot.
- Try and spot stage 1 & 2 defence
- How players evade their defenders

Components of fitness used in Netball:

- Speed
- Agility
- Aerobic Fitness
- Power

Transferable Skills

- Sending and Receiving
- Spatial Awareness
- Marking and defending
- Change of direction
- Change of pace
- Shooting

## Tactics and Rules

A Netball team consists of 7 players. The game is split into 4 quarters. Only the GS & the GA can shoot and this has to be within the shooting semi-circle

### Centre Pass

At the start of every game and after a goal there is a centre pass. Before the umpire blows their whistle, all players must start in their goal thirds except the two Centres. The Centre will then start the game by placing one foot in the centre circle and passing the ball to one of their players. Players must receive the ball from the Centre in the centre third of the court only. Failure to pass in the centre third results in a free pass given to the opposing team.

### Footwork

Players cannot move with the ball. To prevent being called for footwork, the player who receives the ball can either land by planting both feet on the ground and selecting one foot to be their leading foot – this foot you can pivot but the other must stay planted until the ball is released. Players can also receive the ball by landing with one foot at a time, the first foot you land on is the foot you cannot move but can pivot their foot.

### Offside

All players, whether they have the ball or not, cannot move into an area of the court which their position is not allowed to enter. If any players do go offside, the umpire will blow their whistle and the opposing team receive a free pass.

### Held Ball

The umpire will call held ball if a player has possession of the ball longer than 3 seconds. When this happens the opposing team will be given a free pass.

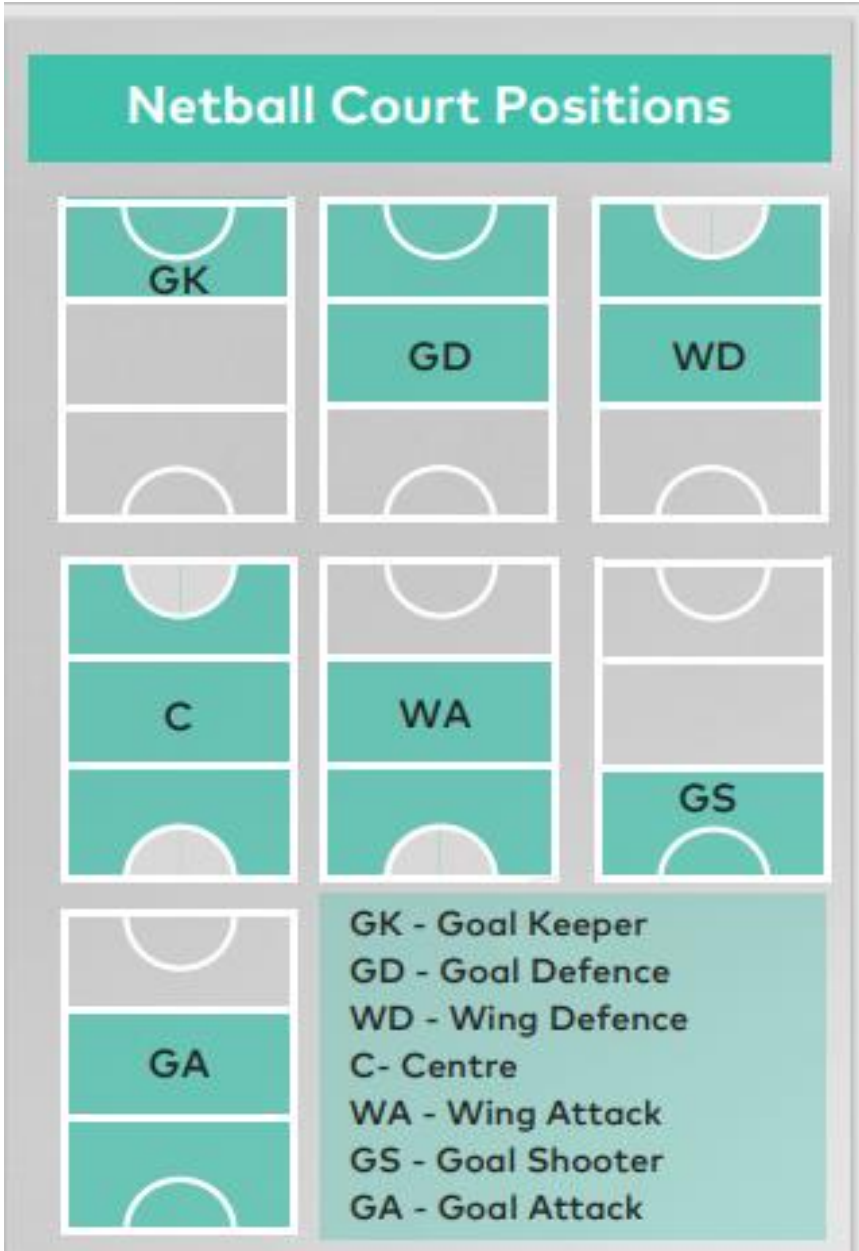
### Obstruction

A player who is within 3 feet of an opponent, whether attacking or defending, may not use movements that take their arms away from the body so as to limit the possible movements of an opponent. If the opposition does not have the ball, the 3 feet rule does not apply but arms must still be kept by your side.

### Contact

'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.

# Netball Positions



# Stage 1 Defence

**Key Coaching Points**

- ▶ Strong stride or jump back
- ▶ Use arms for power
- ▶ Head up, eyes on ball
- ▶ Balanced over two feet
- ▶ Bend at hips, knees, ankles
- ▶ Back straight and upright
- ▶ Arms up

# Shooting

**JUST REMEMBER: BEEF**

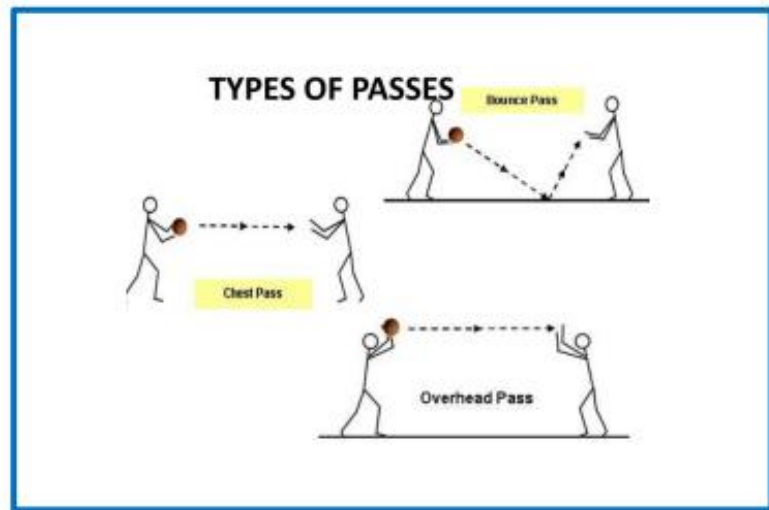
**B - Balance**  
Get your balance. Feet shoulder width apart.

**E - Eyes**  
Make sure you are looking at where you want to go. Imagine that there is a witches hat on top of the net and for you to score you need to aim to get the ball to land on the tip of the hat.

**E - Elbows**  
Make sure your elbows are bent. Dominant hand holding the ball with the other hand supporting the ball.

**F - Follow Through**  
Make sure you follow the direction of the ball once you have taken the shot by flicking your wrist. It should look as though you are taking a cookie from the cookie jar.

# Passing



- Wider experiences and opportunities:**
- All students will be encouraged to watch Super League and Commonwealth Netball matches
  - All students are invited to Netball practice
  - Students may be invited to compete in Netball matches and tournaments
  - Trips may be organised to watch a Super League match during the academic year.