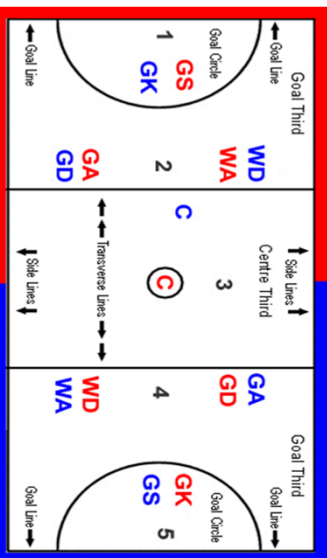




## Positions:



### Goal Shooter (GS)

To score goals and to work in and around the circle with the GA

### Goal Attack (GA)

To feed and work with GS and to score goals

### Wing Attack (WA)

To feed the circle players giving them shooting opportunities

### Centre (C)

To take the centre pass and to link the defence and the attack

### Wing Defence (WD)

To look for interceptions and prevent the WA from feeding the circle

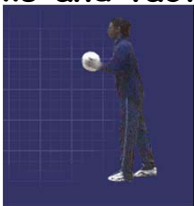
### Goal Defence (GD)

To win the ball and reduce the effectiveness of the GA

### Goal Keeper (GK)

To work with the GD and to prevent the GA/GS from scoring goals

## Skills and tactics



### Marking:

When marking the player with the ball you must be 0.9m or 90cm away from them. If not then this is called obstruction.

### Skill/tactic

### Teaching points

#### Chest pass

Fingers in a 'W' shape hold the ball, elbows bent and raised. Step one leg in and release the ball by straightening the arms. Aim the ball at the target and follow through with the arms in that direction.

#### Shoulder pass

Holding the ball in one hand, bend the elbow (90 degree angle) and lift the arm backwards. Step in with the opposite foot to your throwing arm and push the arm forwards straightening it. Aim the ball at the target and follow through with the arms in that direction.

#### Bounce pass

Using one hand hold the ball at waist height with the elbow bent. Step in with the opposite foot and extend the arm pushing the ball towards the ground about two thirds of the way between you and your target.

#### Shooting

Hold the ball in two hands above the head. Bend the elbows backwards lowering the ball behind the head and the knees. As you extend the elbow release the ball aiming at the net and straighten the knees at the same time.

**Exit Routes:** Find a team near you: <https://www.EnglandNetball.co.uk/play-netball/find-a-session-or-club/>  
Sutton Royals Netball Club, Sutton Coldfield Town

**Wider reading/ videos:** Rules of netball :  
<https://www.youtube.com/watch?v=aBuxsRnU50A>

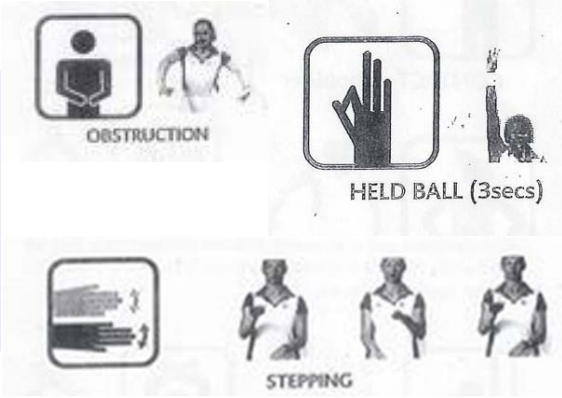
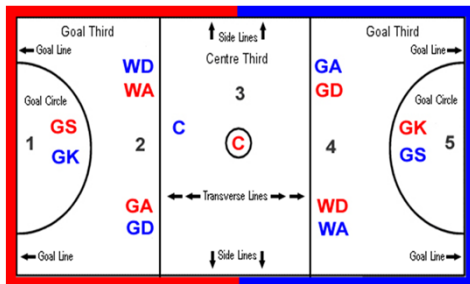


**Overview topic: Netball**

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. How many positions are there in a netball team?	1. When do you use a chest pass?	1. What is a dodge?
2. Identify the 7 positions.	2. When do you use a bounce pass?	2. Why is it important to be able to do different types of dodging?
3. Which 2 attacking players can score?	3. When do you use a shoulder pass?	3. Name the main types of dodge?
4. Which type of pass is over a short distance?	4. What is the job of the centre?	4. How do you get power when shooting?
5. Which type of pass is over a long distance?	5. What is the job of the GK?	5. What pass requires you to form a W shape with your hands?
6. What are the 3 main types of pass that you use in netball?	6. How many parts is the court set out in?	6. What is it called if you move with the ball?
7. Which 2 defending players can go into the semi circle?	7. If you go into an area that you aren't supposed to what is this called?	7. How long can you hold the ball for?
8. What is the job of the GS?	8. Where does a centre pass start from?	8. How far do you have to stand away from the person with the ball?
9. How many hands should you use to shoot in netball?	9. When would you use a bounce pass?	9. How do you get power in your pass?
10. How far away do you need to stand away from the player with the ball when marking?	10. Which player can go anywhere except the semi circles?	10. How can a player get closer to the post?
Total score:	Total score:	Total score:

# Year 8 PE- Netball

## Rules/umpiring



**Rules: Held Ball** - A player is only allowed to hold the ball for 3 seconds. A **free pass** will be awarded to the opposing team if the ball is held over 3 seconds.

**Obstruction** - A player defending the ball must be at least 3ft (0.9m) away from the player with the ball. A **penalty pass or shot** will be awarded.

**Contact**- Physical contact using any part of the body to limit an opponent's ability to move freely or when they have possession of the ball. A **penalty pass or shot** is given.

**Over a third** - The ball cannot be thrown over a complete third of the court without being touched or caught by a player (i.e. it cannot cross two transverse lines). A **free pass** is given to the opposite team.

**Footwork**- A player can receive the ball. With one/both feet grounded or jump to catch the ball and land on one/two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. If you break the footwork rule, a **free pass** will be awarded to the opposing team.

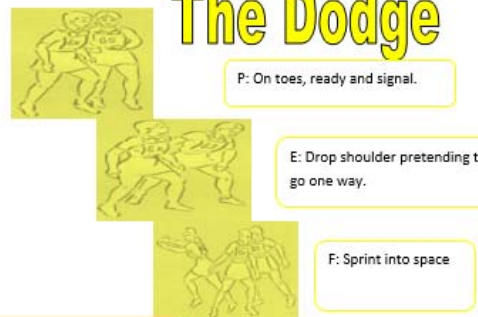
**Offside** - A player with or without the ball cannot move into an area of the court that is not designated for their position. This will result in a **free pass** being awarded to the opposing team.

**Dodging:**

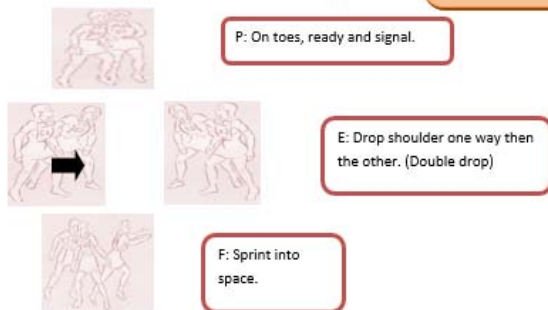
### The Drive



### The Dodge



### The Double Dodge



**Skill/tactic**  
**When to use them:**

**Chest pass**- Short, powerful pass over a short distance.  
**Bounce pass**- Short pass bounced on the floor to go around/under your opponent's arms.  
**Shoulder pass**- Long, powerful pass over a longer distance aiming to go over your opponent.

Shooting technique-

P

**Teaching Points**

- Ball in two hands above your head
- Feet a shoulder width apart
- Stand tall

E

**Teaching Points**

- Arms move behind the head
- Knees bend

F

**Teaching Points**

- Body and legs straight
- Arms straight above head
- Flick wrists

**Wider reading/ videos:** Dodge-  
[https://www.youtube.com/watch?v=Sc\\_uw-RWS\\_Q](https://www.youtube.com/watch?v=Sc_uw-RWS_Q)  
 Double dodge:  
<https://www.youtube.com/watch?v=kCiDfmdKA74>

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**Overview topic: Netball**

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. What are the 3 main types of pass that you use in netball?	1. When do you use a chest pass?	1. Why is it important to be able to do different types of dodging?
2. Identify the 7 positions.	2. When do you use a bounce pass?	2. How long can you hold the ball for in netball?
3. What is a double dodge?	3. What do I mark in 2nd stage defending?	3. What is it called if you hold the ball for longer than 3 seconds?
4. What is drive dodge?	4. What do I mark in 1st stage defending?	4. How far away do you need to be from the player with the ball?
5. What is the dodge?	5. Describe the teaching points of how to perform a chest pass?	5. What is it called if you are too close?
6. Which 2 attacking players can score?	6. Describe the teaching points of how to perform a bounce pass?	6. What does the other team get if you mark too closely?
7. Who does a WA mark?	7. Describe the teaching points of how to perform a shoulder pass?	7. What skills are needed to complete an effective dodge?
8. Name the main types of dodge?	8. When is a free pass given?	8. What does footwork result in for the other team?
9. How many hands should you use to shoot in netball?	9. When is a penalty pass given?	9. A centre goes into the semi circle- what does this mean?
10. How far away do you need to stand away from the player with the ball when marking?	10. Which 2 defensives players can go into the defending semi circle?	10. What if the ball travels from one semi circle to another?
Total score:	Total score:	Total score:



## Umpiring signals:



## Tactics:

### Defending:

#### Zonal Marking

In this type of defending, each player is given an area or zone to mark relative to their team mates. It is advised by the manager or the coach that whenever the ball enters their zone, you attack it and try to win the ball. Zonal defending doesn't require fast players or great stamina like person to person defences do.

#### Person to person marking

Each player is assigned an opponent to mark for the whole game. Whether it's defending from set pieces or open play, the defenders chase down the opposing players they are marking, not allowing them even an inch of space. This requires great cardiovascular fitness.

### Attacking:

#### Top and side of the circle:

When attacking the semi circle the WA and C should position themselves at the top and side of the circle. This is to support the GS and GA. They may receive the ball and not want to shoot from their current position. This allows them to pass out of the circle to re-position before shooting.

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**Contact**- Physical contact using any part of the body to limit an opponent's ability to move freely or when they have possession of the ball. A **penalty pass or shot** is given.

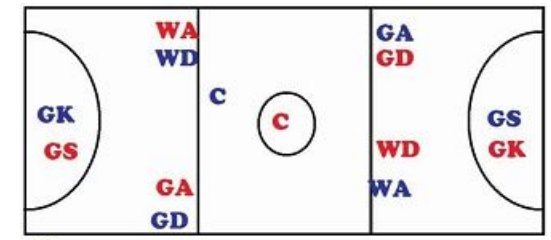
**Over a third** - The ball cannot be thrown over a complete third of the court without being touched or caught by a player (i.e. it cannot cross two transverse lines). A **free pass** is given to the opposite team.

**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.

### Zonal



### Player vs person



Blue = Blue Team.  
Red = Red Team.

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**Wider reading/ videos:** Defensive tactics and drills:

<https://www.youtube.com/watch?v=qJ3Bo1qEOxQ>





**Overview topic: Netball**

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. What are the 3 main types of pass that you use in netball?	1. Name the two types of marking we have covered?	1. What happens if you go offside when you haven't got the ball?
2. Identify the 7 positions.	2. When do you use a bounce pass?	2. How long can you hold the ball for in netball?
3. What if the ball travels from one semi circle to another?	3. When do you use a shoulder pass?	3. What is it called if you hold the ball for longer than 3 seconds?
4. Describe what held ball means?	4. What is the job of the centre?	4. How far away do you need to be from the player with the ball?
5. What is obstruction?	5. Describe what zonal marking is?	5. Why would you use the top and side of the circle attacking tactic?
6. What is contact?	6. Describe what person to personal marking is?	6. What does the other team get if you obstruct another player?
7. If two people catch the ball at the same time what would be given?	7. What is this the umpires signal for? 	7. What happens if you obstruct an attacking player in the semi circle?
8. Name the main types of dodge?	8. What is this the umpires signal for?   	8. What happens if you contact a player off the ball?
9. Do you have to wait for a whistle to take a side line pass?	9. What is this the umpires signal for?  	9. When will a penalty pass will be awarded?
10. How far away do you need to stand away from the player with the ball when marking?	10. What is this the umpires signal for?  	10. When will a free pass will be awarded?
Total score:	Total score:	Total score: