

KS3 Netball

Key Skills

- Passing** Various passes can be used within the game: chest, shoulder, overhead and bounce.
- Catching** A skill used to receive the ball, enabling the team to keep possession of the ball.
- Dodging** A change of speed and direction in order to get free into space to receive the ball.
- Shooting** A skill used by the Goal Shooter and Goal Attack within the game to score a goal.
- Defending** A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass.

Key Terms

Tactical Skills

- attack and defence,
- free space
- losing an opponent
- change of speed
- timing
- decision making

Physical Fitness

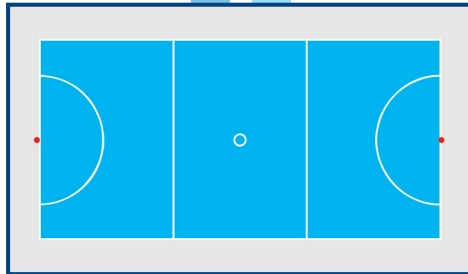
- coordination
- agility
- reaction time
- power
- stamina
- strength

Teams

Netball matches are played on a rectangular court which is divided into thirds with a goal post at each end.

There are two teams, consisting of seven players each.

Each player plays a different position and has a different role within the game.



Match

The aim of the match is for one team to pass the ball down the court to their shooting circle and to score into the goal post.

The game begins with a centre pass. Teams alternate after a goal is scored (regardless of which team has scored).

The game lasts 60 minutes and is split into four quarters of 15 minutes.



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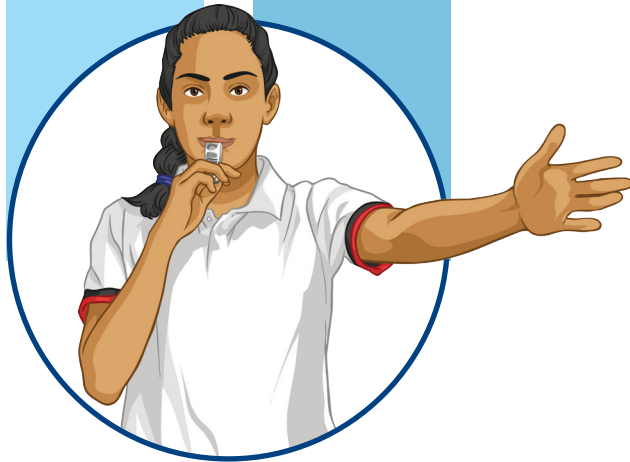
Minor Rules (if broken, a free pass is given)

During the game, a player with the ball can only take one step before passing it.

A player must pass or shoot for goal within three seconds of receiving the ball.

A player's movement is restricted by which position they play, so they must stay within their designated area.

The ball cannot be thrown over a complete third of the court without being touched by another player.



Major Rules (if broken, a penalty pass is given)

Players must not make any physical contact with another player on the court.



Defenders must stand at least three feet, or 0.9 m, away from the player with the ball.

