

# Netball – Passing

## Keywords

<b>Teamwork</b>	<b>Respect</b>
Balance	Obstruction
Control	Pivot
Attack	Dodge
Defence	Outwit
Coordination	Footwork

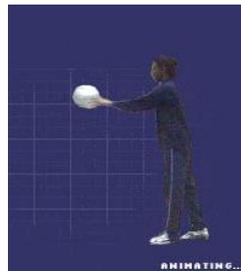
Can you think of anymore?



Performance	Can pass the ball
	Can pass the ball to partner
	Passes the ball to a player when both are stood still
	Can adapt passing technique in response to opposition
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can pass to a team mate
	Knows when to pass in a game, not always successful
	Able to pass on the move
	Can successfully pass using space in game
Health Related Fitness	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up



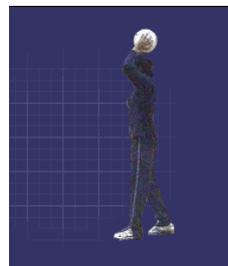
**CHEST PASS**



- Hold ball in two hands, fingers and thumbs spread
- Step forward onto left foot in the direction of the throw.
- Push the ball away from body sharply.



**OVERHEAD**



- Bend your arms and keep your elbows close to your body.
- Lift the ball over your head.
- Step forward and release the ball.
- The flight of the ball should be high.



**BOUNCE PASS**



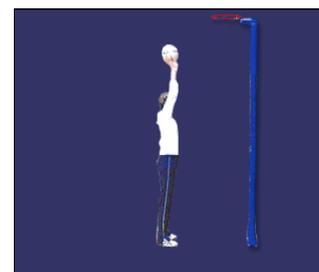
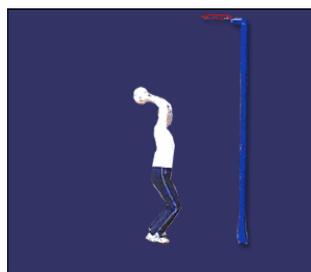
- The ball is brought in close to chest.
- Fingers should point towards the floor.
- Release the ball into the ground
- Aim the ball 2/3rds the distance between you and partner.
- The ball should bounce into her hands.

# Netball – Shooting

## Keywords

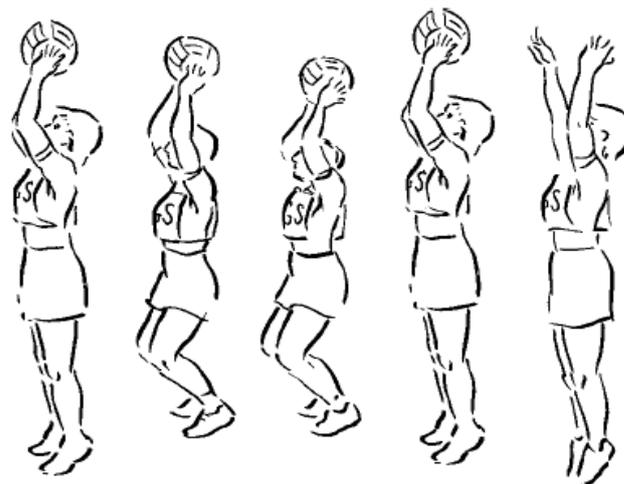
<b>Teamwork</b>	<b>Respect</b>
Balance	Obstruction
Control	Balance
Speed	Flight
Attack	Shoot
Coordination	Footwork

Can you think of anymore?



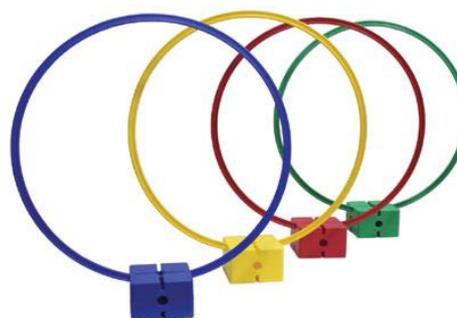
## Coaching Points

- Feet shoulder-width apart facing the target
- Ball held high directly ABOVE head.
- Knees are slightly bent to push off with.
- Eyes looking at a point above the ring
- Push the ball upwards using wrist and fingers.



Performance	Can throw the ball
	Can shoot at a target
	Can shoot with some accuracy
	Shooting is consistently accurate
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can shoot at a target in a game
	Understands how to shoot but pressure can affect it
	Can shoot confidently
	Can shoot from different distances during a game
Health Related Fitness	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up

Harder = increase height of target



# Netball – Catching & Landing

## Keywords

Teamwork	Respect
Balance	Obstruction
Control	Extension
Push	Dodge
Body	Coordination
Catch	Footwork

Can you think of anymore?



Performance	Can catch the ball
	Catches the ball consistently
	Catches the ball but feet remain grounded
	Jumps to receive the ball with reasonable timing
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can catch certain objects
	Understands the technique but not always successful
	Able to catch on the move
	Can successful receive the ball from different angles
Health Related Fitness	Offers a basic explanation of what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up

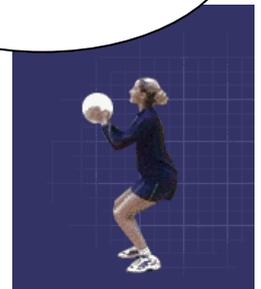
- Track the flight of the ball
- Judge the speed and direction.
- Reach for the ball with straight arms.
- Cushion the ball with fingers tips as it comes towards you.
- Bring your arms back into your body with the ball in your hands.



Watch the ball



Bring the ball close into your body to protect it



- You can make your catch harder by jumping in the air before you land.
- Make sure you balance after you land.
- Always be ready to receive the ball in a game.

## More ADVANCED

*Pivot (turning) with the ball once you have caught it.*

- Keep one foot fixed to the ground
- Push and turn with the other foot.
- Release the ball off in a different direction.

