

1. Rules

Game: 4 x 15 min quarters

Players: 7 players in a team

Contact: You cannot touch or push any player during the game. This will result in a penalty pass, or penalty shot if you are in the circle, to the opposition.

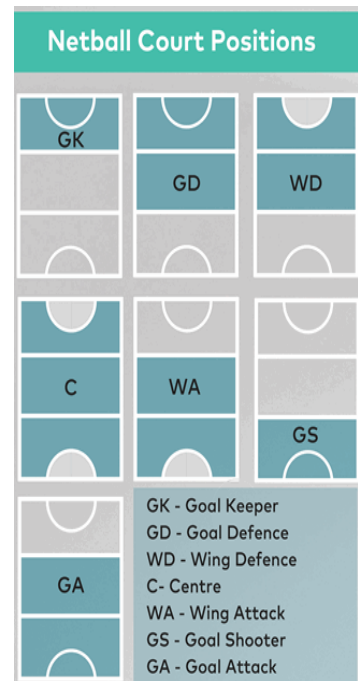
Footwork: If the player moves their landing foot or takes steps with the ball, the opposition get a free pass.

Obstruction: You must be at least 1 metre away from the player holding the ball before you mark or defend the ball. This will result in a penalty pass, or penalty shot if you are in the circle, to the opposition.

Held Ball: You can only hold the ball for 3 seconds before you pass or shoot the ball, and picks it back up again, the opposition get a free pass.

Scoring: Goal shooter or goal attack gets the ball in the net.

5. Positions



GS – to score goals and to work in and around the circle with the GA.

GA – to feed and work with the GS and to score goals.

WA – To feed the circle players, giving them opportunities to shoot.

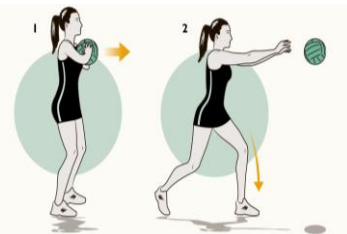
C – To take the centre pass, and to link the defence and the attack.

WD – To look for interceptions and prevent the opposition's WA from feeding the circle.

GD – To win the ball to get the ball out of the danger area and reduce the effectiveness of the opposition's GA.

GK – To work with the GD and to prevent the opposition's GA/GS from scoring goals.

2. Chest Pass



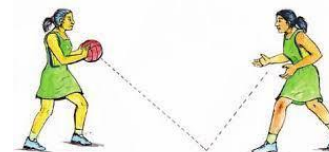
1. Thumbs and index fingers form a W shape. The remaining fingers should be spread behind the ball to push it away.
2. Elbows should be kept low and close to the body. Feet should be shoulder width apart.
3. Keep the ball close to your chest.
4. Fingers facing forward, push the ball towards to the chest of the receiver to create a flat, strong pass.
5. As you push the ball forward, step forward with one foot.

3. Shoulder Pass



1. Control the ball with both hands, placing it above your shoulder, then remove the supporting hand.
2. Fingers should be spread behind the ball.
3. Feet should be should width apart.
4. Bring the ball back, bending your elbow.
5. Bring the arm forward, following the ball through until your arm and fingers are in front of you, in the direction you want the ball to travel.
6. As you bring your arm forward, step forward with the opposite foot to the arm you are holding the ball in.

4. Bounce Pass



1. Keep the ball in both hands
2. Feet should be shoulder width apart.
3. Bounce the ball 2/3 of the way to the receiver
4. Aim for the ball to go no higher than the recipient's waist.

6. Key Words

Chest pass: This pass is used when the receiving player is close in distance to the person throwing the ball. It travels from one player's chest straight to the other player's chest.

Shoulder pass: This pass is used when the receiving player is further away in distance to the person throwing the ball.

Bounce pass: This pass is used when the receiving player is being marked by a tall player, or used to get the ball into the circle to a shooter.

Dodging: Dodging in netball terms relates to moving from side to side to confuse the opponent before sprinting off to catch the ball.

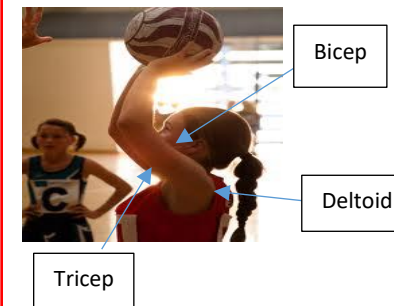
Footwork: When in position of the ball, you must not move the foot you landed on when you first received the ball.

Components of Fitness

- Agility – The ability to move quickly or change direction without losing balance
- Ability to maintain our centre of mass over our base of support

7. Key muscles and bones

Muscles



Bones

