

YEAR 8 NETBALL KNOWLEDGE ORGANISER

1. Key Skills and Rules

Speed:-to dash across the court, catch and pass the netball and defend your opponent.

Strength – to apply great force when accelerating, jumping, or throwing the netball.

Agility – to rapidly change your position with precise control to dodge your opponents.

Passing- Being able to select the right type of pass.

Footwork:-Making sure that you don't move your feet once planted. No walking or running with the ball.

Shooting:-Feet shoulder width apart, ball above head, Only forearms bends, Bend knees, bend forearm, Raise up . Aim for back of ring.

Dodging:- Using different techniques to get free for the ball.

Marking:- Keeping close to the player and ensure that you have your hand ready. You can either defend the zone or the player.

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.

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.

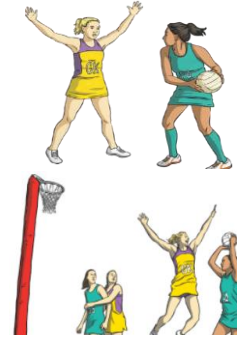
2. Dodging

Dodging is used when you are attacking and want to lose your defender so that you can receive the ball without them interception.

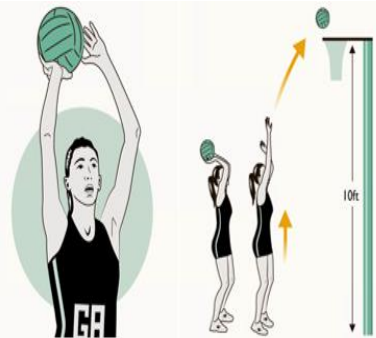
The Feint Dodge - You should be on your toes ready to move quickly. You should drop your shoulder and pretend to go in one direction to outwit your opponent, before quickly pushing off your outside foot to accelerate in the opposite direction. Signal that you would like to receive the ball into the space you are heading towards.

3. Defending

Each player on the team has a part to play when it comes to defending. Players need to work collectively in order to slow down the speed of the attack, by limiting the passing options and forcing errors in order to gain possession of the ball. It's your job as the defender to be aware of the ball and anticipate where your attacking player will run.



4. Shooting



1. Rest the ball on your preferred shooting hand with the other hand supporting on the side.
2. Feet should be shoulder width apart.
3. Look at the back of the ring.
4. Bend your knees, lift your heels off the floor and push the ball up and over the top of the ring to loop into the net.

5. Key Words

Attack: Attack in netball involves players keeping possession and passing the ball across the centre and goal third to the shooting circle, also known as the D or semi-circle.

Defend: There are three stages of defending in netball; marking the opposing player, marking the ball and marking the zone. The aim of defending is to create an interception and become the attacking team.

Obstruction: You must stand one meter away from the opposition with the ball, otherwise you will be called by the umpire for obstruction and the opposition will receive a penalty pass. You will have to stand by their side, out of the game, until they play this pass.

Outwitting your opponent: to get an advantage over a player by using tactics.

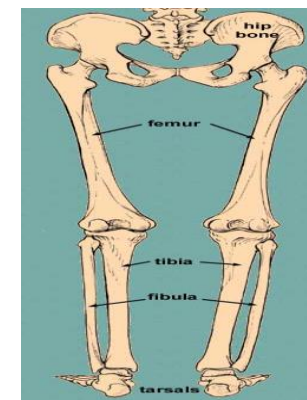
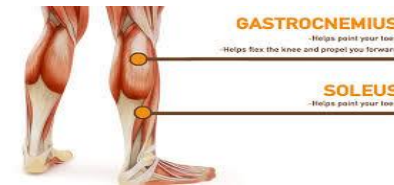
Accuracy: To play precisely or correctly e.g. your passes must be timed accurately when passing into space.

Dodging: Dodging in netball terms relates to moving from side to side to confuse the opponent before sprinting off to catch the ball. This is a way to outwit your opponent.

Footwork: When in position of the ball, you must not move the foot you landed on when you first received the ball. If you move your landing foot, the opposition will receive a free pass.

Shooting: This is how points are scored in netball. Only the Goal Attack or Goal Shooter can shoot when they are in the semi-circle.

6. Bones and Muscles



7. Components of Fitness

1. Cardiovascular

Endurance: So you can last the full length of the games, while maintain skill level

2. Speed: Enables you to beat opponent to the ball

3. Reaction time : You can react to the ball before your opponent, and to get rebounds.