

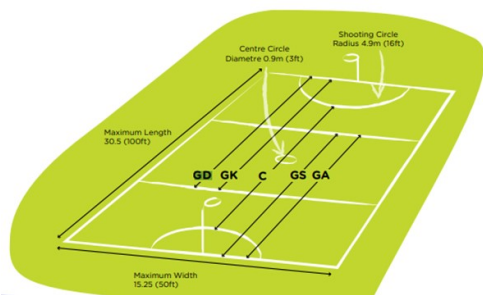


# PE: Netball

## Rules

- You can only hold the ball for 4 seconds.
- No contact with the opposing player.
- Must be at least 1 metre away when marking your opponent. Jumping up and down is not permitted.
- You can only pass across one third of the court.
- Must perform correct footwork when in possession of the ball.
- You can only allow access of the area of the court that your position allows.
- Game restarts with a centre pass.
- Teams take it in turns to take a centre pass.
- The centre pass must be received within the centre third.
- A free pass is awarded for any infringement such as footwork.
- A penalty pass is awarded for obstruction or contact. A player can shoot if it is awarded in the goal circle.
- A throw is taken where the ball crosses the line.

## Positions



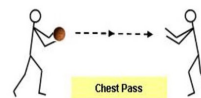
**Goal Shooter (GS) and Goal Attack (GA)** Their own shooting third, shooting circle and shooting third but not defending third.

**Centre (C)** All thirds but not shooting circles.

**Goal Defence (GD) and Goal Keeper (GK)** Defending third, defending shooting circle and centre third but not attacking third.

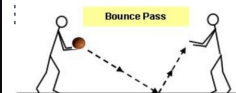
## Vocabulary and Key Skills

### Chest Pass



W grip / chest to chest / step forward in direction of pass with one foot / elbows close to body and push ball away sharply with a follow through.

### Bounce Pass



W grip / chest to chest / step forward in direction of pass with one foot / release ball into the ground / aim the ball 2/3rds the distance between you and your partner.

### Overhead Pass



Lift the ball over your head / bend your arms and keep elbows close to your body / step forward and release the ball.

### Footwork

Landing on alternate feet - first foot to land is the static pivot foot.

Land on both feet - either foot can be the static pivot foot.

On the move - release before third step.

### Dodging (getting free)

Short and sharp movements.  
Changing direction, including pretending to change.  
Regularly change the direction of movements (forwards, backwards and from side to side).

### Defending

Face marking – defender has back to ball and faces the attacker. Defender never loses sight of attacker but cannot see the ball.

In front of the attacker – defender stands slightly to the side but in front of attacker. Defender can see attacker and the ball.

Side position – defender stands side on to attacker. Can see ball and attacker and forces attacker to go a certain direction but can be harder to intercept the ball.



### Shooting

Feet shoulder width apart / ball held above head / knees are slightly bent / eyes looking at the ring / push ball using fingers and wrist.