

## NETBALL: Big idea: Outwitting opponents as a team

## Introduction to Netball

14 players on a court.

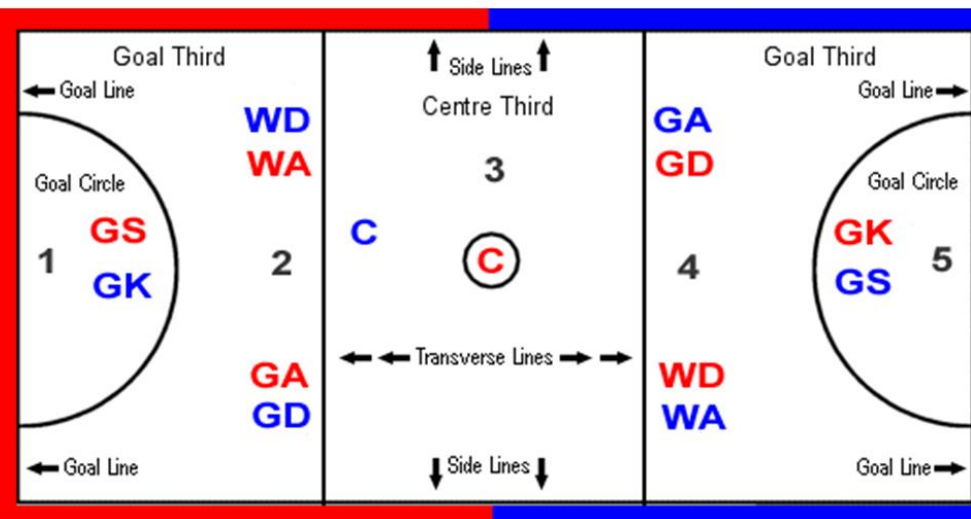
7 each side.

Each player has a set bib-meaning where they can do & what their job role is.

E.G. you can only score if you are GS or GA and inside the semi-circle

### Governing bodies:

The International **Netball** Federation (INF). England- England Netball.



## History

The **history of netball** can be traced to the early development of basketball. A year after basketball was invented in 1891, the sport was modified for women to accommodate social rules regarding their participation in sport, giving rise to women's basketball and Netball.

**Minor rules if this rule is broken =free pass to other team**

1. **Footwork:** can only take two steps. First foot landing, second pivot. If first foot is picked up and landed= footwork.
2. **Held ball:** This means players have only three seconds between catching the ball and making a pass, any time over= Held ball.
3. **Offside:** Each player is only allowed in certain areas of the court and if they stray out of position then they are offside.
4. **Over a 3<sup>rd</sup>:** the ball must be handled in each third of the court.
5. **Replay ball:** cannot bounce the ball (dribble). Replay= catch, drop and catch again.

**Major rules if this rule is broken =penalty pass/ shot to other team & player to stand by person's side:**

***If any of these rules are broken inside the circle by the defender- shooter can take penalty pass or shot***

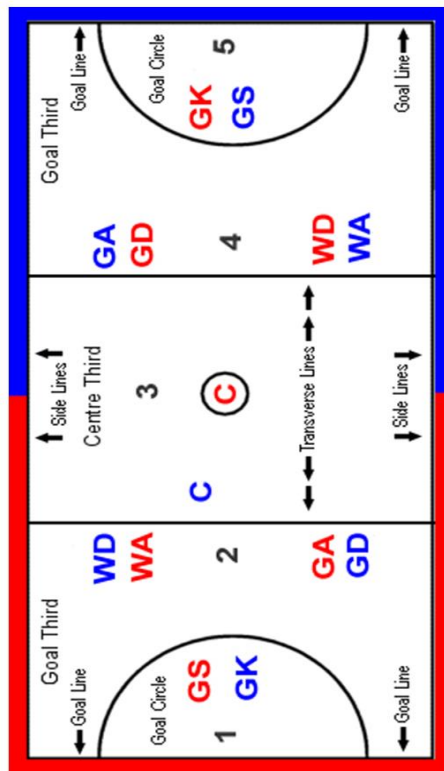
1. **Obstruction with ball:** must be metre away from the person WITH the ball.
2. **Obstruction without ball:** cannot have hands up to defend/block path of a player IF they do not have the ball.
3. **Contact:** No physical contact to be made (netball is non-contact).

**Skills:** Chest pass, bounce pass, shoulder pass, dodging, sprinting, pivot, jumping (rebounds), leaping, shooting, intercepting, Teamwork, communicating.

## Teams to follow in the Vitality Super Netball League:

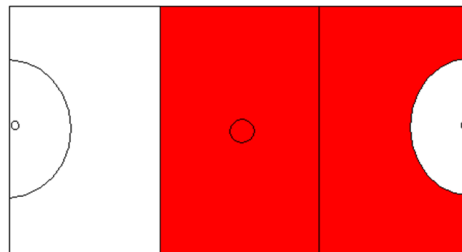
Celtic Dragons, Saracens Mavericks, Loughborough Lighting, Manchester Thunder, Surrey Storm, Team Bath, Severn Stars, Strathclyde Sirens, Wasps Netball, London Pulse.

# Key Positioning in Netball. *Where you can go & job role*



## Wing Attack

Can go anywhere on the court marked red

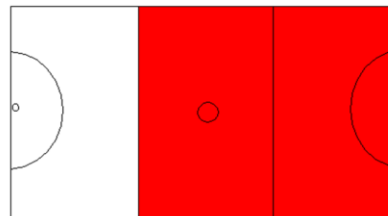


### Responsibilities:

- Feed the circle accurately giving them shooting opportunities
- Land facing the goal
- Make your last move as near the circle as possible to increase accuracy of pass
- Allow GD and WD freedom in their attacking areas

## Goal Attack

Can go anywhere on the court marked red

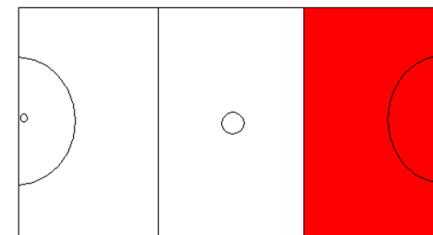


### Responsibilities:

- Shoot accurately from all areas of the circle and score
- Receive the ball facing the goal
- Jump high both to catch a pass and to retrieve a mis-shot
- Work efficiently with GS
- Defend when necessary
- Feed the shooter accurately or sympathetically
- Work harmoniously with the centre court players

## Goal Shooter

Can go anywhere on the court marked red

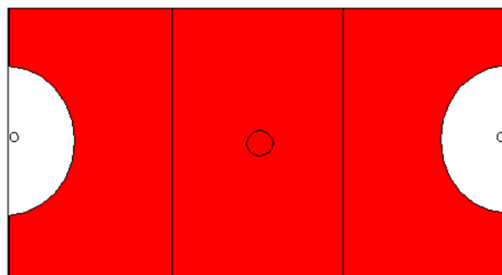


### Responsibilities:

- Shoot accurately from all areas of the circle and score
- Receive the ball facing the goal
- Jump high both to catch a pass and to retrieve a mis-shot
- Work efficiently with GA
- Defend when necessary

## Centre

Can go anywhere on the court marked red

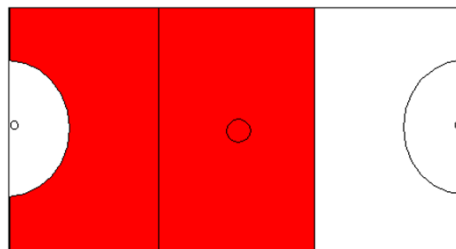


### Responsibilities:

- To distribute accurate centre passes
- Link the defence and the attack
- Work with the WA to cover the attacking circle

## Wing Defence

Can go anywhere on the court marked red

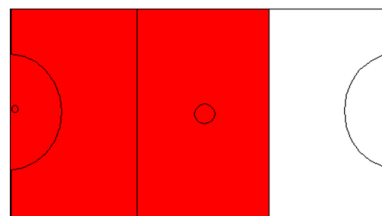


### Responsibilities:

- Look for interceptions
- Defend and initiate moves from interception
- Make opponent's task more difficult by denying them prime attacking space
- Interchange with both GD, C & WA
- Work with C to cover the defending circle
- Prevent WA opponent from feeding the circle

## Goal Defence

Can go anywhere on the court marked red

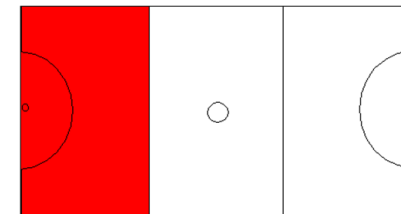


### Responsibilities:

- Concentrate 100%
- Vary method of defence
- Keep ball and opponent in full vision
- Position intelligently in the circle
- Initiate attacking play quickly and efficiently
- Interchange with GK on attack and defence
- Intercept from static and moving positions
- Cover shots and rebounds
- Reduce the effectiveness of opponent GA

## Goal Keeper

Can go anywhere on the court marked red



### Responsibilities:

- Concentrate 100%
- Vary method of defence
- Keep ball and opponent in full vision
- Position intelligently in the circle
- Initiate attacking play quickly and efficiently
- Interchange with GD on attack and defence
- Intercept from static and moving positions
- Cover shots and rebounds, prevent GS from scoring
- Close marking and movement in a small area
- Utilise good upward spring