

Year 8 Netball- How do we abide by the rules to play successfully in Netball?

To develop their understanding and knowledge of Netball

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times

Work Related Learning:

Gaining knowledge to assist in a sports coaching/teaching career

rating	females (seconds)
good	45-60
average	35-45
rating	males (seconds)
good	75-100
average	50-75

Developing Skills

The rules (key terms):

Footwork- players cannot take more than 2 steps with the ball. Their landing foot must stay on the floor until the ball is released.

Obstruction- A player must mark their specific player on court. They must be 1m away when defending the ball. If they are closer than 1m then obstruction will be called and a penalty pass will be awarded.

Contact- if a player touches an opposition or the ball whilst in the opposition's hand then contact will be called and a penalty pass will be given.

Offside- all players have specific areas they are allowed in. If they step into an area they are not allowed in they are called for being offside and a free pass is given to the other team.

Passing- you have 3 seconds only to pass or shoot. If you take longer then you will be called for a 'held ball' a free pass is given to the other team.

Over a third- the ball must be touched by a player in all 3 thirds. If this does not happen then a free pass is given to the opposite team.

Replaying- if the ball is bounced or dropped by a player and then picked up or if shooting the ball does not hit the rim and comes straight down to the same player, this is replaying and a free pass will be awarded to the other team.

Key Words

Shooting: only Goal Attack and Goal Shooter can score in netball within the semi circle areas on court.

Rebounding: when the shot is missed and the players retrieve the ball whilst keeping it in play.

Footwork: you cannot run with the ball in netball, however can 'Pivot' with the ball.

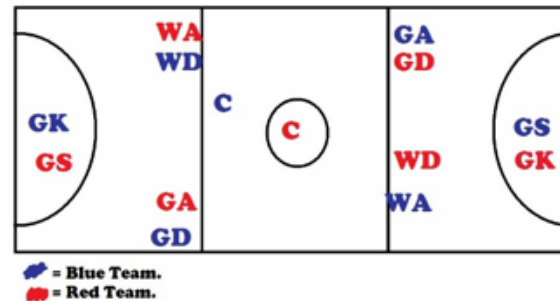
Marking: you are allowed to mark your player however you must be 1m away at all times:

Dodging: you will need to dodge into space to avoid your defender intercepting the ball from you.

The Court

The overall dimensions of a netball court are 30.5m x 15.25m.

The centre circle is 0.9m and the semi circles at either end are 9.76m.



Wider experiences and opportunities:

- All students will be encouraged to watch Super League and Commonwealth Netball matches
- All students are invited to Netball practice
- Students may be invited to compete in Netball matches and tournaments
- Trips may be organised to watch a Super League match during the academic year.

Fitness Component

Muscular Endurance- The ability of a given muscle to exert force, consistently and repetitively, over a period of time.

Training Method

Weight Training – Lower weights with high repetitions and sets
Circuit Training – weight bearing exercises

Testing Method

1 minute sit up test – Lie down face up on the mat, knees bent, arms crossed over chest. Sit up and touch your elbows to your knees and repeat.

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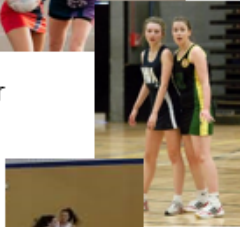
Defending

3 stages of defence:

1. Marking the ball
In order to make the pass more difficult



2. Shadowing the player
In order to intercept
The ball



3. Blocking the player
Out of a space e.g.
GD marking the GA



Knowledge and Skills



Transferrable Skills

Passing and catching, marking and defending, dodging, shooting.

Attacking and dodging

Feint dodge: this is when the attacker is stood behind their defender, they pretend to go one way and then change direction, therefore forcing their player off balance.

Holding Space: this is when a player uses their body to hold their defender in front and asks for the ball over the top of them



Rolling off: this is when you use your body to roll around your defender in order to change direction

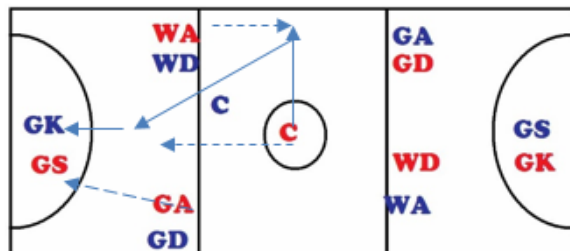


Attacking principles

Centre passes:

The idea of an effective centre pass is to get the ball into the shooting circle as efficiently as possible. This can be looked at by using different combinations and sequences of passes. Looking at where the players will move to and where the ball will be passed to.

E.g.: C-WA-GA-GS, or C-WA-GS (GA driving straight into circle as seen below)



Blue = Blue Team.
Red = Red Team.

→ Direction of ball
- - - Direction of run

Shooting and rebounding



This skill is performed by the GS, GA, GD and GK. The aim is to catch the ball if missed from the shot. They need power and strength to ensure they gain possession.