

# Year 9 Netball - How do we outwit our opponents in Netball, by using skills, tactics and abiding by laws of the game?

To develop their understanding and knowledge of badminton

### 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

### 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

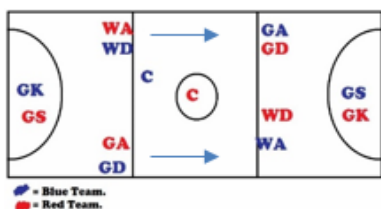
## Tactics and Strategies

### Set Pieces

#### Centre Pass:

The objective is to get the ball to the GA and GS as efficiently as possible. As a team it is important you have different Centre pass strategies to ensure this. It may be that:

1. WD and GD are used to bring the ball up the court from the centre pass which allows the C and WA to help move into the attacking third.
2. WA receives the ball from the Centre pass and GA drives into the circle. The C then receives the ball at the top of the shooting circle ready to feed in to either GA or GS.



### Defensive (team) backline Pass

- GK (orange) to WD (purple)
- WD (purple) to C (red) (driving up court)
- GD (light blue) as second option



### Attacking (team) backline Pass

- GA (orange) to WA (red)
- WA (red) to GS (light blue) (holding space)
- C (purple) as option at the top of the D



### 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	<p><b>Power</b></p> <p>The ability to perform strength based movements quickly</p>
Training Method	<p><b>Weight Training</b> – Higher repetitions and sets, Higher weights</p> <p><b>Circuit Training</b> – weight bearing exercises</p> <p><b>Plyometric Training</b> – Speed and force training</p>
Testing Method	<p><b>Vertical Jump Test</b> – The participant stands side on to the wall and reaches up with the arm closest to the wall. The participant pushes the measure board as far as they can. The participant jumps and touches the board. X3 attempts.</p>

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## Attacking

### **Running Pass:**

This involves keeping the ball moving down the court by almost performing a running action with the ball. The player will land one footed and then take 2 additional steps. The ball must be released on the third step to avoid being called for footwork.



### **Clearing out:**

This involves moving out of the space to allow another team mate to move into. Once the ball has been passed on, it is important not to stay in the same space, move away and re offer to ensure the player with the ball has different options.

### **Timing:**

Timing is extremely important when dodging and driving into a space to receive the ball. If you move too soon your opponent will have more chance to intercept the ball. Only move when your team mate has the ball and it in a position to make the pass.

## Defending

### **Intercepting:**

This involves a good sense of vision combined with timing. Stay close to your player and look for the opportunity to tip the ball using the arm closest to the ball.

### **Blocking:**

The player uses their body (not extended arms) to block the path of their opponent. This may be used by the player responsible for marking e.g. a GD marking a GA, or it could be a C marking the GA out of the shooting circle. This is a tactic used to prevent them entering the circle and to allow the GS to be double marked.

### **Transferrable Skills**

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

## Shooting and Rebounding

It is important that you are in the best position to shoot and that you are balanced when taking the shot. You must also react quickly to be able collect the rebound if needed and are using your body to hold off the defensive players in the circle. By standing tall and being under the post will allow you to be in the best position to retrieve the rebound from a missed shot.

## Holding Space

This may be used by the GS in the shooting circle by holding their GK high at the top of the circle to create space behind them that the C or WA can feed into.

