

Year 7 Netball-How do we embed skills to play successfully in Netball?



The Basics

Netball is played between 2 teams of 7 players. Each player has a specific position in the game which determines what their job is and where they are allowed to go on court.

The game begins with the 'Centre' position passing the ball from the centre circle on court. This must be received in the centre third area on court.

The game is played for 1 hour and is divided into 4 fifteen minute quarters.

There are 2 umpires who control the game.

The game is won by the team who score the most goals at the end of the game.

The different positions are:

1. Goal Shooter
2. Goal attack
3. Wing Attack
4. Centre
5. Wing defence
6. Goal defence
7. Goal Keeper



Equipment Needed:

x2 10ft posts, x1 ball, x2 sets of bibs, whistle and score cards

To develop their understanding and knowledge of Netball

Footwork

You **cannot move** you're landing foot.

You **can move** you're second foot to pivot round on.

If you land **on both feet** you can chose either foot to move.



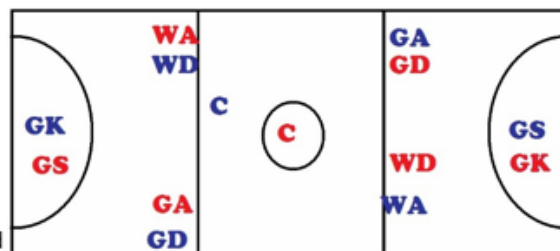
Wider experiences and opportunities:

- 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.

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.



● = Blue Team.
● = Red Team.

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

Fitness Component

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

Training Method

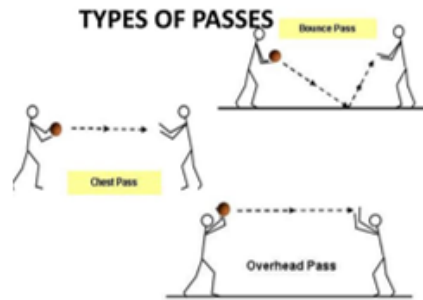
Weight Training – Lower weights with high repetitions and sets
Circuit Training – weight bearing exercises

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.

Year 7 Netball

Knowledge and Skills



Transferrable Skills

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

Rules

Free pass is awarded when:

- A player performs 'footwork' or moves their landing foot when holding the ball.
- If the ball is thrown over a complete 3rd of the court without being touched.
- If the centre pass is not received in the centre third.
- If the ball is held for more than 3 seconds before being released.
- If the player is over or touching the line on a throw in.
- If a player goes off side, e.g. if the centre steps into the shooting semi circle.

Penalty pass is awarded when:

- When a player is marking less than 1m away, this is also called obstruction.
- When a player contacts another player either with their body or the ball.

Positions

Attacking positions:

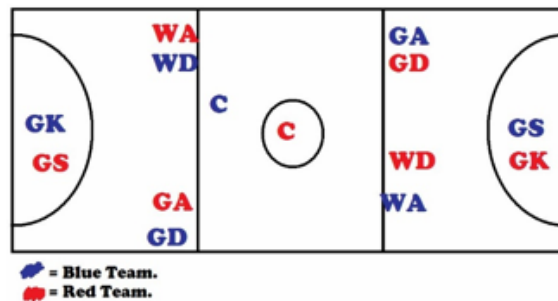
- Goal Shooter (GS) is allowed in the attacking third and shooting semi circle
- Goal attack (GA) is allowed in the centre third and the attacking third and the shooting semi circle
- Wing Attack (WA) is allowed in the centre third and the attacking third

Defensive positions:

- Wing defence (WD) is allowed in the centre third and the defensive third
- Goal defence (GD) is allowed in the centre third and the defensive third and the defensive semi circle
- Goal Keeper (GK) is allowed in the defensive third and defensive semi circle

Central position:

- Centre (C) is allowed in all 3 thirds of the court, however is not allowed in either of the semi circles



Shooting

