

Year 9 Physical Education Knowledge Booklet

Netball

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

Assessment Criteria

2	Throw and catch over short distance most of time, static when catching ball, opponent gets free.	
3	Perform all basic passes, use correct footwork, stay with opponent, know positions.	
4	Use footwork on the move, some success at shooting under pressure, get free from opponent.	
5	Passes are powerful and accurate, hold space in circle to enable a successful shot, mark well.	
6	Receive with either hand, link all 3 stages of defence, consistently get free.	
7	Can turn in the air, considerable influence over the game in all positions.	
8	Airborne catch and release, opponent rarely gets ball, outstanding level of skill and tactical awareness/anticipation.	
S5	Social	Demonstrate qualities of a positive role model and I am able to lead simple activities.
T5	Thinking	Analyse technique and suggest strengths and areas for improvement.

Big Questions

1. Why are speed, height, distance and strength important when passing the ball?
2. How do we hold space in the circle and why do we use this tactic?
3. How do we create space to receive the pass?
4. How do we make sure we get the rebound?
5. How do you mark the shooting player?
6. How do we close down the opposition and when do we get goal side of them?

Web Links:

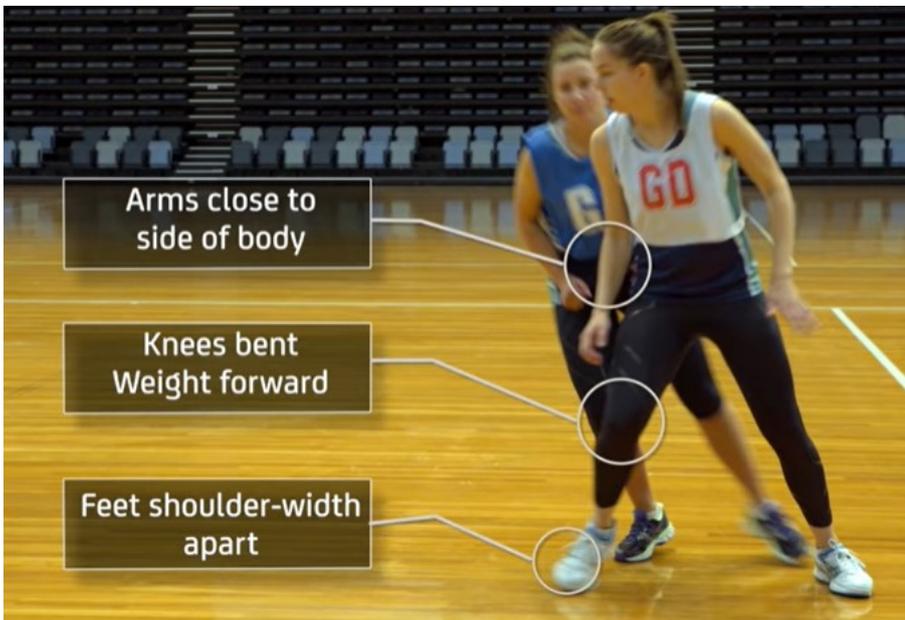
How to defend in netball:

<https://www.youtube.com/watch?v=lzPJPCg5SCg>

The 3 stages of defending in netball:

<https://www.youtube.com/watch?v=B3pHyEuFTTc>





Stage 1 Defending

This is defending without the ball. Can you stop your opponent from receiving the pass?

Key Coaching Points

- ▷ Read cues from thrower
- ▷ Drive at an angle to pass
- ▷ Focus on the ball
- ▷ Strong steps
- ▷ Run through to take ball
- ▷ Land on outside foot
- ▷ Maintain balance



Stage 2 defending:

This is when your opponent has the ball. You need to recover in to a position where your feet are 0.9m away from your opponent. Then use your hands to restrict your opponents passing and shooting options.

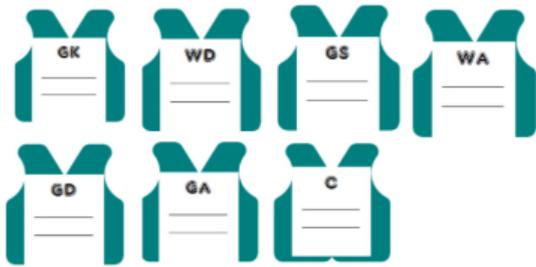
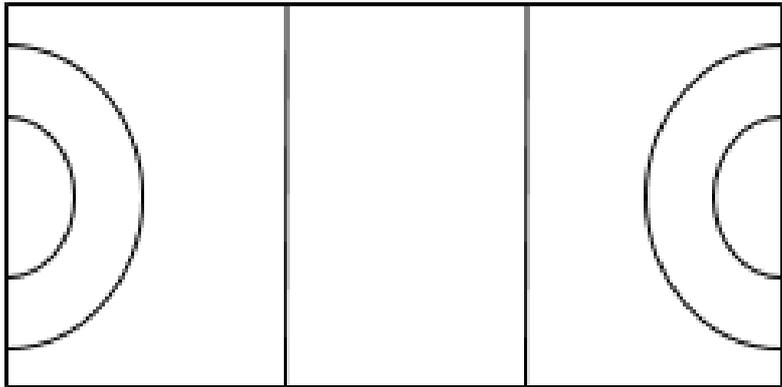
Stage 3 defending:

Use the link/QR code on P2 to watch a video clip on the 3 stages of defending where you can learn about the 3rd stage. This is where you stop your opponent from getting into space to receive the pass.

Name the 7 netball positions below and label them on the diagram on the court.

ATTACK

DEFENCE



Only two of the positions on the court are allowed to shoot the netball. What positions are these?

_____ and _____



Explain the "3 Second Rule".

Choose two positions. Explain their roles on the court and what areas of the court they cannot move into.

a) 1: _____

Role on the court and areas which they can/cannot move into:

b) 2: _____

Role on the court and areas which they can/cannot move into:

