

# THE DUSTON TDS SCHOOL 4-19

Knowledge

Organiser

*Physical Education*

*Year 8 Netball*

Name:

Form:



## What PE kit do I need?

Black school PE shorts/tracksuit bottoms, blue school PE t-shirt, Trainers and white sports socks/school blue PE football socks. School tracksuit/rugby top dependent on weather conditions.

### Assessment Criteria

1	Sometimes throw and catch over a short distance, sometimes intercept pass, basic skill level
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.

<b>T3</b>	<b>Thinking</b>	Demonstrate a basic grasp of problem solving and can apply simple attacking and defending principles in a game.
<b>H4</b>	<b>Health</b>	Perform a training method correctly and work at a good level of intensity.

### Big Questions

1. What is the purpose of passing the ball into space?
2. How can catching the ball with 1 hand improve our game play?
3. How can we use footwork to create space for ourselves to receive or use the ball?
4. Why might we need to step when shooting?
5. How can we get free of our marker/defender?
6. What decisions do we have to make during a game of netball?

#### Web Links:

Best Netball Plays:

<https://www.youtube.com/watch?v=8oKOXiqJkWA>

Defending skills:

<https://www.youtube.com/watch?v=4c-bMycWm2A>



# Shooting



- The ball is held in the preferred shooting hand.
- Resting gently in the palm ready to roll off of your fingers.
- After catching/intercepting the ball it is important to gain your balance.



- The ball should be supported by the non-shooting hand.
- Stand with your feet shoulder width apart and your body straight.



- The power for your shot comes from the floor, so you need to bend your knees as if you are about to jump into the air.
- Keep your back straight and your head up. As you prepare to release the ball, drop your hands back behind your head.



- Try and focus on a point at the back rather than the front of the ring, and let the ball go at the same time as you straighten your legs.
- Move your arms as little as possible when you release the ball but add spin by flicking your wrists.
- You should end your shot standing on tiptoes with your arms following through towards the ring.

## Footwork



What are the advantages of a jump stop?

When may a 1-2 stop be best?

- Receive the ball with one or both feet grounded (if both feet choose a landing foot)
- Step with the non-landing foot in any direction
- Pivot on the landing foot
- If the landing foot is lifted, or the player jumps raising the landing foot, the ball must be released before re-grounding the landing foot
- **Penalty:** free pass to opposing team where infringement occurred

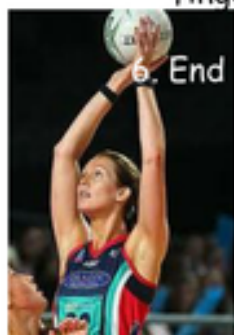
What do you think?

Why may a shooter deliberately lift their landing foot?

# Shooting Self Check



1. Stand in a balanced position facing the goal
2. Ball held high above head (away from defenders arms)
3. Ball sits on one hand (fingers) with other hand supporting
4. Bend your knees and elbows keeping your hands high and focus on the goal. Keep your shoulder still
5. Extend knees and elbows and flick the ball off your fingers - push the ball high to allow it to fall into the net



6. End the shot with arms high and hands following the ball into the net

A B


## CHALLENGE

Can you shoot accurately off one foot?

### True or False.

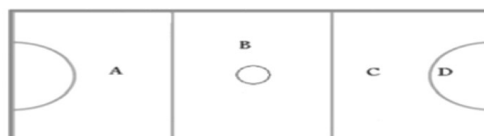
1. Players allowed in the goal circle must be good at rebounding after missed shots at goal
2. A player is not allowed to pass the ball with a one handed throw
3. It is an advantage for a Goal Keeper to be tall, quick and agile.
4. A lob pass can be used to get the ball under or around a tall defender
5. When a player goes out of their designated area then the player will be sent off for 2 minutes

### Multiple Choice

6. How is the time in a Netball game divided?
  - a. Quarters
  - b. Halves
  - c. Thirds
  - d. It isn't divided at all, you play the whole game with no breaks
7. How many players on court, in one team?
  - a. 4
  - b. 5
  - c. 6
  - d. 7
8. If the ball goes out of court, what happens?
  - a. The umpire throws it in
  - b. The opposite team throw it in
  - c. Nothing happens, the ball is played on
  - d. The teams talk to each other and decide who will take the pass
9. How close can a defender stand to someone who has the ball?
  - a. As close as they like
  - b. 1m - 3 feet
  - c. 2m - 6 feet
  - d. 3m - 9 feet

10. How many people on your team can shoot?
  - a. 1
  - b. 2
  - c. 3
  - d. Anyone on court can shoot

11. When can you kick the ball in netball?
  - a. To pass it to someone
  - b. If you drop it and need to keep it away from a defender
  - c. You can't kick the ball at all
  - d. To take it out of someone's hands
12. Which of these is not a form of contact?
  - a. Pushing another player
  - b. Tripping over another player
  - c. Hitting the ball out of a players hand
  - d. Standing in front of a player that is trying to shoot
13. How long can you hold the ball for in Netball
  - a. You have to pass it straight away
  - b. 3 seconds
  - c. 4 seconds
  - d. As long as you want
14. If Player A threw the ball 'Over a Third', who could they be throwing it to?



15. Which of these is NOT a position on a Netball court?
  - a. GA
  - b. WA
  - c. WK
  - d. GK
16. What does GS stand for?
  - a. Goal Shooter
  - b. Goal Scorer
  - c. Great Shooter
  - d. Good Scorer