

Knowledge

Organiser

Physical Education

Year 11 Netball

Name:

Form:



What PE kit do I need?

Black school PE leggings/tracksuit bottoms, blue school PE t-shirt, trainers and white sports socks/school blue PE football socks.

Assessment Criteria

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
9	Consistently accurate, exceptional ground and airborne skill, performs all skills consistently
10	Intercepts nearly every pass, exceptional shooting, significant tactical awareness/anticipation

H9	Health	Meet my fitness needs by planning, performing and evaluating a personal exercise programme.
T9	Thinking	Show a high level of awareness and anticipation in my performances. My decision making is well judged, even under pressure.

Big Questions

1. How can we continue to be successful at passing even under pressure?
2. What options are available when attacking the top of the circle?
3. What options are available at a backline pass?
4. How can we dictate play when in a defending position?
5. Why do we want to force the player wide and how do we do this?
6. What is the benefit of playing conditioned games?

Web Links:

Coaches club– Back line pass

<https://www.Englandnetball.co.uk/get-involved/coaching/coaching-resources/videos/>

England v New Zealand: World cup semi final

<https://www.youtube.com/watch?v=vQ3DHGB6UVE>



AIM

To determine key technical features present in superior aerial change of direction (aCOD) performances, but absent in lesser skilled performances.



Approach

1. Deep knee flexion
2. Rotation about the takeoff leg

Takeoff

3. Narrow arm drive
4. Free leg drive

Airborne

5. Rapid head turn
6. Ball at chest
7. Rapid lower body rotation

Landing

8. Complete 180° rotation
9. Bilateral landing

Figure 1: Key technical features for each phase of a 180° aCOD task

PRACTICAL APPLICATIONS

An integrated approach is needed for the athlete to optimise their aCOD performance as technical factors are sometimes limited by an athlete's leg strength qualities (i.e. not enough flight time to complete the full rotation) rather than their biomechanical technique. Strength and conditioning coaches need to conduct assessments and develop individual training programmes with both the player's physical and technical requirements in mind. All nine critical features for the 180° aCOD task should be considered in performance analysis.

Test your knowledge

What do these hand signals mean?



Explain what is meant by a short pass_____

When an opposing player is defending a shot at goal, name 2 actions they may not do to interfere with the shot_____

What action does the umpire take if two opposing players gain possession of the ball in quick succession?

True or false

1. A player can land on two feet simultaneously, then step forward onto their right foot before releasing the ball.
2. A goal keeper can lean on the ball in the centre third to regain their balance.
3. The umpires decide who will blow the whistle at the start of the game by tossing a coin.
4. An umpire should stop play if she notices a player bleeding.
5. A player may roll the ball towards themselves to gain possession.
6. A player may deliberately throw the ball to another player.
7. A player can attempt to intercept the ball if they are at least 1 metre from the landing foot of the person in possession of the ball.
8. At a penalty pass the offending player must stand by the side of the person taking the throw.
9. The centre must have at least 1 foot wholly within the centre circle at a centre pass.
10. Only 1 foot of the player receiving the centre pass needs to be in the centre third.