

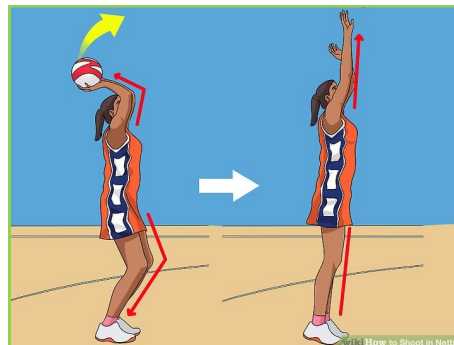
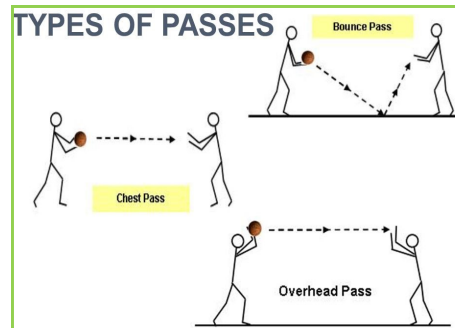
Netball Knowledge Organiser

Key Skills:

Passing	Various passes can be used within the game: chest, shoulder, overhead and bounce.
Catching	A skill used to receive the ball, enabling the team to keep possession of the ball.
Dodging	A change of speed and direction in order to get free into space to receive the ball.
Shooting	A simple used by the Goal Shooter and Goal Attack within the game to score a goal.
Defending	A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass.

Match

- The aim of the match is for one team to pass the ball down the court to their shooting circle and to score into the goal post.
- The game begins with a centre pass. Teams alternate after a goal is scored (regardless of which team has scored).
- An official game lasts 60 minutes and is split into four quarters of 15 minutes.



Key Terms

Tactical Skills

- Attack
- Defence
- Free space
- Change of speed
- Losing an opponent
- Timing
- Decision making

Physical Fitness

- Coordination
- Agility
- Reaction time
- Power
- Stamina
- Strength

Equipment

- Netball
- Netball bibs
- Netball goalposts
- Cones

Minor Rules (if broken, a free pass is given)

- During the game, a player with the ball can only take one step before passing it.
- A player must pass or shoot for goal within three seconds of receiving the ball.
- A player's movement is restricted by which position they play, so they must stay within their designated area.
- The ball cannot be thrown over a complete third of the court without being touched by another player.

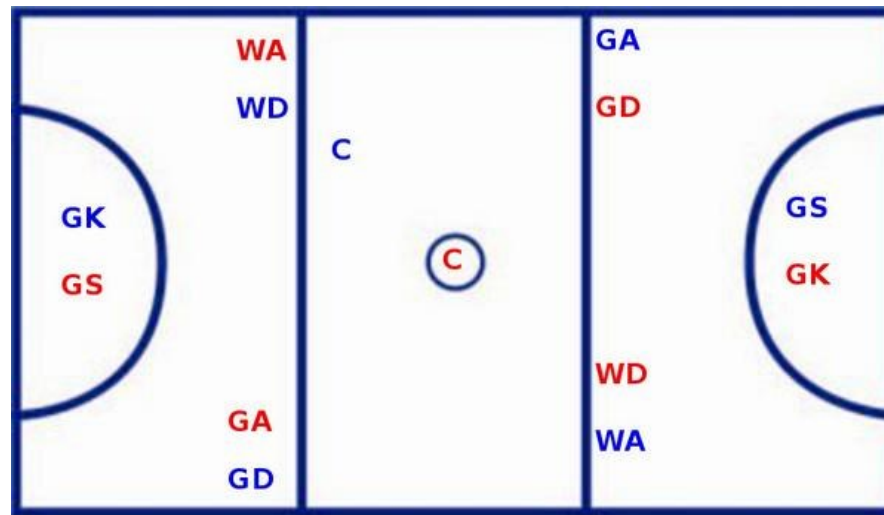
Major Rules (if broken, a penalty pass is given)

- Players must not make any physical contact with another player on the court.
- Defenders must stand at least three feet, or 0.9m, away from the player with the ball.

Playing positions and their roles on the court

Goal Shooter (GS)	To score goals and to work in and around the circle with the GA
Goal Attack (GA)	To feed and work with GS and to score goals
Wing Attack (WA)	To feed the circle players giving them shooting opportunities
Centre (C)	To take the centre pass and to link the defence and the attack
Wing Defence (WD)	To look for interceptions and prevent the WA from feeding the circle
Goal Defence (GD)	To win the ball and reduce the effectiveness of the GA
Goal Keeper (GK)	To work with the GD and to prevent the GA/GS from scoring goals

What a netball court looks like:



Footwork --- Landing --- Obstruction --- Held Ball --- Offside --- Out of Court --- Contact --- Pass --- Stepping