



# HAWTHORN PARK COMMUNITY PRIMARY SCHOOL

Where Care and Learning Count

Headteacher: Mrs Jeni Houghton



## Netball

### In this unit children will:

- Learn to perform basic netball skills such as passing and catching using recognised throws
- Acquire and apply basic shooting techniques.
- Use space efficiently to build attacking play.
- Develop netball skill such as marking and footwork.
- Implement the basic rules of netball.
- Learn netball positions.
- Be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills.
- Begin to play efficiently in different positions on the court in both attack and defence
- Increase power and strength of passes, moving the ball over longer distances
- Work as a team to improve group tactics and gameplay
- Play within the rules using blocking skills for shots and passes

### Vocabulary and key skills:

**Footwork:** When you receive the ball from another player you will land with your feet using '1, 2' the first foot is your landing foot the second foot is your pivoting foot.

**Pivoting:** You may move around on a pivot by keeping foot number 1 on the floor, but not lifting it up, your foot number 2 can help you by moving around in a circle.

**Chest pass:** This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, and you also step forward to give more power.

**Shoulder pass:** This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, and you extend your arm and follow through with your body.

**Bounce pass:** This is a pass which is low to the ground, you use the same position as a chest pass but aim in  $\frac{3}{4}$  of the way between you and the person you are bouncing too.

**Marking:** You must be 1m away with your feet from the player, once you have this distance you put both of your arms up over the ball and go onto your tiptoes, when the ball is released you jump to attempt to intercept.

**Shooting:** You have one hand underneath the ball and the other helping it to balance, you get your aim correct and then bend your knees and release the ball, flicking your wrists

**Dodging:** When you need to get free from your player you push off one foot and then turn your hips to change direction and run the other way.

**Blocking:** This is where you face on and try and block a player. You have to have your hands by your side and if your opponent pushes/runs into you, it would be contact and you get a free pass. This is usually used around the circle. E.G, the defending C will block out the GA, which assists the GD

**Roll Off:** Step to one side to draw the defender, pivot on that foot, make a quick half turn with your back towards the defender and sprint in the opposite direction.

**Attacking:** Gain the front position on a defender. Move in front of the defender to gain an advantage. Receive the ball on ball side

**Defending:** 3 steps - mark the player, mark the ball and mark the space. Limit available options for the ball carrier.

### Rules:

- Contact: You can't touch or push any player during the game as it is a non-contact sport, this will result in a penalty pass or a penalty shot.
- Footwork: If the player moves the landing foot or takes 3 steps with the ball, the other team gets a free pass.
- Obstruction: You must be 1 metre away from the player with the ball before your arms go up and over the ball. If your defender is obstructing you before you shoot, you get a penalty shot.
- You can only hold the ball for 3 seconds before you pass or shoot.
- Centre Pass: To start a game, and after a goal is scored you go back to the centre pass and players must receive the ball in the centre third.
- Repossession: If a player drops the ball or bounces the ball and picks it back up again the other team gets a free pass.
- Offside: If you go into a third that you are not allowed in or if any other player than GS GA GK GD go into the shooting circle the other team gets a free pass.
- The Game: Netball is played over 4 quarters