



Key Vocabulary

Footwork – Not moving with the ball (dragging foot or hopping not allowed). When catching the ball the foot that lands first must stay in contact with the floor until ball is passed.

Offside – a player with or without the ball cannot move into an area of the court that their position is not allowed.

Obstruction – when a defender is closer than 1m to the player with the ball.

Positions

There are 7 positions on a netball team –
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 GA and GS giving them shooting opportunities

Centre (C) – To take the centre pass and to link defence and attack.

Wing Defence (WD) – To look for interceptions and prevent opposition WA feeding the circle.

Goal Defence (GD) – To win the ball and stopping the opposition GA from shooting.

Goal Keeper (GK) – To work with the GD preventing the opposition GA/GS from scoring.

High 7 Rotations – rotation of positions.

GS-C-GD-WA- scorer-GK-GA-WD

Key Knowledge and Skills

Pivoting

Pivot (turning) with the ball once you have caught it.

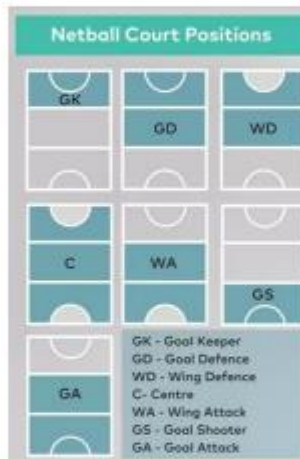
- Keep one foot fixed to the ground.
- Push and turn with the other foot.
- Release the ball off in a different direction.



Shooting



1. Feet shoulder-width apart facing the target
2. Ball held high directly ABOVE head.
3. Knees are slightly bent to push off with.
4. Eyes looking at a point above the ring.
5. Push the ball upwards using wrist and fingers.



Overhead pass



- Bend your arms and keep your elbows close to your body.
- Lift the ball over your head.
- Step forward and release the ball.
- The flight of the ball should be high.

