

# KS2 Netball

Keyword	Definition
Space	An area that is free and where there is nobody else.
Interception *	Catching a pass made by a player on the opposite team.
Defending	Guarding a player to stop or reduce the chance of the other team scoring
Attacking	Creating space to create scoring opportunities

## Defending in Netball

Even if you are playing in an attacking position you still have to defend any time your team is not in possession of the ball. At the start of a game, make sure you know which player you are responsible for marking.

Tips for defending:

- Be netball ready! On your toes, knees slightly bent ready to catch or intercept the ball.
- Keep close to our opponent
- Make sure you are always ball side
- Mark in a sideways stance so you can see the player and the ball
- Keep close to you opponent!



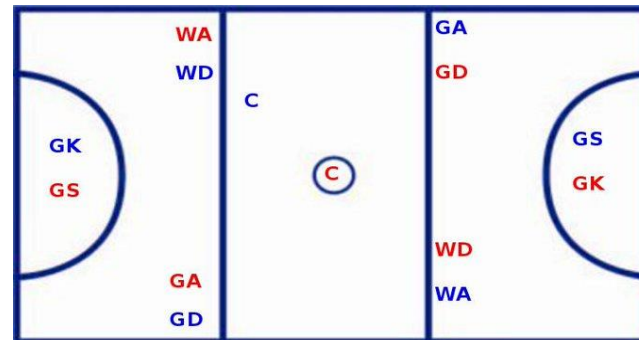
## Passing and Receiving the Ball

### Shoulder Pass

- Opposite foot to throwing hand
- Bring ball back to shoulder
- Fingers spread
- Transfer weight as you bring the throwing arm through
- Always the ball to the space in front of the player you are sending it to.

### Chest Pass

- Stand front on with the ball in two hands at chest height with elbows down (chicken wings)
- Spread fingers around ball (W shape)
- Step forward and transfer weight as you release the ball
- Flick your wrists and fingers as you release the ball



### Positions

Year 5  
You should know what most of the positions are and where one of two of them are allowed to play in game.

Year 6  
You should know all of the positions and where most of them are allowed to play in a game

### Netball position

	Netball position
GK	Goal Keeper
GD	Goal Defence
WD	Wing Defence
C	Centre
WA	Wing Attack
GA	Goal Attack
GS	Goal Shooter

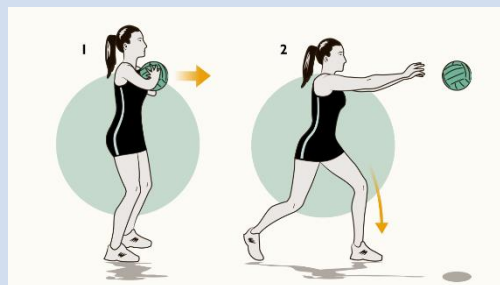
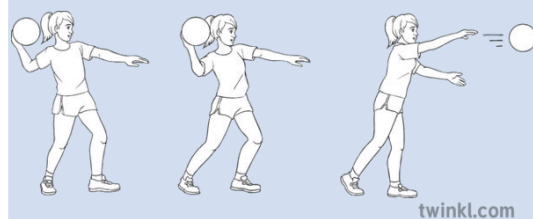
## Attacking in Netball

When attacking in Netball we need to create space to be successful. We create space by:

- Changing speed
- Changing direction
- Driving (sprint) into the space

## Rules

1. You cannot travel with the ball
2. You cannot snatch or hit the ball out of a players hands (contact)
3. You must stay 3ft away from the person with the ball.
4. You cannot hold you ball for more than 3 seconds.



## Shooting

### Prepare

- Feet shoulder width apart
- Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
- Second hand is placed at the side of the ball to steady its position
- Elbows slightly flexed, lined in the direction of the post.

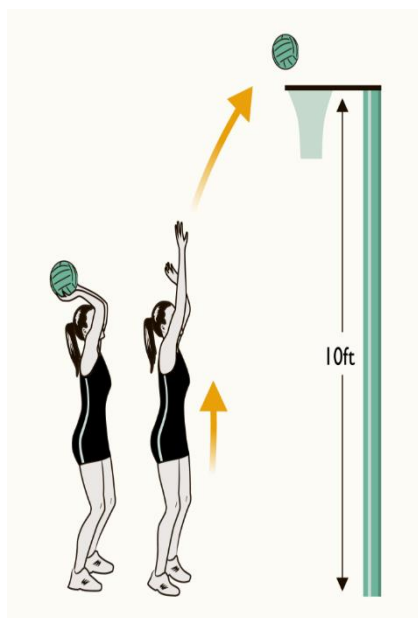
### Squat

- Bend knees
- Maintain balanced position
- Flex elbows not allowing the ball to drop behind your head

### Shoot

- Power through the ankles by pushing up through slightly flexed knees
- Wrist flicks as the ball is released off the fingers in order to create a backwards spin
- Aim to drop the ball through the net without it touching the ring.

## KS3 Netball



## Defending in Netball

Stage 1 – Mark the player!  
They haven't got the ball yet but you can still mark them.



Stage 2 – Mark the ball –  
when the player has the ball make it difficult for them to make their next pass.



Stage 3 – Marking the  
space. Anticipate the pass  
and prepare to drive in  
front to snatch it away.



**“Choose and use” Make decisions about when to pass, keep or move with the ball in competitive situations.**

- When you receive the ball to should look to see the best option of where to pass to.
- Listen to players who are calling for the ball – are they still free?
- Pass the ball to a team mate who driving in a space and is away from their marking player.
- Always pass the ball in in the space in front of the player.

## Creating Space in Netball

### Change Speed

- If you keep running at the same pace throughout a netball match you will become very tired or find it difficult to get away from defending players.
- Choose wisely when you should offer an option. When you see a space, call for the ball, signal and drive (sprint) into that space.

### Change direction and Dodging

- Changing direction and dodging are good tactics to help us to outwit our opponents to get free and create space.

### Keyword

### Definition

### Opponent

The opponent is your competition e.g. a player you are marking or trying to outwit

### Interception

Catching a pass made by a player on the opposite team.

### Tactic

An action or strategy carefully planned to achieve a specific end