



John Port Spencer Academy PE Department

Knowledge Organiser – YR 7 NETBALL



Key Skills:

Passing and receiving – different types of passes include chest pass, bounce pass, shoulder pass and overhead pass.

Attacking – getting free from an opponent in order to receive the ball. Includes the skills of sprinting, dodging and changing direction.

Shooting – With one hand under the ball and the other steadying it at the side, keep your eyes on the hoop, bend your knees and push the ball with the fingers.

Defending – Marking your opposite player both with and without the ball.

Footwork – You must land with a 1-2 landing or with 2 feet. You must then not move the landing foot.

POSITIONS

Goal Shooter (GS) – Can only play in their attacking goal third. Marks the GK.

Goal Attack (GA) – Plays in the goal third and centre third. Marks the GD.

Wing Attack (WA) – Plays in the centre third and their teams attacking third. Marks the WD.

Centre (C) – Only player to be able to play in all 3 thirds. Marks C.

Wing Defence (WD) – Plays in centre third and their defending third. Marks the WA.

Goal Defence (GD) Plays in the centre third and their defending third.

Goal Keeper (GK) Can only play in their defending goal third. Marks the GS.



Stretch and challenge task

- Watch an international or super league game of netball online. You could use the England netball website.
- Draw a court and mark on the positions for 2 teams in different colours.

Rules: The game starts with a centre pass and the ball must be caught in the centre third.

You must comply with the footwork rule e.g. a 1-2 landing.

You only have 3 seconds to release the ball.

When defending you must be 1 metre away from the player.

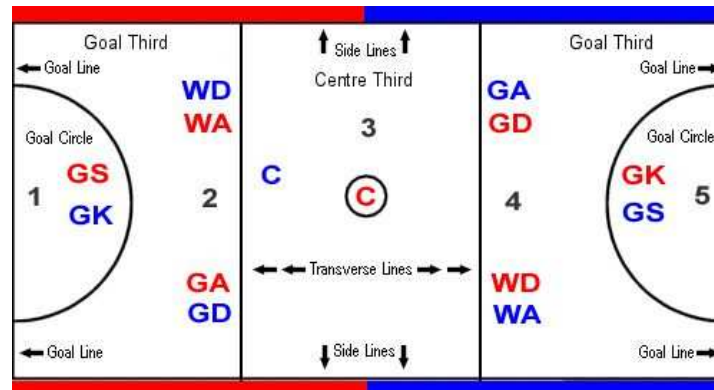
There must be no contact with an opposing player.

Only GS and GA may score a goal.

You must stay in the correct area of the court for your position

Teams take it in turns to take a centre pass.

The ball must be touched in each third of the court.



Key content and Terms to learn

Passing and receiving

Attacking

Defending

Footwork

Contact

Dodging

Shooting
