



# John Port Spencer Academy PE Department

## Knowledge Organiser – YR 8 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 AND RESPONSIBILITIES

**Goal Shooter (GS)** – To score goals and work in and around the circle with the GA. Marks the GK.

**Goal Attack (GA)** – To feed the ball to the GS and to score goals. Marks the GD.

**Wing Attack (WA)** – To feed the ball into the circle and to help move the ball down to the teams attacking third. Marks the WD.

**Centre (C)** – To take the centre pass and to act as a link between defence and attack. Moves the ball down the court. Marks the opposite C.

**Wing Defence (WD)** – To look for interceptions and move the ball down into attack. Marks the WA.

**Goal Defence (GD)** – To get the ball from the attack and help pass it back down the court. To prevent the GA from scoring. Marks the GA.

**Goal Keeper (GK)** – To work with the GD and to prevent the GA/GS from scoring. Marks the GS.

### Stretch and challenge task

- Watch an international game of netball and try and spot if any of the players do not obey the footwork rule and if they contact any other players.
- List the reasons why you might get a free pass.
- List reasons why you might get a penalty pass.

**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. If too close you get a penalty against you and you must stand with the player.

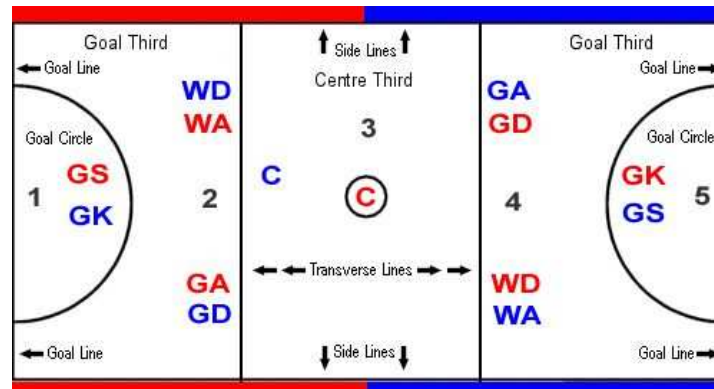
There must be no contact with an opposing player. If you do contact them it is a penalty against you and you must stand with the player.

Only GS and GA may score a goal.

You must stay in the correct area of the court for your position. If you go offside it's a free pass to the opposite team.

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

Shooting

Dodging

Penalty

Obstruction
