



John Port Spencer Academy PE Department

Knowledge Organiser – YR 9 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.

Holding space – trying to keep space in which to receive a pass. Especially useful in the circle.

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 or super league game of netball online.
- What is the order you should pass the ball through starting from GK?
- Do/should the defenders always stay with their opposite player? If not, why not? What do international players do?
- Why might you get a penalty pass when playing netball? What is the difference when a penalty happens in the circle?

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 or a 2-footed 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.

You cannot catch the ball, drop it and then try to catch it again or bounce the ball.

When shooting the ball must touch the ring or net or it is counted as passing the ball to yourself and is a free pass to the other team.



Key content and Terms to learn

Passing and receiving

Attacking

Defending

Footwork

Contact

Shooting

Umpiring

Possession

Holding space

Dodging
