WESTHOUGHTON HIGH SCHOOL KS3 PE KNOWLEDGE ORGANISER – ACTIVITY: NETBALL

Skills and Techniques:

➔ **Catching:**
Hands form W shape behind ball. Catch at speed, catch with one hand and catch a ball at different heights

➔ **Passing:**
Perform different types of passes selecting the right pass under pressure. Place throwing hand behind ball, move opposite foot in front of body. Full extend arm when passing, following through with pass.

➔ **Footwork:**
Land correctly wither one foot landing or two-foot landing. Pivot to send the ball in a different direction.
Turn in the air where you want to send the ball.
Running pass

➔ **Shooting:**
Ball on fingertips, use non-throwing hand to steady ball. Bend knees and elbows, lifting ball up to net.

Rules:

➔ Game is started by centre pass within the centre third inside the centre circle

➔ Two umpires officiate the game and do 1 line each

➔ Players are not allowed to travel with the ball

➔ Players can only travel in their designated zones.

➔ A defending player must stand three feet (1m) away from the person with the ball. Feet before arms.

➔ No contact -penalty pass awarded or penalty shot if it occurs in the attacking D.

Positions:

GK - Goalkeeper
GD - Goal Defence
WD - Wing Defence
C - Centre
WA - Wing Attack
GA - Goal Attack
GS - Goal Shooter
7 players in total

Scoring System:

➔ To score a goal, the ball must be put through the opposition's goal ring

➔ The team with the most points at the end of the game wins.

Tactics

-Set plays from back lines, throw ins and centre passes
-Move with purpose
-Defending-3rd stage defending-
limit opponents' availability

Tactics:

➔Quick Passing
➔Dodging and changing speed to receive ball
➔Seeing, reading and exploiting space

Key Words:

Chest Pass
Bounce Pass
Shoulder Pass
Intercept
Marking Defensive Third Centre Third
Attacking Third
Goal Circle
Net
Attacking
Defending
Centre Pass
Pivot
Possession

NETBALL POSITIONS

GOAL THIRD   CENTRE THIRD   GOAL THIRD

WD   GA
GK   C   GS
GD   WA

DIRECTION OF PLAY