



NETBALL KNOWLEDGE ORGANISER

Upper KS2



Overview

-Netball is a type of invasion game in which two teams play against each other.

Like basketball, the aim of netball is to try and shoot the ball through the opposition team's hoop, using the hands to manouvre the ball.

-However, unlike basketball, netball players cannot bounce or move with the ball (they can only step when they don't have the ball). They can also only hold onto the ball for three seconds. There are a number of other rules that players must learn and follow.

-In netball, players can only go into certain sections of the court, depending upon their position. These sections are marked out by lines on the court. There are seven fixed positions that players can play in on court.



Physical

Skill	Definition	How do I do this?
Ball Handling 	To comfortably gain and keep control of the ball.	-Be prepared, and call when you want to receive the ball. Use two hands to catch the ball. Keep eyes on ball as it comes towards you. Use soft, ball-shaped hands. When jumping to catch, bend knees to land securely. Clear landing (one foot, then other). Pull ball into chest. Continuously remain aware of the players around you.
Passing 	To give possession of the ball to a teammate, without an opposition player intercepting.	-Chest pass: Throw from chest height. Step forward with one foot as you throw. Point fingertips at your target. -Bounce pass: As above, but push ball to floor, just over half way to partner. Point fingertips at your target. -Shoulder pass: Elbow in line with shoulder. Throw the ball with one hand. Throwing hand finishes pointing at target.
Moving 	To get into an open position to receive the ball.	-Move into space away from others. Get low and push off your outside foot in order to dodge the opposition. Call 'here' when you would like to receive the ball. Remember to stay within the court positions you are allowed in. After you have passed, don't stop! Keep moving in order to provide options for your teammates.
Defending 	To prevent the opposition from getting the ball to the hoop.	-When marking an attacker, stay close to them. Ensure you can see both the ball carrier and attacker. Feet shoulder width apart, look for clues of dodging (e.g. shoulder movement). Quick, small steps. Drive onto ball and take with two hands when intercepting.
Shooting 	To attempt to throw the ball through the opposition hoop.	-Ensure that you are in the best position possible for shooting. Begin with your feet shoulder-width apart. Hold the ball in both hands, high above head. Bend knees and elbows and then extend, pushing the ball high. Try to concentrate and take your time.

Social and Emotional

Cooperation
Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates effectively. Teams need everybody to put effort in – one or two weak links can mean that a team is not as effective as it could be!

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.



Honesty and Fair Play
Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. You should be able to officiate your own matches fairly.



Communication
Success in team games hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. It is important to listen, build on and challenge the ideas of others. Remember to communicate clearly & appropriately.

Respect and Kindness
Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels. Treat others how you would like to be treated.

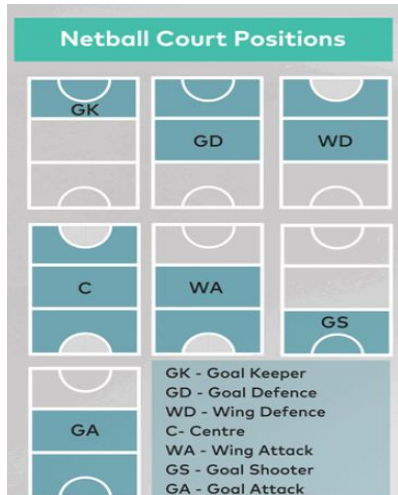
Managing Emotions
Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. Try to remember that mistakes are an opportunity to learn – don't get too down about them!



Key Vocabulary

Netball
Position
Invasion
Hoop
Court
Teammate
Opposition
Ball Control
Passing
Defending
Shooting
Moving
Offside

Thinking/ Strategic

Positions on Court C = Centre WA = Wing Attack WD = Wing Defence GD = Goal Defence GK = Goal Keeper GS = Goal Shooter GA = Goal Attack Players can only go into certain positions (see right). A player who moves out of position is called <u>offside</u> . Use the line markings on the court to help you stay in the correct zones.		Basic Netball Rules Contact – touching another player. <i>Penalty pass: Stand next to the opposition until they have passed ball.</i> Obstruction – less than 3 feet from the opposition player in possession. <i>Penalty pass (as above)</i> Held Ball – holding ball for longer than 3 seconds. <i>Free pass (ball is given to the opposition. Offender not out of play).</i> Footwork – no stepping in possession of ball. <i>Free pass (as above).</i> If a shooter attempts a shot, but misses the hoop without touching it, they must wait until another player has touched the ball before they touch it again.
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Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Be careful when raising arms/ elbows around others.	Hard objects, like hoop stands, and walls, should be padded where possible, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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