

Big Questions

- Why is coordination important in netball?
- How does marking a ball help a defender?
- Why are attacking positions in the semi-circle important?
- What is the importance of a player catching a rebound?
- How can a defender be active and make an interception?
- What is offside in netball?

Sticky Knowledge

- Know why coordination is important in netball.
- Know how to mark a ball when defending.
- Know why positioning is important when attacking around the semi-circle.
- Know how to rebound a missed shot.
- Know how to be active as a defender to intercept a pass.
- Know what it means to be onside.

What

Improve coordination for netball skills – Improve the ability to use two or more body parts at the same time to perform a skill.



Why

Coordination is an essential element of fitness that is utilised in all sports activities. In netball, hand-eye coordination is crucial in helping players precisely follow and catch the ball. It also allows players to be successful when passing or shooting.

How

Using a high concentration level, watch the ball closely and have hands up and ready to receive a pass. Plenty of repetition of practise will help to build up levels of coordination.

Marking a pass or shot – a way of trying to make a pass or shot hard to get away by closing space.



When a player marks an attacker with the ball, it can help to slow down the pace at which the attacking team can play. The defender uses their arms to block the ball, forcing the attacker to pivot and move before they can shoot or pass. Marking also obstructs the shooting path to the goal, making it more difficult for the attacker to score.

Feet must be 0.9m away from the opponent's feet, but arms and hands can be outstretched to get closer to the ball. Keep balance, as any contact results in obstruction and a free pass/shot for the attacker.

What

Attacking semi-circle positions – apply basic position in the shooting semi-circle to create a shooting chance.



Why

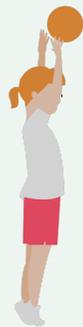
When playing within the shooting 'D', attacking players aim to create space for themselves to receive a pass and increase their chances of scoring a basket. This can be achieved by strategically positioning themselves in the best possible shooting location. It's important for players to spread out and avoid crowding the space while also attempting to move the defenders as far apart as possible.

How

Be on the balls of the feet, ready to move quickly into space. Hands need to be ready to receive the ball at any time. Communicate constantly with teammates to indicate the readiness to receive a pass or where the space to move into is.

Rebounds

– Compete for the rebound of a missed shot as a defender and attacker.



It's essential for both attackers and defenders to catch rebounded shots. If an attacker catches a rebound, they can make another attempt at scoring. Similarly, if a defender catches a rebound, they can move the ball away from their own net and start an attack for their team.

Anticipate the direction of the ball's rebound after a shot. Position yourself strategically and jump to reach the ball before your opponent. Aim to catch it, but if that's not possible, deflect it away from your opponent.

Intercepting a pass

– staying active when defending to make an interception



Good defending requires the player to be active, which means moving with attackers and trying to force mistakes to turn over possession. By being active and anticipating where passes may be thrown, it increases the chances of an interception being made or a mistake being forced.

Stay alert and ready to intercept; stay active on the balls of your feet with your hands up. Move towards the path of the passed ball and position your hands to catch it in both hands.

What	Why	How
<p>Stay onside in netball – know where each position is and is not allowed to go on a netball court.</p> 	<p>Netball is a unique game among invasion games, as players are restricted on where they can move on the court. So, knowing where each position is allowed on a court means a player does not move offside, committing an infringement that results in a free pass to the other team.</p>	<p>Before a game starts, check with teammates on what position you are, in and where you are allowed to go.</p>
<p>Play using basic rules – There are many rules to netball, so learning them in stages is helpful.</p> 	<p>Rules should be introduced to enhance the development of the players. Sometimes modified rules are used to lead to a specific outcome e.g. allowing 4 seconds to pass, which is slightly different from full netball rules.</p>	<ul style="list-style-type: none"> • Players must stay in the areas their position allows. • No Contact. • No hitting the ball out of players' hands • To start and restart the game after a goal is scored, the ball goes back to the centre circle and is the alternate centre between teams. • If a footwork foul is committed, the other team get the ball where the foul occurred. • When in possession of the ball, pass within 4 seconds. • You cannot kick the ball. • The ball cannot be bounced more than once. • The ball cannot be thrown over one complete third without it being touched or caught by a player in that third.

Year 6 Netball – Crossover skills and knowledge

Netball is classed as an ‘Invasion’ Game. Invasion games are games in which a team must ‘invade’ an opponent's territory to score a goal or point. They do this by controlling the ball, keeping possession and moving into scoring positions.

Other examples of Invasion Games are:

- Tag Rugby
- Basketball
- Hockey
- Handball

Head

Umpire a game, explaining decisions where necessary	Help the shooter by staying 'free' around the D	Make choices about where to pass the ball
All Invasion Games (All KS2 units)	Netball (All KS2 units)	All Invasion Games (All KS2 units)

Hand

Mark the ball for a pass or shot	Anticipate, track and control a rebounding ball from a shot	Knock away the ball when appropriate	Make quicker decisions in a game (on and off the ball)	Apply the 0.9m rule consistently
All Invasion Games (All KS2 units)	Basketball, Football, Handball, Hockey, Lacrosse (All KS2 units)	All Invasion Games (All KS2 units)	All Invasion Games (All KS2 units)	Netball (All KS2 units)

Heart

Play in a competition	Play in squad rotations keeping track of who is where and where you are rotating to next
All invasion games (All KS2 units)	Netball (All KS2 units)