

Current world champions

Women – New Zealand

Introduction to Netball

14 players on a court.

7 each side.

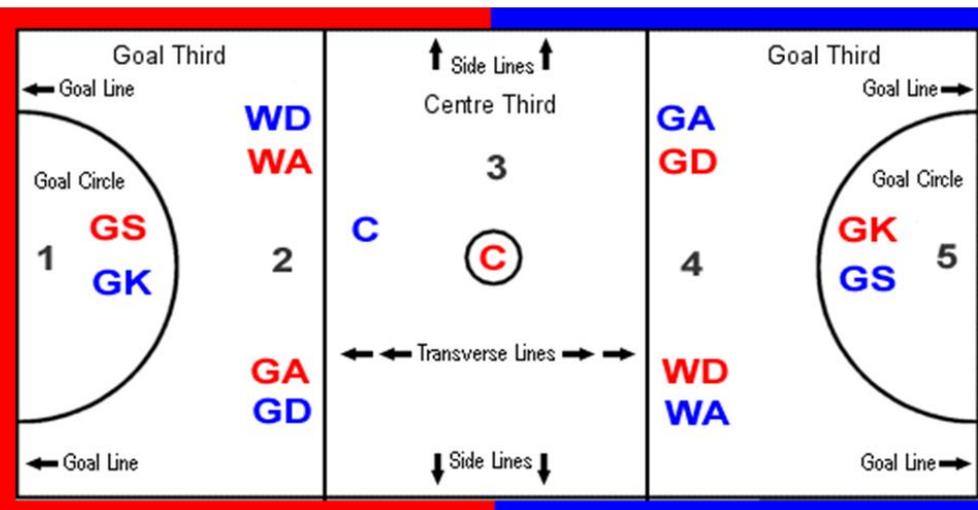
Each player has a set bib-meaning where they can do & what their job role is.

E.G. you can only score if you are GS or GA and inside the semi-circle

Governing bodies:

The International Netball Federation (INF). England- England Netball.

NETBALL: Big idea: Outwitting opponents as a team



History

The **history** of netball can be traced to the early development of basketball. A year after basketball was invented in 1891, the sport was modified for women to accommodate social conventions regarding their participation in sport, giving rise to women's basketball

Minor rules if this rule is broken = free pass to other team

- Footwork:** can only take two steps. First foot landing, second pivot. If first foot is picked up and landed= footwork.
- Held ball:** This means players have only three seconds between catching the ball and making a pass, any time over= Held ball.
- Offside:** Each player is only allowed in certain areas of the court and if they stray out of position then they are offside.
- Over a 3rd:** the ball must be handled in each third of the court.
- Replay ball:** cannot bounce the ball (dribble). Replay= catch, drop and catch again.

Major rules if this rule is broken = penalty pass/ shot to other team & player to stand by person's side:

If any of these rules are broken inside the circle by the defender- shooter can take penalty pass or shot

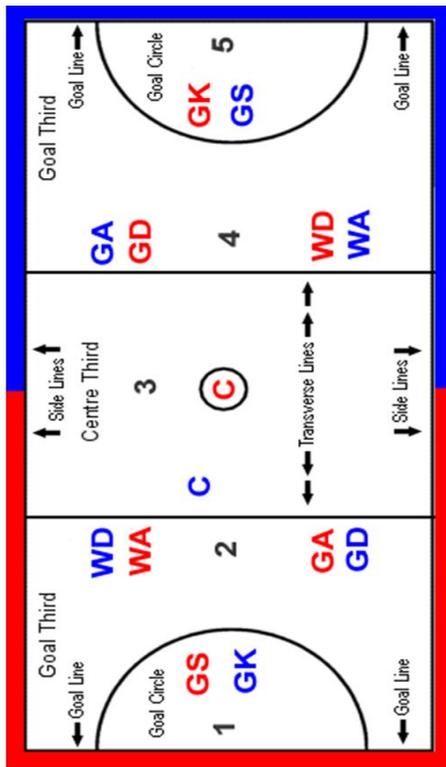
- Obstruction with ball:** must be metre away from the person WITH the ball.
- Obstruction without ball:** cannot have hands up to defend/ block path of a player IF they do not have the ball.
- Contact:** No physical contact to be made (netball is non-contact).

Skills: Chest pass, bounce pass, shoulder pass, dodging, sprinting, pivot, jumping (rebounds), leaping, shooting, intercepting, Teamwork, communicating.

Teams to follow in the Vitality Super Netball League:

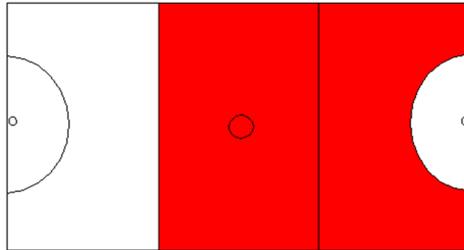
Celtic Dragons, Saracens Mavericks, Loughborough Lightning, Manchester Thunder, Surrey Storm, Team Bath, Severn Stars, Strathclyde Sirens, Wasps Netball, London Pulse.

Key Positioning in Netball. *Where you can go & job role*



Wing Attack

Can go anywhere on the court marked red

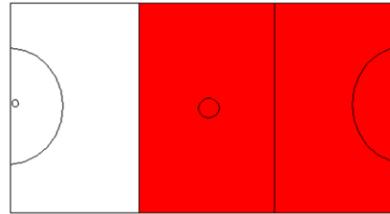


Responsibilities:

- Feed the circle accurately giving them shooting opportunities
- Land facing the goal
- Make your last move as near the circle as possible to increase accuracy of pass
- Allow GD and WD freedom in their attacking areas

Goal Attack

Can go anywhere on the court marked red

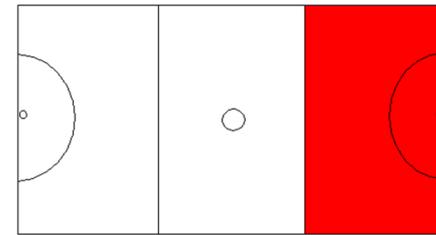


Responsibilities:

- Shoot accurately from all areas of the circle and score
- Receive the ball facing the goal
- Jump high both to catch a pass and to retrieve a mis-shot
- Work efficiently with GS
- Defend when necessary
- Feed the shooter accurately or sympathetically
- Work harmoniously with the centre court players

Goal Shooter

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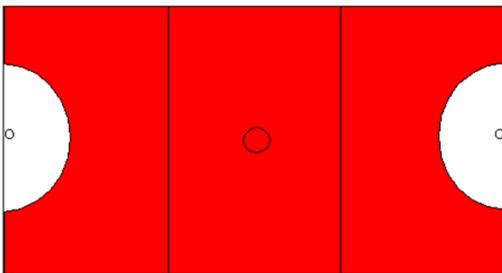


Responsibilities:

- Shoot accurately from all areas of the circle and score
- Receive the ball facing the goal
- Jump high both to catch a pass and to retrieve a mis-shot
- Work efficiently with GA
- Defend when necessary

Centre

Can go anywhere on the court marked red

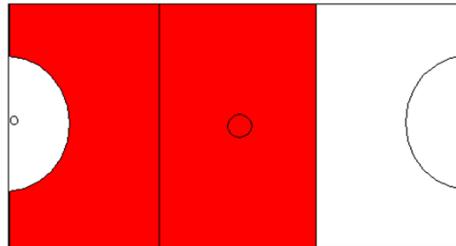


Responsibilities:

- To distribute accurate centre passes
- Link the defence and the attack
- Work with the WA to cover the attacking circle

Wing Defence

Can go anywhere on the court marked red

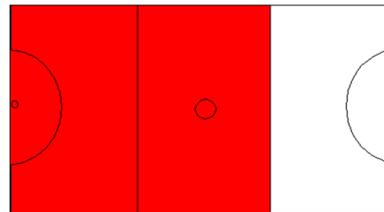


Responsibilities:

- Look for interceptions
- Defend and initiate moves from interception
- Make opponent's task more difficult by denying them prime attacking space
- Interchange with both GD, C & WA
- Work with C to cover the defending circle
- Prevent WA opponent from feeding the circle

Goal Defence

Can go anywhere on the court marked red

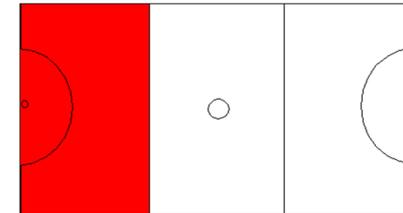


Responsibilities:

- Concentrate 100%
- Vary method of defence
- Keep ball and opponent in full vision
- Position intelligently in the circle
- Initiate attacking play quickly and efficiently
- Interchange with GK on attack and defence
- Intercept from static and moving positions
- Cover shots and rebounds
- Reduce the effectiveness of opponent GA

Goal Keeper

Can go anywhere on the court marked red



Responsibilities:

- Concentrate 100%
- Vary method of defence
- Keep ball and opponent in full vision
- Position intelligently in the circle
- Initiate attacking play quickly and efficiently
- Interchange with GD on attack and defence
- Intercept from static and moving positions
- Cover shots and rebounds, prevent GS from scoring
- Close marking and movement in a small area
- Utilise good upward spring