

About this Unit

Netball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit, you will learn the fundamental movement skills and strategies needed to play netball effectively. You will need teamwork, spatial awareness, and game tactics.

Netball was originally adapted from basketball and has grown to be popular among both males and females around the world.

Netball is played in over 80 countries and is especially popular in countries like the United Kingdom, Jamaica, Australia, New Zealand and South Africa.

There are mixed netball leagues where men and women play together on the same teams.

Can you think of any other invasion games that share these principles?



| Invasion Games Key Principles | |
|-------------------------------|-----------------|
| attacking | defending |
| score goals | stop goals |
| create space | deny space |
| maintain possession | gain possession |
| move the ball towards goal | |

Key Vocabulary

- accelerate:** to speed up
- angle:** formed when two lines come together at a shared point e.g. arm to floor
- create:** to make
- drive:** a fast movement that helps to tell the ball carrier that you want the ball
- intercept:** to take possession
- maintain:** to keep
- opposition:** the other team
- pressure:** feeling challenged
- receiver:** the person receiving the ball

- rebound:** when a player attempts to shoot a goal but the ball hits the ring and bounces back into play
- situation:** circumstances that create the environment
- sportsmanship:** play fairly, respect others and be gracious in victory and defeat
- stance:** body position
- support:** to help
- technique:** how you apply a skill
- tournament:** a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- throw
- catch
- run
- jump
- change speed
- change direction
- shoot

This unit will also help you to develop other important skills.

Social communication, support, collaboration, respect

Emotional honesty, independence, perseverance, self regulation, resilience

Thinking select and apply skills, apply tactics, observation, apply rules

Rules

- **Footwork:** first foot to touch the ground when receiving a ball is the landing foot. The landing foot cannot be lifted and put back down. You may pivot on the landing foot.
- **Held ball:** a player has 4 seconds to pass or shoot.
- **Contact:** if a player contacts another player.
- **Obstruction:** defenders are allowed one jump to mark the ball and must be 1m from the ball carrier.

Free pass is awarded to the non-offending team if the footwork, held ball, replay, offside or over a third rules are broken. The offending player is not out of play.

A penalty pass or shot (if these rules are broken within the shooting circle) is awarded to the non-offending team if the obstruction or contact rules are broken. The offending player is out of play and stands by the side of the player taking the pass/shot.

Tactics

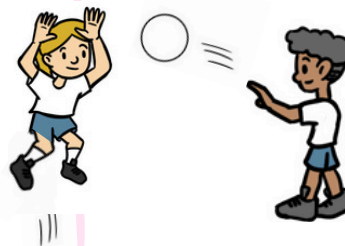
Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a netball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Protect the Gate



What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- Six attempts then change roles.

What was your score /6?



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136