

Netball – Catching & Landing

Keywords

Attack	Pivot
Balance	Obstruction
Control	Balance
Speed	Dodge
Defence	Shoot
Coordination	Footwork

Can you think of anymore?



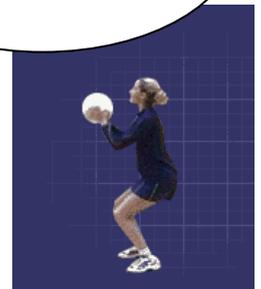
- Monitor the flight of the ball
- Judge the speed and direction of the ball
- Reach for the ball with full arm extension
- Receive the ball with fingers spread wide and curved
- Bring your arms back into your body so you take the force out of the pass



Watch the ball



Bring the ball close into your body to protect it



Making and Applying Decisions	Can you select the correct shot?
	Can you use the correct footwork?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you make space in attack?
	Can you control the game?
Accurate Replication	Can you catch with both hands?
	Can you shoot at ring?
	Can you land with control?
	Can you keep your body between ball and marker?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

- You can improve your play by turning in the air before you land
- To regain your balance you have to absorb the energy from your jump
- Bend your knees and flex your ankles as both feet hit the floor
- Try to land on the balls of your feet, not your heels



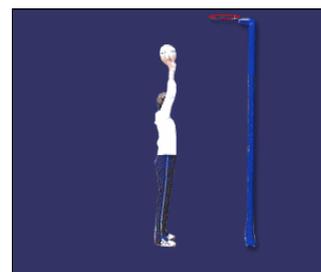
- The benefit of a two-footed landing is that you can decide which foot is your landing foot
- But once you lift one foot then you have made your decision
- You must then pivot, jump or simply step and make your pass

Netball – Shooting

Keywords

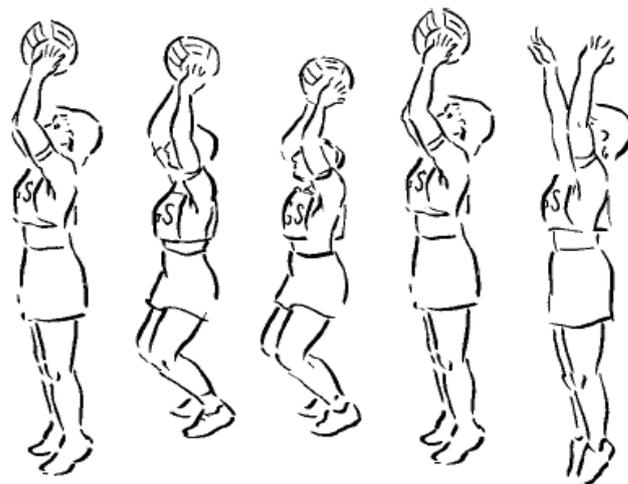
Attack	Pivot
Balance	Obstruction
Control	Balance
Speed	Flight
Defence	Shoot
Coordination	Footwork

Can you think of anymore?



Coaching Points

- Feet shoulder-width apart facing post
- Ball held high directly ABOVE your head
- Knees and elbows are slightly bent to push off
- Eyes looking at a point above the ring
- Flick the ball upwards using wrist and index finger



Holding the Ball

- The ball rests on the fingertips of your stronger hand
- Hand is directly below the ball
- Index (pointing) finger is in line with the post
- Other hand supporting – held to the side of the ball

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Netball – Passing

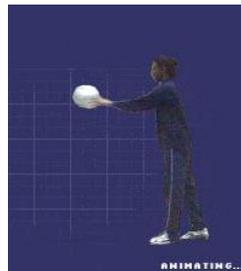
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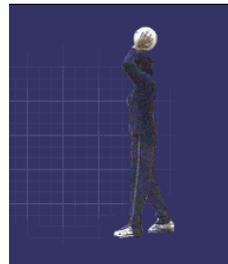
CHEST PASS



- The ball is held in two hands, fingers and thumbs spread
- The ball is brought in close to chest
- The wrists rotate so that the thumbs point downwards
- The player steps forward onto her left foot in the direction of the throw.
- The elbows & wrists extend strongly
- Step into the pass



OVERHEAD



- Bend your arms and keep your elbows close to your body
- Lift the ball over your head and allow it to drop back a little
- Put one foot forward for you to step into the pass
- Aim between their head and chest for easier receiving
- The flight of the ball should be high



BOUNCE PASS



- The ball is brought in close to chest
- It should be held so that fingers are pointing towards the floor
- Release the ball from waist height
- Aim the ball 2/3rds the distance between you
- The ball should bounce into her hands at waist level

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