

**Key Knowledge and Skills:**

Develop passing skills to move towards the goal: Pass to your teammate and then immediately move into space and towards your goal. There are three main types of pass used in netball: bounce pass, chest pass and shoulder pass. Use a shoulder pass to pass over longer distances.

Bounce Pass**Chest Pass****Shoulder Pass**

Improve footwork skills: You should land one foot before the second foot. You can then pivot.

**Know how to lose a defender within a game:**

- If you haven't lost the defender on your first move, you need to move again.
- Move into space away from each other.
- Move at speed to lose a defender.
- Use changes of direction and changes of speed to get past.
- Pass the ball as soon as you recognise that the attacker is free.

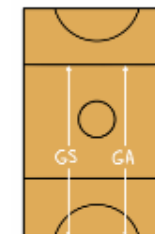
Know how to defend an opponent to win the ball:

- Ensure you can see the attacker and the ball.
- Stay close to the attacker.
- Stay in between the attacker and the ball.
- Look for clues that help you know when they are changing direction such as a bend in their knee or a drop of their shoulder.

Key Vocabulary:

Vocabulary:	Definition:
Intercepting	Obstruct the ball so that you stop the other team from having control.
Possession	When your team has possession of the ball, they have it in their control.
Defence	Protecting your team and keeping possession of the ball.
Attack	Using tactics to get the ball from the other team.
Pivot	Turning on one foot after landing to change direction.

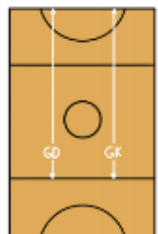
Develop the shooting action: Have your feet shoulder width apart. Hold the ball high. Bend your knees and elbows. Extend the elbows and knees and flick the ball off your fingers.

**Know the positions and rules for playing netball:**

Goal Shooter & Goal Attack



Centre



Goal Defence and Goal Keeper