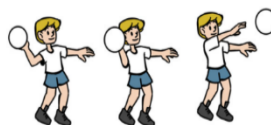


**Key Knowledge and Skills:****Passing (chest pass and shoulder pass)**

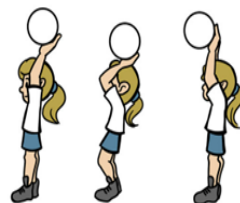
Chest pass: Step forward with one foot. Throw from chest height. Finish with hands pointing towards partner's chest height.



Shoulder pass: Elbow in line with shoulder. Throw the ball with one hand, stepping forward with your opposite foot. Throwing hand finishes pointing at your target.

**Shooting**

Feet start shoulder width apart. Hold the ball on your dominant hand (you can use two hands), high above your head. Place the other hand on the side of the ball. Bend your knees and elbows. Extend your knees and elbows pushing the ball high.

**Some Main Rules****1. Footwork:**

- The first foot to touch the ground when a player receives the ball is known as the landing foot. If both feet are already on the ground, a player can choose their landing foot. The landing foot must remain on the ground, the other foot may be moved in any direction, pivoting on the landing foot.
- If a player breaks the footwork rule, a Free Pass is awarded to the opposing team.

2. Held Ball:

- A player has 4 seconds to pass or shoot, otherwise a Free Pass is awarded to the opposing team.

3. Repossession:

- A player cannot regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

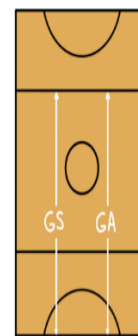
4. Contact:

- Netball is a non-contact game. If contact does occur a Penalty Pass is awarded to the non-offending team.

Key Vocabulary:

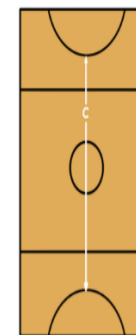
Vocabulary:	Definition:
Goal Attack and Goal Shooter	A position on the team that can play anywhere in their shooting third and centre third and can shoot from within the semi-circle.
Centre	A player who can move in all thirds but not enter the semi-circles.
Goal Defence and Goal Keeper	A position on the team in charge of defending their own goal. They can move in their own semi-circle, third and centre third.
Pivot	Moving, swivelling or turning, keeping one foot fixed to the floor.

Players are allowed in the following areas:



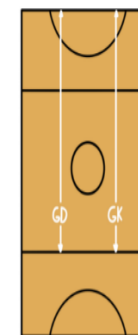
Goal Shooter & Goal Attack

Anywhere in their own shooting goal third, the centre third, but not the end third. GS and GA are allowed to shoot from within the shooting semi circle.



Centre

Everywhere except in the semi circles. They take the Centre Pass. shooting semi circle.



Goal Defence and Goal Keeper

Anywhere in their opponents shooting goal third, the centre third, but not the end third. They try to stop the GS and GA from scoring.