

### About this Unit

Netball is an invasion game where two teams compete against each other. In an invasion game, you enter the other team's space to try to score goals while defending your own area. Netball helps develop teamwork, co-ordination, and strategic thinking. You'll learn how to pass, catch, and shoot. Unlike basketball, players cannot dribble the ball. They must pass it to their teammates to move it down the court.

Netball is played in over 80 countries and is especially popular in England, Australia, South Africa, Jamaica and New Zealand.

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



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

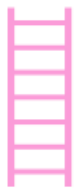
### Key Vocabulary



**attack:** a team in possession of the ball  
**control:** to move with balance  
**court:** the space netball is played  
**defend:** to mark an opposing player  
**intercept:** to gain possession of the ball  
**invasion:** a game of two teams who invade each other's space to score goals  
**opposition:** the other team

**possession:** to have  
**receive:** take hold of  
**technique:** the action used correctly  
**teammate:** a player on your team  
**tournament:** a competition of more than two teams  
**umpire:** a person who makes sure the rules are followed

#### Ladder Knowledge



**Sending & receiving:**  
Point your hands to your target when throwing to help to send the ball accurately.

**Space:**  
Spreading out as a team will help to move the defenders away from each other.

**Attacking :**  
As an attacker you need to maintain possession and score goals.

**Defending:**  
As a defender you need to stop the opposition scoring and gain possession.

#### Movement Skills

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

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

- Social** communication, collaboration, sporting behaviour
- Emotional** honesty, perseverance, confidence
- 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.
- **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 a rule is broken.

#### Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

#### 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](http://www.getset4education.co.uk)

#### Colour Command



**What you need:** 4 - 6 different coloured socks or items

- How to play:**
- Lay out 4-6 different coloured pairs of socks in a circle formation and stand in the middle.
  - Ask a helper to call out 2 colours and see if you can use your speedy feet to get quickly to the correct colours in turn.
  - Return to the middle of the circle and repeat with a new call.

- Top tips:**
- Start in the ready position, feet shoulder width apart and knees bent, ready to react.
  - Head and shoulders facing forwards
  - Turn your hips and move your feet to each colour.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

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



@getset4education136