

## Key Knowledge

### Shoulder Pass

**One handed pass**—cradle the ball in hand and lift the ball to shoulder—push the ball quickly towards your teammate. Foot position opposite foot forwards to the hand being used.



### Chest Pass

Both thumbs to the back of the ball, take the **ball from your chest** and send it to a teammates chest (ball should not touch the floor). **Fingers finish pointing towards the target** and palms facing out.



### Bounce Pass

Same setup at the chest pass with the exception of **fingers end up pointing to the floor** when you let go of the ball. Aim towards your teammates feet— the ball should **bounce once**.



### Sport Star Netball

Serena Guthrie—England captain . Plays as a centre or wing defence. Won a gold medal at the Commonwealth Games with the Roses in 2018.



## Basic Game Play

### Communication

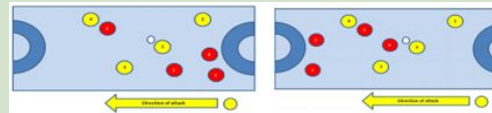
To show that you would like the ball you need to communicate with your teammates—you could **call their name, make eye contact or show target / W hands**.

### Marking

Marking You need to be goal side of your opponent—**keep low** and **focus** on the ball.

### Defending

When your team does not have possession of the ball all players should try and get back closer to their own goal than the ball. On the left diagram 3 Reds are in the incorrect place as they are ahead of the ball. On the right the Red have all **moved back and are in between the ball and their own goal**—this will make it harder for the Yellow team to score.



## Vocabulary

**Attack-** To try and score a goal/point in the opponent's area.

**Communicate-** Know when your teammates are passing you the ball.

**Defend-** Protect your goal area—stop the other team from scoring

**Intercept** To gain possession on the ball when the other team are passing the ball.

**Pass** - Chest, bounce or shoulder pass - which is best for the task.

**Pass and move-** Once you have pass the ball to a teammate move into a space to receive it again.

**Receive Take** possession of the ball from a teammate W / Target Hands important

**Space-** An area of the pitch/court where you are not next to your teammates or opponents.

**Turn-** Change direction with or without the ball.