

Key Skills

Passing:

- Bounce Pass – Used to get under a defenders hand
- Chest Pass – Quickest pass and should have a flat trajectory
- Shoulder Pass - Used to pass over a defender

Footwork:

- Foot that lands first is your pivot foot
- Landing with both feet together is most effective, as you can decide which foot to use as pivot foot

Defending:

- Must be 1m away from pivot foot when defending player with ball
- Hands should be up to block shot or intercept pass

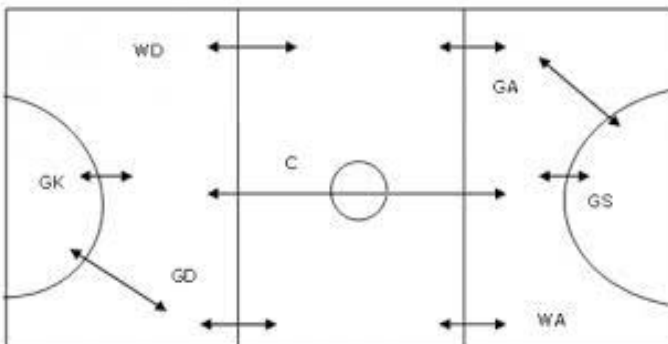
Shooting:

- Bend from the knees to generate power
- Flick from the wrist when releasing the ball

Movement:

- Move into a space away from the person marking you
- Dodge, or double dodge, to evade a marker

Basic Positions:



Year 7 Netball

Example of a Netball Game



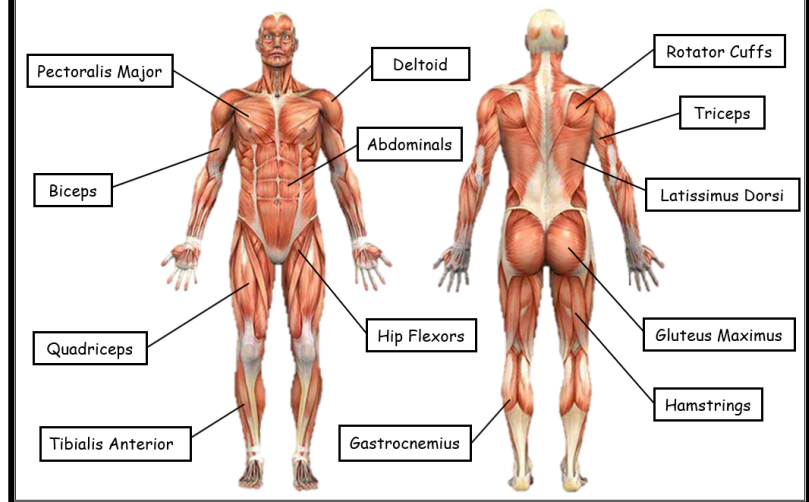
<https://www.youtube.com/watch?v=Sg6H9x8FGWk>

When watching the game from the QR Code/hyperlink above, look out for the following:

- What type of pass is used for the majority of passes.
- How spread out the players are and how they do not bunch around the ball.

Scientific Names of Muscles

Muscles of the Body



Invasion Game Tactical Focus for Year 7: Moving into Space to Receive the Ball

This will be shown when a player on your team has the ball. You are expected to move into an area of space and not crowd around the ball. By moving into space, you allow the player more space with the ball, and you will have more space with the ball, once you receive it. This will increase the likelihood of you maintaining possession and scoring.