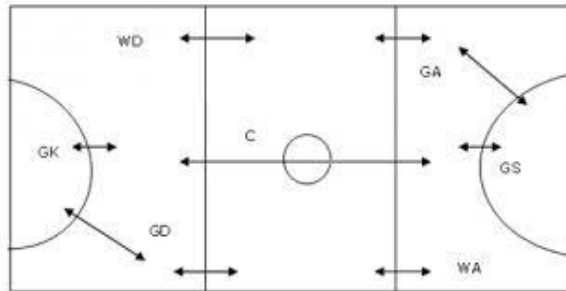


Key Skills

Positions:



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
- Pass into the space in front of the player, so they run onto the ball

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
- Pivot foot can be lifted, but ball must be passed before it lands

Defending:

- Must be 1m away from pivot foot when defending player with ball
- Hands should be up to block shot or intercept pass
- Stand side on when marking, so able to move forward or back

Shooting:

- Bend from the knees to generate power
- Flick from the wrist when releasing the ball
- Aim for the back edge of net

Movement:

- Move into a space away from the person marking you
- Dodge, or double dodge, to evade a marker
- Stay on your toes to allow you to dodge at an instant

Year 8 Netball

Example of a Netball Game

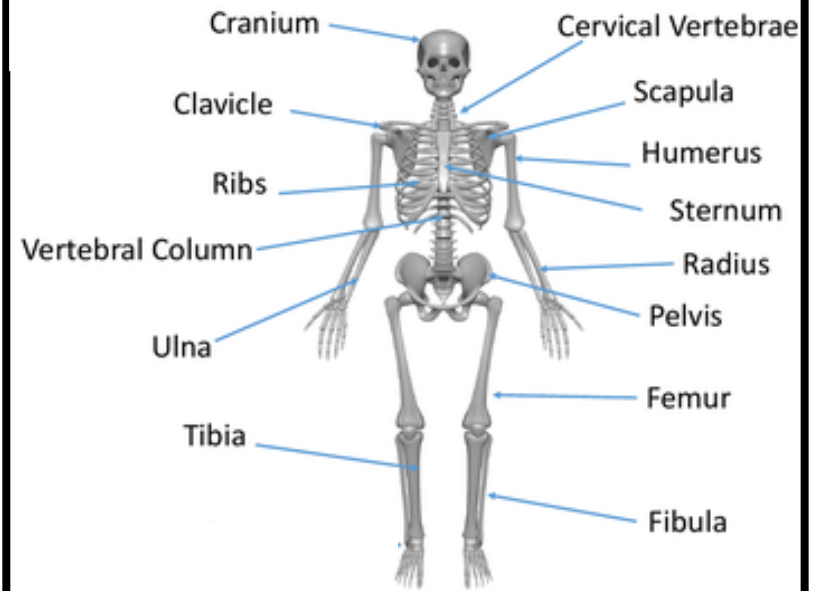


<https://www.youtube.com/watch?v=Sg6H9x8FGWk>

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

- How the player takes their time when they are about to shoot.
- How the defenders get their hands up to make it more difficult for the person with the ball to pass

Scientific Names of Bones



Invasion Game Tactical Focus for Year 8: Effectively Marking a Player in Defence

This will be shown when your team does not have possession of the ball. You will be expected to mark a player from the opposition team. You should follow them and stay close to them, so that their teammates are discouraged to pass them the ball, as they will be concerned of losing possession through an interception.