Subject Knowledge Organiser

Netball – Rules, Officials, Scoring, Player Positions & Court Dimensions

Rules

- ❑ Players are not allowed to travel with the ball.
- ❑ A team can have up to 12 players but only seven are allowed to play on court.
- ❑ Defending players are unable to snatch or hit the ball out of another player's hands.
- ❑ A defending player is only allowed to stand beside the player with the ball until it has left their hands.
- ❑ A defending player must stand three feet away from the person with the ball.
- ❑ An attacking player is unable to hold the ball for more than three seconds.
- ❑ Players must remain within their designated zones.
- ❑ The team retaining possession after the ball goes out of play have three seconds at the side-line to get the ball back into play.

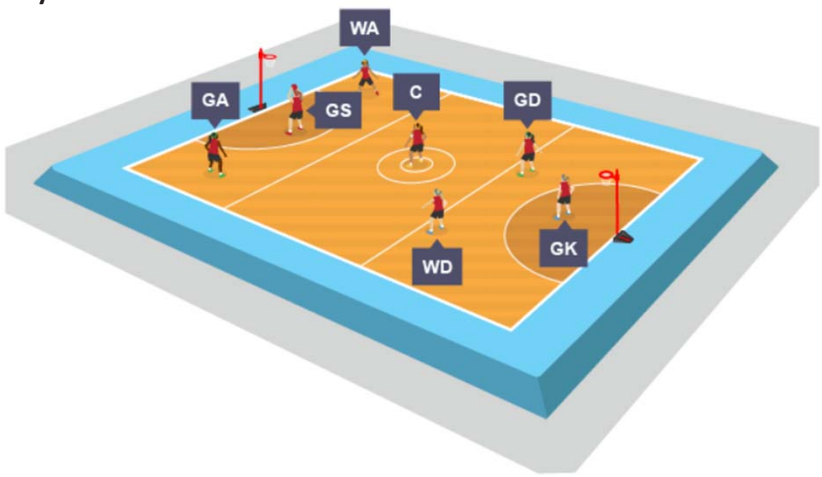
Officials

During a competitive game of netball there are two referees and up to two scorekeepers and timekeepers officiating.

Scoring

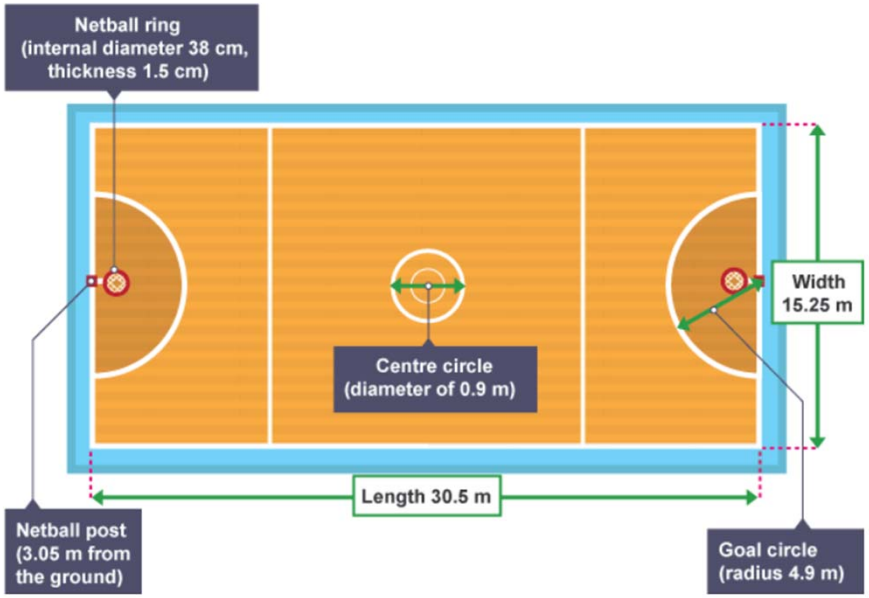
In a game of netball there are two clear ways to score points:
1.In open play, if a shot is successfully scored from inside the goal circle, the team gains one point.
2.If the team is awarded a technical foul then they will receive a free shot at the net. A successful shot will be awarded with one point.

Player Positions



GS	Goal shooter	GA	Goal attack	WA	Wing attack
C	Centre	WD	Wing defence	GD	Goal defence
GK	Goal keeper				

Court Dimensions



Subject Knowledge Organiser
Netball – Bounce Pass, Chest Pass, Shoulder Pass & Pivoting

Bounce Pass

A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Stage one
Feet shoulder-width apart in opposition, with knees bent. Place hands each side and slightly behind the ball, with the fingers comfortably spread. Hold the ball at waist level, with elbows tucked in.

Stage two
Step in the direction of the pass, through extending your legs, back and arms. The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands. Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Chest Pass

A chest pass is a very fast and flat pass which enables a team to move quickly up a court in a precise and accurate fashion.

Stage one
Stand with feet shoulder width apart and on the balls of your feet, with back straight and knees slightly bent. Place hands on the sides of the ball with the thumbs directly behind the ball and fingers comfortably spread.

Stage two
The ball should be held in front of the chest with the elbows tucked in. Step in the direction of the pass, by extending their legs, back, and arms. Push the ball from the chest with both arms (not from one shoulder). Fingers are rotated behind the ball and the thumbs are turned down.

Stage three
The back of the hands face one another with the thumbs straight down. Make sure the ball is released off the first and second fingers of both hands. Follow through to finish up with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Shoulder Pass

A shoulder pass is a very dynamic, fast and long pass which enables a team to switch positions on court very quickly to either find a player in space or break defensive screens.

Stage one
Player's feet should be shoulder width apart in opposition. Opposite foot forward to throwing arm. Stand on balls of feet with toes pointing toward target, and knees slightly bent. Hold the ball at head height, slightly behind your head. Elbow should be at a 90° angle. Fingers spread behind the ball.

Stage two
Step in the direction of the pass by transferring your body weight from back foot to front foot. Pull the arm through with the elbow leading. To follow through, fully extend your arm and wrist. Point your fingers in the same direction as the pass, with palms facing down.

Pivoting

The pivoting action is a swivel movement that allows the player to move on a fixed axis to either pass or shoot.

Stage one
Run towards the ball and jump by extending the legs and ankles. Keep your eyes firmly fixed on the ball. Bring your hands out in front of your body at chest height with fingers spread open and pointing up.

Stage two
In the air catch the ball with thumbs an inch or two apart making a 'W' shape. Land on the ball of one foot on the ground. Flex your knee and ankle as your foot hits the floor.

Stage three
Stand with knees slightly bent and your feet shoulder width apart. Bring the ball into your body to protect it. Pivot by rotating yourself on the ball of your landing foot. Keep your upper body straight and head up. Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the ball in. You can move or step with the other foot any number of times. You are not allowed to lift the foot you are pivoting on before you release the ball.