

# YEAR 7 NETBALL RULES AND SKILLS

## Catching

- Keep your eyes on the ball
- Hands & arms out to meet the pass
- Soft fingers in a W shape
- Snatch the ball in

## Shooting

- Feet shoulder width apart
- Ball above head
- Only forearms bends
- Bend knees, bend forearm
- Raise up and wave ball goodbye
- Aim for back of ring and above

## Dodging

- Decide when/where to go
- Take weight onto lead foot, step out
- Drop shoulder, bend knee
- Push off in opposite direction
- Use arms to build speed
- Keep head up and watch thrower

## Marking

- Small, speedy footwork
- Balance
- Position  $\frac{1}{2}$  way across player
- Head up watch player and ball
- Commitment

## Pivoting

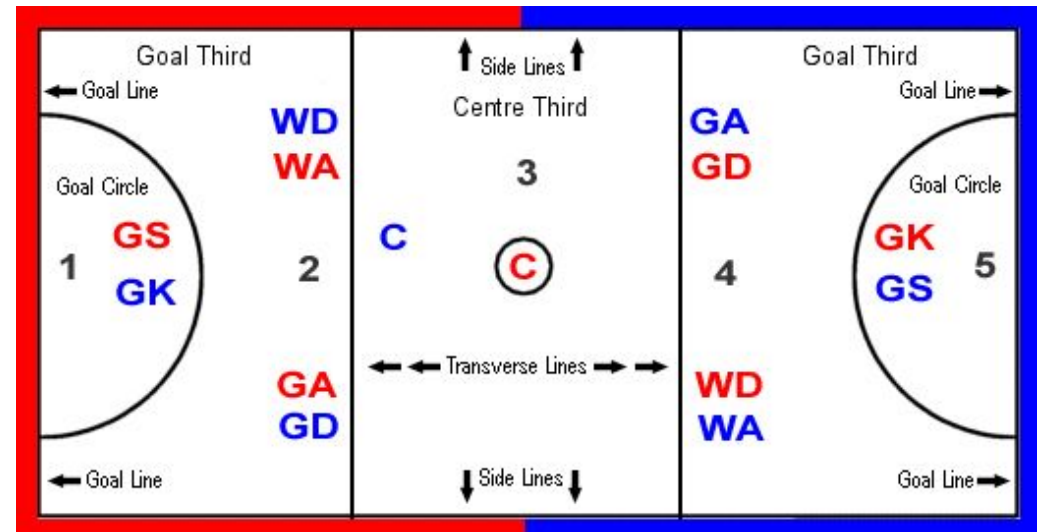
- Use the ball of the feet
- Keep the knees soft
- Head up
- Push with other foot

## Types of Pass

- Chest - w hands
- Bounce - push from hip
- Shoulder - extend arm
- Overhead - point fingers

## Footwork

- Land 1 or 2 footed and stick
- Next step use as a brake
- Push with braking foot to stand up
- Keep head up



**Footwork** - a player can only take one step while in possession of the ball. A player may also only hold onto the ball for 3 seconds at a time.

**Contact** - it is prohibited to touch another player where it impedes with an opponent or game play.

**Obstruction** - a player must always be at least 3 feet away from an opponent with the ball when defending. If impeding contact is made then a penalty is awarded.

**Centre pass** - the game starts from the centre circle and the first pass must be caught in the centre third. After each goal scored play starts again from the centre

**Throw-ons** - if the ball goes off court the opposite team takes a pass from where the ball left the court