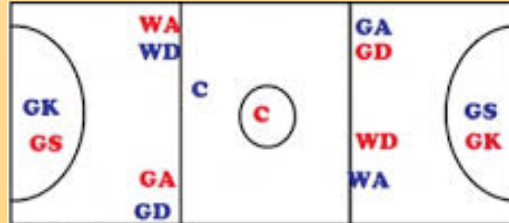




Netball Rules.

- You can only hold the ball for 3 seconds.
- No contact with an opposing player.
- Must be at least 1 metre away when marking your opponent.
- You can only pass across one third of the court.
- No repossession of the ball.
- Must perform correct footwork when in possession of the ball.
- You can only enter the areas of the court your position allows.
- Game starts and restarts with a centre pass.
- Teams take it in turns on taking a centre pass.
- The centre pass must be received in the centre third.



Netball Positions.

- Goal Shooter:** To score goals and to work in and around the circle with the GA.
- Goal Attack:** To feed and work with GS and to score goals.
- Wing Attack:** To feed the circle players giving them shooting opportunities.
- Centre:** To take the centre pass and to link the defence and the attack.
- Wing Defence:** To look for interceptions and prevent the WA from feeding the circle.
- Goal Defence:** To win the ball and reduce the effectiveness of the GA.
- Goal Keeper:** To work with the GD and to prevent the GA/GS from scoring goals.

Skill/Tactic	Skill/Tactic Technique Points
Chest Pass	W grip/ Step/Chest to chest/Follow through/ short distance.
Bounce Pass	W grip/ Step/Chest to chest/Follow through/ Bounce before player/ short distance.
Shoulder Pass	Sideways on/elevation/ shoulder to shoulder/ step/ follow through/arch/ long distance.
Footwork	Landing on alternate feet- first foot to land is the static pivoting foot. Landing on simultaneous feet – either foot can become static pivoting foot. On the move – release ball before third step.
Dodging (Getting Free)	Stop and go (Quickly sprint one way-stop-then go again the same direction) Feint dodge (feint one way and then dodge the other way to lose marker) Holding space (Place one foot sideways to opponent- create space behind) Forward run (Feint to run backwards and then with quick turn of pace forwards).
Defending	Man to man marking – sideways on/ close to player/ on toes/ outstretch arms/ mark ball target.
Shooting	Balance/height/line and aim/ flick and follow/ knee extension.



Rules.

- Game is started by a kick off in the centre of the pitch.
- In a full sided game each team consists of 11 players.
- If the ball goes off the side of the pitch it is a throw in to the team that didn't touch the ball last.
- If the ball goes off the end of the pitch it is a corner or a goal kick depending who the ball touched last.
- Depending on where the incident takes place, a free kick or a penalty is awarded if the player in possession of the ball is illegally infringed.
- The goalkeeper is the only player allowed to touch the ball with their hands and can only do this inside their 18 yard box.
- To score a goal, the ball must cross the opposition's goal line.
- If a player is past the opponent's last defender and in the opposition half when the ball is passed they are offside and a free kick is awarded to the opposition team.
- The team with the most goals at the end of the game will win the game.

Positions.

- Goalkeeper** - The last line of defence in any team is the goalkeeper. The keeper must use any part of his body to stop the opposing from scoring.
- Defenders** - In front of the goalkeeper you have the main defensive positions in football. Their main duty is to provide a solid base and stop the opponents from scoring.
- Midfielders** - The position between defence and attack are known as midfield positions. Midfielders must dictate the speed of the play, break up opposing attacks and keep possession of the ball. They also link the play from defenders to attackers, often creating chances for forward players.
- Forwards** - Forwards are the players who are tasked with scoring goals for the team by creating chances for other players. Also known as strikers these players are positioned closest to the opposition's goal.

Skill/Tactic	Skill/Tactic Technique Points
Short Pass	Non kicking foot next to the ball/ use the inside of the kicking foot to contact the ball following a short back swing/ keep head over the ball to improve accuracy and ensure ball stays on the ground/ follow foot through to generate more power.
Long Pass	Non kicking foot next to the ball/ use the front (laces) of the kicking foot to contact the ball following a bigger back swing (flexion of the knee)/ keep head over the ball to improve accuracy of the pass/ lean back slightly to help generate height if required on the pass/ follow foot/leg through to generate more power.
Heading	Keep eyes focused on the ball when preparing to header/ use the forehead to contact the ball/ move feet to ensure body is slightly behind the ball before heading/ use neck to generate more power on the header/ defensive headers are normally headed high with increased distance whereas attacking headers on goal are normally headed down to make it more difficult for the goal keeper to save/perform a jump before the header to increase power and give yourself more chance of beating the opponent to the header.
Shooting	Non kicking foot next to the ball/ keep body balanced/ head slightly over the top of the ball/ use side foot for placement or top of the foot for increased power/ flex leg back further when preparing to strike to the football for increased power/ aim for the area of the goal that the goalkeeper is least likely to save the ball.
Attacking	Attack defender with pace/ keep ball in close control away from the defender/ move the ball to make it more difficult for the defender to tackle you/ use tricks to outwit the opponent.
Defending	Man to man marking – sideways on/ close to player/ try to slow attacking player down/ on toes/ show attacker to their weaker foot/ time tackle effectively to increase chances of winning the ball back.
Crossing	Non kicking foot placed next to the ball/ contact ball with the instep of the foot/ lean body slightly back to add height on to the cross to avoid the first defender/ follow leg through to increase the power on the cross/ the body needs to remain balanced to increase accuracy and success of the cross.



Components of Skill Related Fitness.

Agility is the ability of a sports performer to quickly and precisely move or change direction without losing their balance.

Balance is the ability to maintain your centre of mass over a base of support. There are two types: static balance and dynamic balance. A gymnast uses static balance when performing a headstand and dynamic balance to perform a cartwheel.

Co-ordination is the smooth flow of movement needed to perform a motor task efficiently and accurately.

Power is the work done in a unit of time. It is calculated in the following way:

$$\text{Power (kgm/min or kgm/s)} = \frac{\text{Force (kg)} \times \text{Distance (m)}}{\text{Time (min or s)}}$$

Reaction time is the time taken for a sports performer to respond to a stimulus and the initiation of their response. For example, sprinter in the blocks responding to the starter's gun.

Components of Physical Fitness.

Aerobic endurance is also known as cardio-respiratory fitness, cardio-respiratory endurance or aerobic fitness. It is the ability of the cardio-respiratory system to efficiently supply nutrients and oxygen to working muscles during sustained physical activity.

Muscular endurance is the ability of a muscle to continue contracting over a period of time against a light to moderate load. It is the ability of the muscular system to work efficiently.

Flexibility means having an adequate range of motion in all joints of the body. It is the ability to move a joint through its complete range of movement.

Speed is calculated in the following way:

$$\text{Speed (m/s)} = \frac{\text{Distance (m)}}{\text{Time taken (s)}}$$

The faster an athlete runs over a given distance, the greater their speed. There are three basic types of speed:

- accelerative speed – sprints up to 30 metres
- pure speed – sprints up to 60 metres
- speed endurance – sprints with short recovery periods in between.

Muscular strength is the maximum force a muscle or muscle group can produce.

Body composition is the relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.