2-Handed Static Catch

1: Keep eyes on ball
2: Move to reach towards ball
3: Spread fingers around back and sides of ball, thumbs in the middle making W shape
4: Fingers squeeze onto ball
5: Hands and arms ‘give’ on contact, pull towards body in preparation for throw
6: Move feet to get close to ball

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Bounce Pass
(2-handed bounce used over short distance to avoid tall defence)

1: From a 2-handed catch, take ball just below chest height and use similar action for chest pass

2: Ball should bounce two thirds of distance towards receiver

3: Bounce kept low to avoid arms of defender
Chest Pass
(for shorter passes to give control and speed)

1: Start from 2-handed catch position, ball at chest height
2: Ensure fingers spread behind ball
3: Keep elbows low and relaxed
4: Transfer weight forward and push ball out extending arms and wrists
5: Follow through with hands, fingers and arms

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Shoulder Pass
(for long passes requiring power)

1: Take up balanced starting position with opposite foot forward to throwing arm

2: Move ball just above shoulder with fingers spread behind ball

3: Use second hand to steady the ball if necessary

4: Hand, arm and shoulder thrust forward towards throwing target

5: Weight transferred forward onto front leg

6: Arm, hand and fingers follow through to target
Stage 1
Defending

Aim: mark so closely to prevent player receiving ball or making interception

POSİTİON (attacking player)
1: Defender half covers attacking player
2: Body slightly angled to attacking player’s uncovered side
3: Position close and within arm’s reach of attacker
4: Back to player

STANCE
1: Feet shoulder width apart
2: Weight balanced and on balls of feet
3: Arms flexed at front or side of body
4: Head up

FOCUS
1: Watch player and ball
Stage 2
Defending

Aim: to tip ball, intercept or force weak pass

STANCE
1: Take up a springy stance
2: Knees bent and ready to jump

ACTION
1: Anticipate throw and jump up and towards player for interception

POSITION
1: Take up position .9m in front of player as quickly as possible
2: Full stretch to cover space as near to ball as possible
3: Cover space in front of and to side of ball with hands shadowing

FOCUS
1: Watch ball and player’s eyes
Attacking Sprint

1: Weight on balls of feet, in front of vertical, knees and ankles flexed

2: Head up and eyes on ball

3: Drive forward pulling knee through

4: Use arms to drive forward and away from defender

5: Take ball at full speed jumping to control landing

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1: Body weight over base, knees and ankles flexed

2: Eyes on ball and thrower

3: Run forward, then plant left/right foot, then suddenly drive in opposite direction

4: Turn hips on final drive

5: Use hand to indicate when and where to receive pass

Change of Direction

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Change of Pace

1: Keep body upright and back straight

2: Use small step, then suddenly drive forward or at an angle

3: Indicate where ball is wanted
Feint Dodge

1: Feet shoulder width apart
2: Body weight over feet
3: Strong push off outside foot
4: Upper body upright
5: Quick turn of hips
Standing Shot

1: Balanced position, feet hip width apart, back straight

2: Body lined up to face goal

3: Ball held high above head with dominant hand under ball and fingers facing back

4: Use second hand to steady ball if necessary

5: Lower ball over and behind head, flexing but not lowering elbow and wrist

6: Keep head up and focused on back of ring

7: Use knees and ankles to help push ball upwards and forwards

8: Fingers follow through facing ring, trajectory high with ball dropping into ring

9: Body balanced after release
Side Step

1: Keep on balls of feet
2: Head up and looking ahead
3: Back straight, knees slightly flexed
4: Feet shoulder width apart
5: Weight over feet
4. Bend knees on landing, still maintaining upright body

1. Bend knees, lower hips but keeping body upright

Jumping Upwards

3. Reach up to catch the ball and pull it towards body

2. Arms swing back and vigorously upwards whilst maintaining straight body position in air
Jumping Forwards

1. Bend knees, lower hips but keeping body upright

2. Swing arms lowering and driving the body forward to catch the ball

3. Head stays focussed onto the ball as the hips are lowered

4. Exaggerate bending knees on landing keeping body weight under the hips
Sprinting

1: Keep weight on balls of feet

2: Head up and upper body upright

3: Opposite arm to lead foot when driving forward

4: Feet shoulder width apart

5: High knee lift

6: Avoid stepping back before making forward movement
2-Handed Catch on the Move

1: As static catch plus

2: Jump to catch to control momentum

3: Land balanced with weight over both or landing foot

4: Keep head up

5: Bend knees and hips to give stability and control

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Catching and Turning in the Air

1: Drive up

2: Begin turn at take-off by pushing in direction of turn

3: Turn head, shoulders and hips

4: Run at an angle towards the thrower keeping eyes on the ball

5: Bend knees and hips to give stability and control

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**1-Handed Catch**

1. Catching arm & hand extended from the body
2. Allow some ‘give’ on catching to absorb impact
3. Bring ball into body and add second hand
4. Control ball with fingers
5. Coach both right and left handed players

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Bounce Pass
(1-handed bounce used over a short and medium distance)

1: Ball is taken to the side of the body and kept low (waist/hip)

2: Taking a step across with the opposite foot widens the angle and protects the ball from the defender

3: Ball should be bounced two thirds of the distance towards the catcher

4: Keep the ball low to avoid the defence
Stage 3 Defending

1: As ball is released, player closes down space from stage 2 of defending.

2: Angle body to drive player away from attacking space.

3: Use stage 1 defending stance.

4: After momentarily delaying run, turn inside and resume stage 1 defending.
Protecting a Space

1: Keep a strong body position, knees flexed and slightly wider than normal base

2: Work to hold this position by making slight adjustments with the feet to keep the defender contained

3: As ball is passed into the space attacker holds position until last possible moment and then lunges, jumps or reaches to receive ball without allowing defender to reach ball

4: The ball must be passed well into the space

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Reverse Pivot

1: Keep on the balls of the feet

2: Step to the right using the left leg across the body

3: Pivot round on the right foot turning the back to the direction in which you are travelling

Reverse feet for pivoting in the opposite direction

4: Quickly regain the eyes forward position
Shooting (using a step back, forward or to the side)

1: As 1-handed standing shot

2: Take desired step to side/forward/back on dominant foot/leg

3: Re-balance weight over the foot

4: Maintain balance throughout the action and follow-through

5: Step should be taken in relation to gaining advantage over defence
Perceptual Factors when Throwing

1: What type of pass to use
2: Who to pass to
3: Where to pass to
4: When to pass/release
5: What weight of pass to use
Perceptual Factors for Attacking Players

1: Space - where to move

2: Timing - when to move to and when to break free

3: Speed and pace required to break free

4: Direction and angle of move
1: Drive upwards and pull head, shoulders and hips round quickly

2: Land facing the opposite direction to take off

3: Keep the weight over the landing foot

4: Flex the knees on landing for control

Turning in the Air