Netball Visual Aid – Key Stage 1 & 2

1) **Chest Pass**: The most common pass in netball. Ball is passed from in front of chest directly to target player with fingers pointing on release and one lead foot stepping in the direction of the pass.

![Chest Pass Diagram](image)

2) **Bounce Pass**: Used to pass the ball around or under an opposing player.

![Bounce Pass](image)

3) **Lob Pass**: Used to pass the netball over an opposing player. This pass is quite high risk. Teachers can encourage higher ability pupils to use this pass in order to extend them further.
4) **Shoulder Pass:** Used to pass the ball around an opposing player; a direct and powerful pass.

5) **Catching & Receiving:**

The receiving player should attempt to catch the ball out in front of their body, using ‘W’ hands where appropriate.

The receiving player should keep their eyes on the ball and attempt to receive in an athletic position with their knees bent.

Players can pivot from their landing foot. In the 2 examples included here both players have been on the move when receiving the ball and have landed on their right foot.
6) **Pivoting:** Players use the pivot in order to manoeuvre themselves so that they have a clear line of sight to ‘open’ players. When pivoting one foot must remain on the floor rotating around it.

![Diagram of Pivoting](image1.png)

7) **Marking:** Used to prevent an opposing team player from receiving the ball.

![Marking](image2.png)

8) **Shooting:** Ensure that players are facing the hoop when shooting.
   
   HA pupils should be encourage to shoot with their strongest hand behind the back of the ball.
   
   LA pupils can hold the ball with their hands at either side if more comfortable.

![Shooting](image3.png)
Players bend at the knees before releasing the netball. Fingers point towards the hoop on release.

9) **Defending a Shot**: Defending team players may jump to block a shot but must be 1 metre or an arm’s length away from the player taking the shot.

10) **Hi 5 Netball Positions**:

<table>
<thead>
<tr>
<th>Position</th>
<th>Description</th>
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<tbody>
<tr>
<td>C</td>
<td>Centre</td>
</tr>
<tr>
<td>GS</td>
<td>Goal Scorer</td>
</tr>
<tr>
<td>GA</td>
<td>Goal Attack</td>
</tr>
<tr>
<td>GD</td>
<td>Goal Defence</td>
</tr>
<tr>
<td>GK</td>
<td>Goal Keeper</td>
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