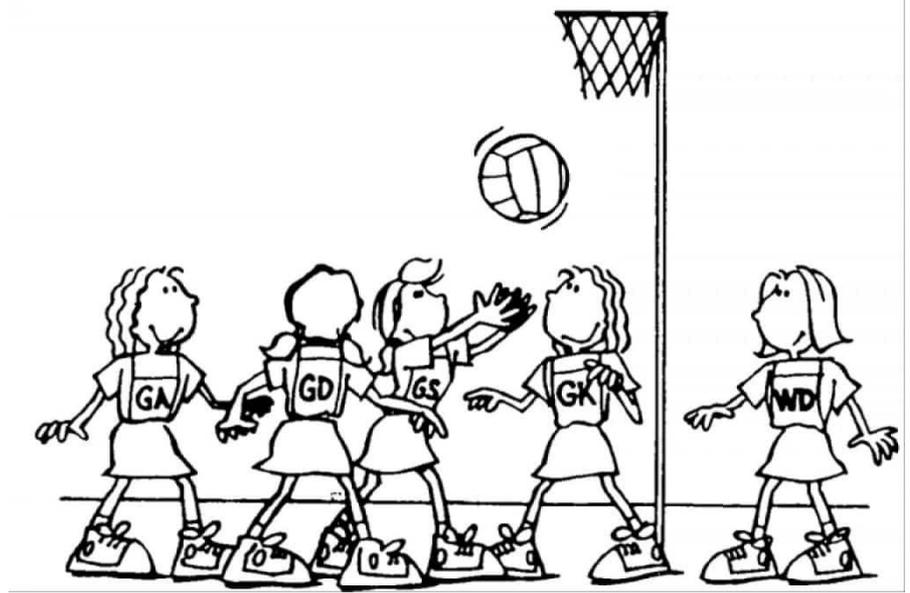


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Let us play netball

N. C. Weerasooriya
Southlands College, Galle



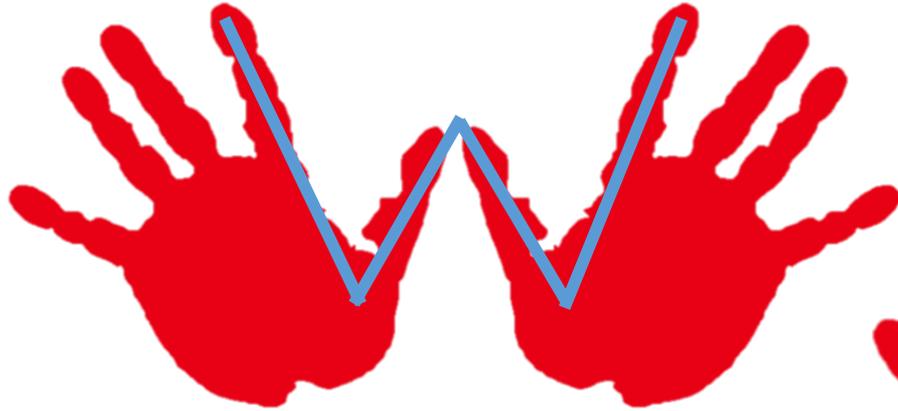
Out of the organized games, netball can be recognized as a game that is very popular among girls and women.



The following features add for the beauty of the game

- Played within a small space,
- Played within a certain period of time,
- With 14 players in a team,
- Without touching contacting the players

Holding the ball correctly



Hold the ball correctly with both hands when playing netball



Holding the ball correctly cont...

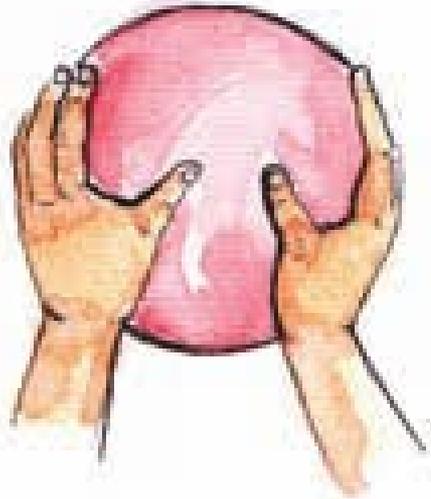


- Place the ball on the ground close to the feet in front of you.
- Stretch the fingers of both hands
- Bring the thumbs close together
- Stretch the thumbs and the other fingers directing them forwards

and keep the hands to form a **W** shape

Holding the ball correctly cont...

- With the hands in this shape, bend forward and hold the ball
- Raise the body holding the ball correctly



Passing the Ball Correctly (throwing)

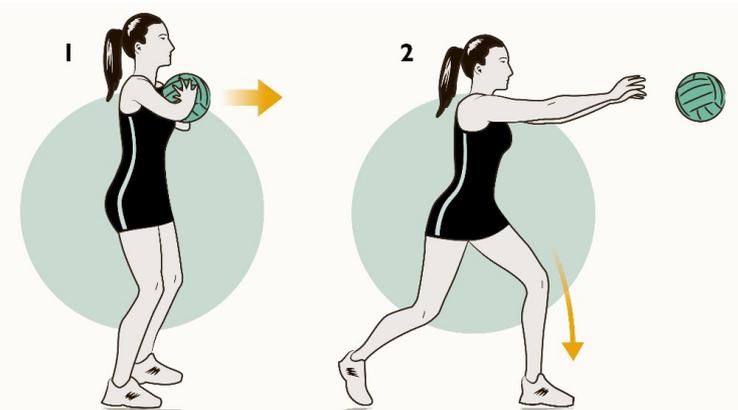
Concentrate on the following factors in order to maintain the body balance in all the ball passing methods in netball



play netball

Factors that should be taken into consideration when throwing the ball

- When throwing the ball, hold the ball with both hands or with one hand and place the strong / familiar foot a little behind.
- Shift the body weight on to the back foot.



- Keep the eyes on the throwing direction.
- When using one handed technique extend the free hand to the front freely.
- Throw the ball forward.
- When releasing the ball, shift the body weight from the back foot to the front foot and maintain body balance.



Factors that should be taken into consideration when catching the ball

- When catching the ball, put one foot forward and shift the body weight to the front foot.
- Extend the two hands towards the direction from which the ball is approaching.
- As you catch the ball with both hands, pull the ball towards your body and maintain your body balance by shifting the body weight to the back foot.
- It is very important to hold the ball correctly when receiving the ball.



Ball passing methods



- In netball, passing the ball can be done either with one hand or w



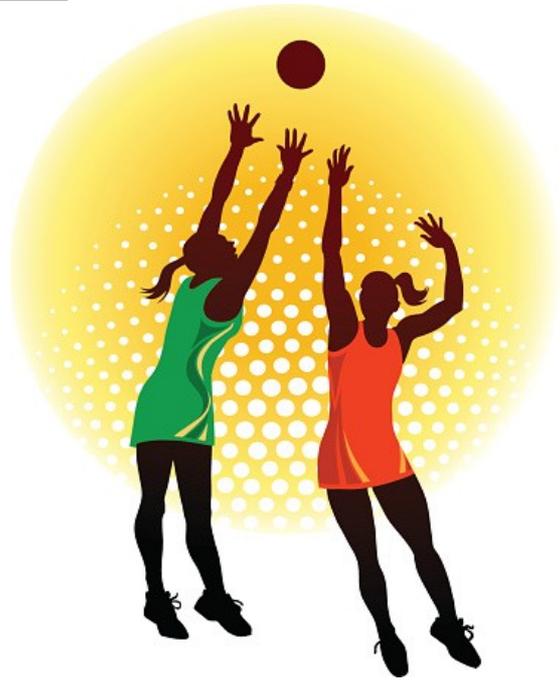
- Various ball passing methods have been developed based on the part of the hand in which the ball is held and on how the hands are



Ball passing methods

One-handed methods

Two-handed methods



- Shoulder pass
- Lob Pass/ high shoulder pass
- Bounce pass
- Under arm pass

- Chest pass
- Over head pass
- Side pass
- Bounce pass



One-handed methods

1. Shoulder pass

This method is called the shoulder pass because the ball is held behind the shoulder

Steps to be followed in order to practice the shoulder pass

- Keep the hand holding the ball a little behind your shoulder
- Release the ball from shoulder level

When catching the ball body balance should be maintained as described above.



One-handed methods

2. High-shoulder Pass / Lob Pass

The ball moves along a curved path above the shoulder level between the passer and the receiver

Steps to be followed in order to practice the high shoulder pass

Hold the ball with the powerful / palm hand

- Position the hand holding the ball a little behind the body and above shoulder level.
- Now pass the ball forward from above the shoulder level so that it takes a curved path.

When catching the ball body balance should be maintained as described above.



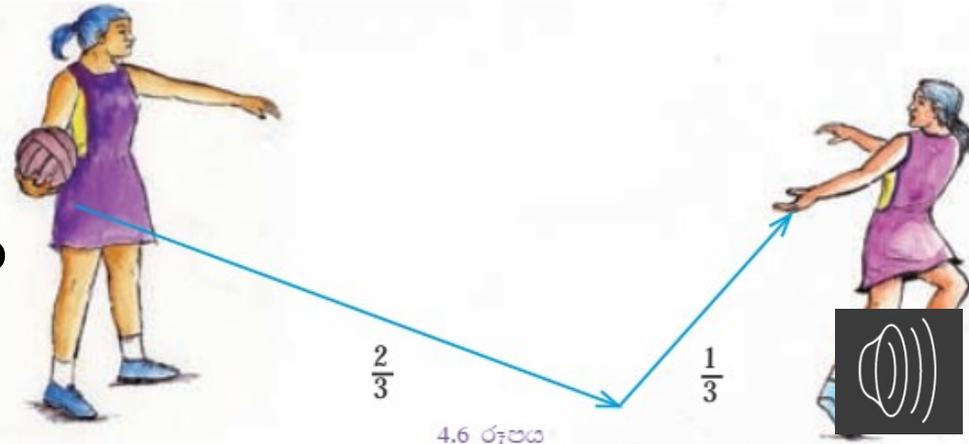
One-handed methods

3. Bounce pass

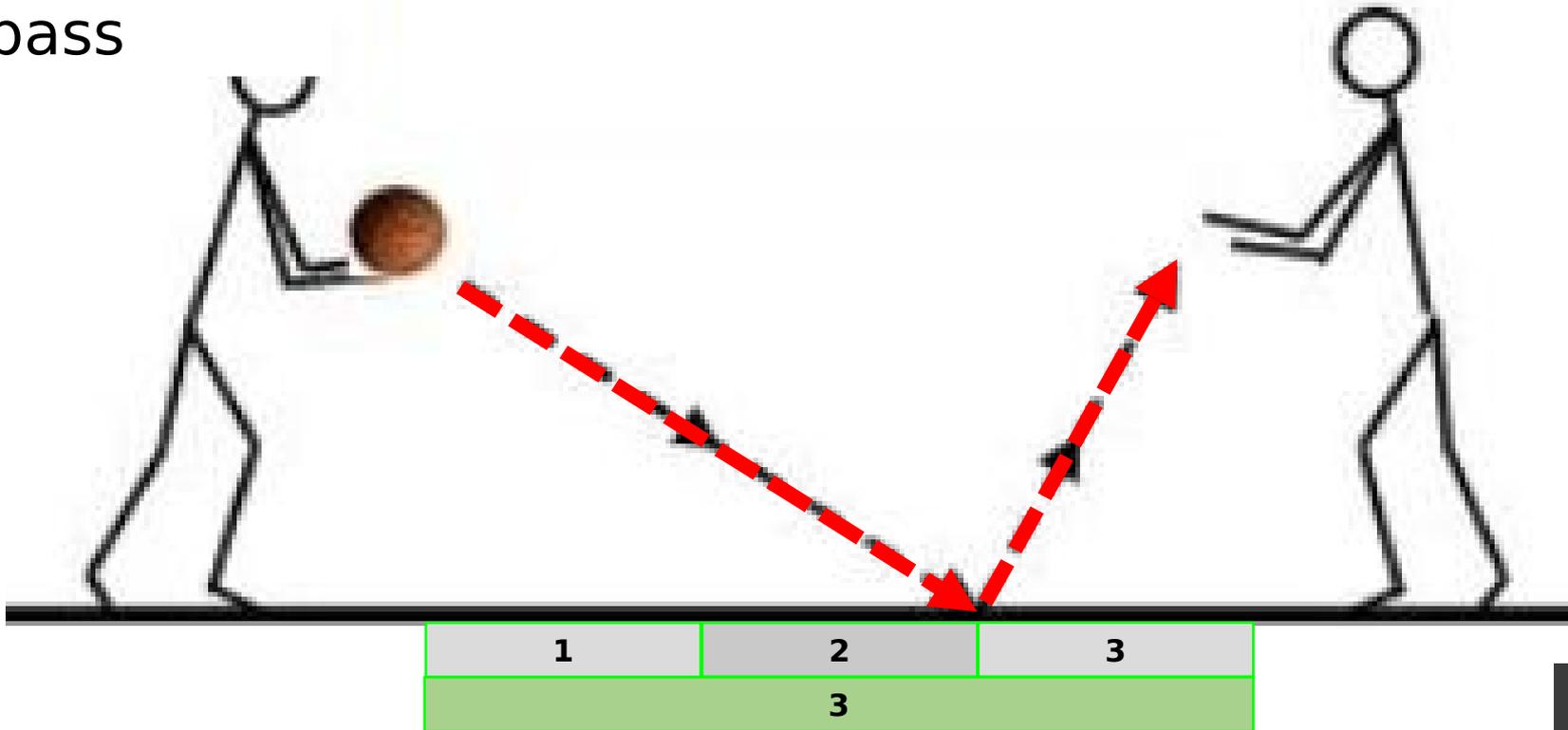
In this method, the ball is passed to the receiver by way of bouncing the ball between the passer and the receiver

Steps to be followed in order to practice the bounce pass

- Keep the hand holding the ball at waist level.
- Pass the ball to the receiver by bouncing it on the ground beyond an extent of about **two thirds** the distance between the passer and the receiver.



Bounce pass



One-handed methods

4. Under arm pass

In this method the ball is released below the knee level. The receiver should catch the ball at a level between the knee and the waist

Steps to be followed in order to practice the under arm pass

- Bend the legs at the knees and bend forwards lowering the body; hold the ball below the knee level.
- Now the hand that is directed downwards close to the body should be pushed forwards from below the knee level while maintaining body balance.
- Pass the ball aiming a level between the waist and the knee of the receiver.



Two-handed ball pass methods

1. Chest pass

The ball is held in front and close to the chest. This method is used to pass the ball to a shorter distance

Steps to be followed in order to practice the chest pass

- Hold the ball correctly with both hands and bring it close to the chest so that the elbows lie close to the body and directed downwards.
- While directing the hands forward, release the ball using the wrist and the fingers.
- Maintain the body balance.



Two-handed ball pass methods

1. Chest pass



The ball is held in front and close to the chest. This method is used to pass the ball to a shorter distance



Two-handed ball pass methods

2. Overhead pass

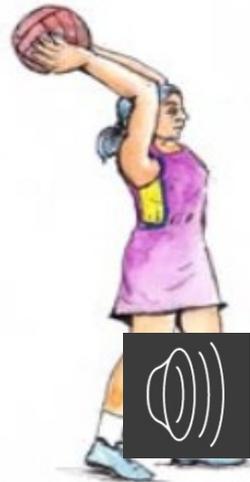
The ball should be held above the level of the head using both hands.

The ball should then be released over the head level so that it moves in a curved path between the passer and the receiver.

Steps to be followed in order to practice the overhead pass

upwards over the head.

- Release the ball (using the wrists and fingers) so that it moves forward in a curved path above head level.
- Maintain the body balance by stretching the body forward



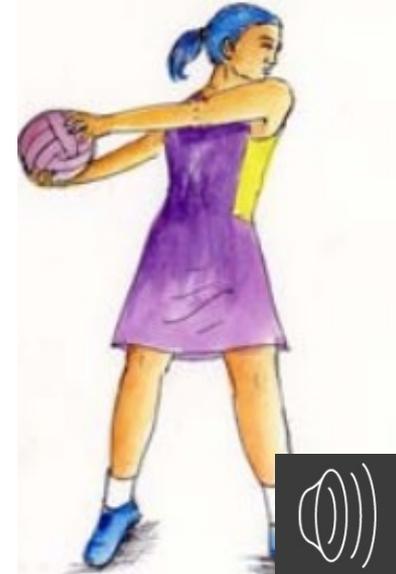
Two-handed ball pass methods

3. Side pass

The ball is passed from a side of the body

Steps to be followed in order to practice the side pass

- Hold the ball with both hands and keep it at a side of the body at a height between the shoulder and the waist level.
- Turn the body at the hip bringing the two hands slightly backward and, slightly leaning towards that side, pass the ball forward so that the receiver can catch the ball at waist level.
- Maintain the body balance.



Two-handed ball pass methods

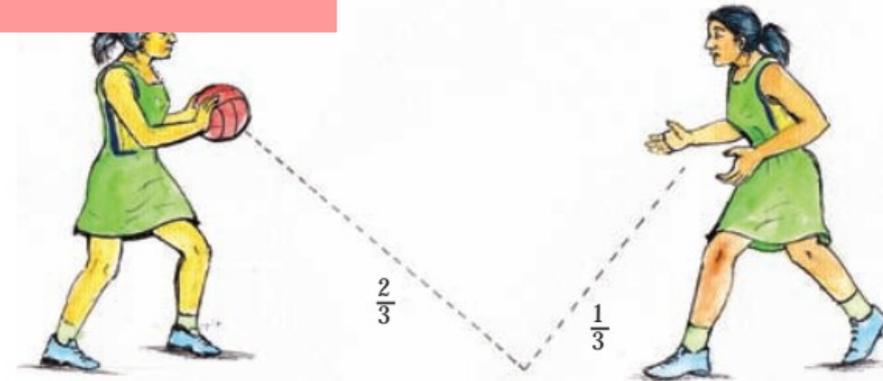
4. Bounce Pass

one hand or with

both hands

Steps to be followed in order to practice the bounce pass

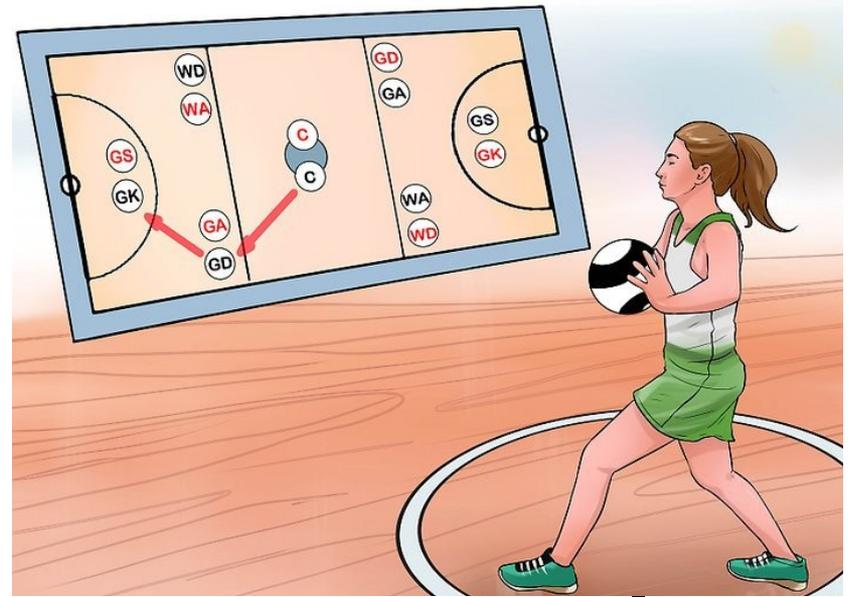
- Hold the ball with both hands and keep it at waist level.
- Pass the ball by way of bouncing it on the ground at a point beyond an extent of two thirds the distance between the passer and the receiver.
- Pass the ball to the receiver so that the receiver can catch the ball by stretching the body to the right or the left.



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