

6

Let us play netball

Netball was initially a very popular game among girls, but at present even boys play netball and there are also mixed events where both girls and boys play for the same team.

You remember that when you were in previous grades you have learnt several netball skills and engaged in activities that help to develop ball controlling skills by catching the ball, holding the ball and throwing the ball.

In this grade, you will learn skills that are important in passing the ball. For that, let us practise in the playground the three skills, namely attacking, defending and shooting.

Attacking

A game of netball begins with the centre pass. From the centre pass up to shooting, the ball should be passed between the players of a team, strategically avoiding the players of the opposing team and a goal should be scored by shooting the ball. Passing the ball in this manner is called attacking.

While the ball is being taken to the netball post by a team by way of passing it between players, the players of the opposing team try to prevent the players of that team from receiving the ball. Therefore, activities should be designed to practise skills in attacking so that players learn to pass the ball avoiding their opponents.

Defending

The aim of defending is to restrict and delay the opportunity for the players of the opposing team to get a goal by shooting the ball after it has been passed among the members of that team.

Defending can be done as follows.

1. defending the player
2. defending the ball
3. defending the position

1. Defending the player

Preventing the attacker from catching the ball is called as defending the player. This can be done in four methods.

- i. Standing in front of the attacker
- ii. Standing behind the attacker
- iii. Standing beside the attacker
- iv. Standing opposite the attacker



Figure 6.1 - Defending the player

2. Defending the ball

When defending the ball, the defender should identify the landed foot of the player who has received the ball and should prevent the ball from being thrown by standing face to face with the ball 3 feet away from that landed foot of the player with the ball. The defender should obstruct throwing of the ball by the attacker by extending her hands according to the throwing direction. As the attacker is throwing the ball, the defender can jump up and catch the ball as it is released from the hand of the attacker.



Figure 6.2 - Defending the ball

3. Defending the position

After passing the ball to an another player of the own team, the attacker moves to a free place. Preventing the attacking player from moving in this manner is called defending the position.



Figure 6.3 - Defending the position

Shooting the ball

The victory of a game of netball depends on the number of points a team scores. A point is scored for each correct shooting. Practise the shooting techniques following the steps given below.

- Place the ball on the palm of the dominant hand, raise that hand above the head and stand with the feet shoulder-width apart or with one foot in front so that the body is positioned upright.
- Keep the free hand on the ball as a support to the ball.
- Focus the eyes on the ring of the netball post.
- Bend the knees slightly while keeping the body in an upright position and shoot the ball as the body is raised straightening the knees.
- The ball should be released from the hand at maximum possible height.



Figure 6.4 - Shooting the ball



Let us go outdoor

Activities to practise attacking and defending skills

1. Basic movements

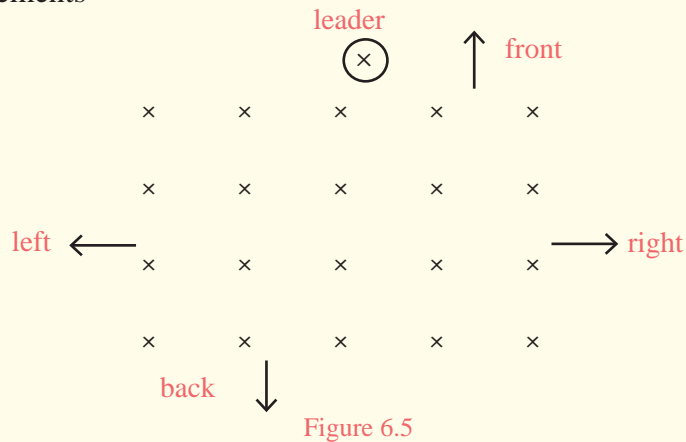


Figure 6.5

- › Position yourself as shown in the figure 6.4
- › Run to the left, right, front or back on receiving the signal given by the leader

When doing this activity,

- › Players should run on the balls of their feet.
- › The chin should be kept straight looking forwards and the body should be held freely.
- › Should take short steps.

2. Zigzag running

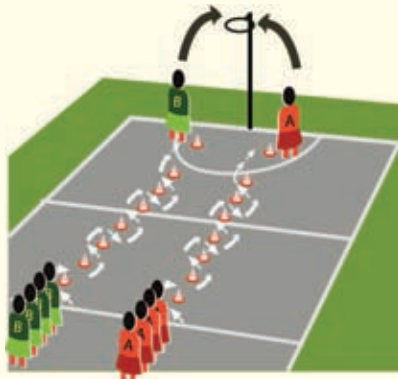


Figure 6.6

- › Stand in a few lines with equal numbers in each line.
- › Stand 10 cones or small flags in front of each line with gaps of 2 feet between each.
- › At a given signal, the student at the front of each line should run between the cones or the flags in zigzag and then run back in zigzag and should go to the back of the line.
- › While running between cones or flags, body postures should be changed instantly and body movements should be done promptly.

3. Avoiding the defending player



Figure 6.7

- › Get into several groups so that each group stands in a line.
- › Place two marks as mark 1 and mark 2 in front of each line so that there is a gap of two feet between the two marks.
- › At a given signal, the student standing at the front of each line should place the right foot on mark 1 and should bend the body to the right.
- › Then they should raise the body and come back to the former position.
- › After that, the left foot of the students should be placed on mark 2 and the body should be bent to the left.
- › Next the student should come to the former position.
- › After completing these actions the students should go to the back of their lines.
- › When doing this activity body posture of the students should be changed instantly and very fast.

4. Activities with pairs

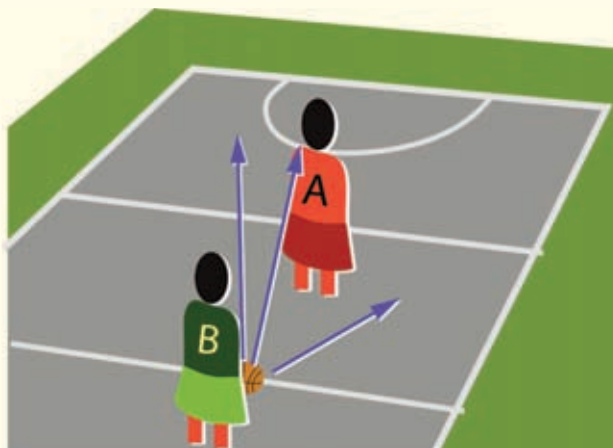


Figure 6.8

- › Two students should stand in the playground as shown in figure 6.7.
- › One student should act as defender and the other should act as attacker in carrying out the activities.
- › Initially practise the activities without the ball.
- › Then practise the same activities using the ball.

Activities for practising shooting skill

1. Shooting the ball from different points that have been marked on the goal circle.



Figure 6.9

2. Draw circles with varying radii inside the goal circle and shoot the ball from each of the circles.
3. Catch the ball sent from outside the court close to the netball post and shoot the ball immediately after catching it.

Fouls committed when attacking, defending and shooting

1. Interrupting by keeping the foot so that it is less than 3 feet away from the landed foot of the player with the ball.
2. Defending the ball by stretching the hands sideways.
3. When defending and attacking, knocking against the opponent, pushing the opponent, causing the opponent to fall by entangling a foot, hitting the opponent and grabbing the ball.
4. Falling on the opposing player, jumping on to the opposing player, putting the elbow across, pushing the opponent possessing the ball or hitting the ball with the fist.
5. Holding the opposing player either accidentally or intentionally.
6. Placing the hand on the ball or shaking the netball post.

A penalty pass is given for infringements that involve opposing players. Either a penalty pass or a penalty shot is awarded for the infringements that are committed by the opposing players within the goal circle.



Activity

Divide the class into several groups so that there are seven pupils in each group.

- i. Play a netball match applying the netball skills and the netball rules and regulations you have learnt.
- ii. Get some pupils in your class to judge the match following the relevant rules and regulations.
- iii. Appraise the skills of the players in playing the match and in judging it.

Summary

In netball, the three skills, namely attacking, defending and shooting are very important.

A game of netball begins with the centre pass. From the centre pass up to shooting, the ball should be passed between the players of a team by strategically avoiding the players of the opposing team and a goal should be scored by shooting it. Carrying the ball in this manner is called attacking.

Restricting and delaying the opportunity for the players of the opposing team to get a goal by shooting the ball after it has been passed between the members of the team is called defending.

Throwing the ball from within the shooting circle following the correct technique is called shooting.

Various activities can be used to develop the above mentioned skills.

Attacking, defending and shooting should be done following the relevant rules and regulations.



Exercise

1. Define the terms attacking, defending and shooting in netball.
2. Write some of the infringements that could be committed by players in each of the above mentioned stages.