

# 4

## Let us play netball

Out of the organized games, netball can be introduced as a game that is very popular among girls and women. playing net ball, within a small space for a certain time, with 14 players, without touching any of them, is the beauty of this game.

When you were in Grade 7 you learnt netball skills, namely ball controlling, footwork, attacking, defending and shooting. You also gained practical experience in practising these skills in a netball court.

In this lesson you will learn how to hold, pass, throw and catch the ball correctly in ball control which is an important skill in netball and through that you can improve your skills related to various methods of ball passing.

### Holding the Ball Correctly

You should learn how to hold the ball correctly with both hands when playing netball. For that engage in the following activities in the playground.



#### Activity

Place the ball on the ground in front of you close to your feet. Stretch the fingers of both hands. Bring the two thumbs close together. Stretch the thumbs and the other fingers directing them forwards and keep the two hands in a W shape (figure 4.1). With your hands in this shape, bend forward and hold the ball. Now raise your body holding the ball correctly. Practice doing this activity correctly.

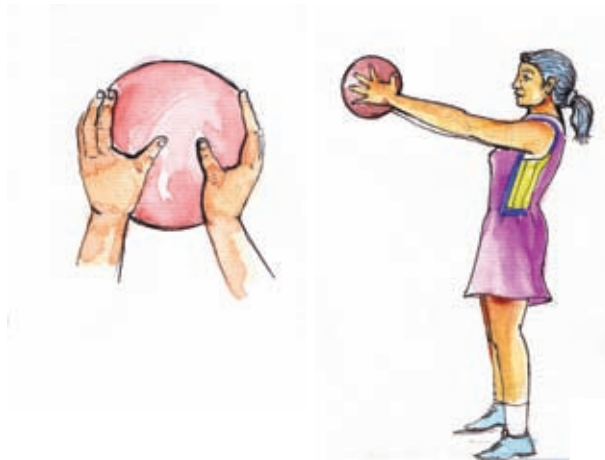


Figure 4.1

## Passing the Ball Correctly (throwing)

### Activity

Go to the playground with your friends and practice throwing and catching the ball freely. Practice throwing the ball with both hands and then with one hand.



Figure 4.2

## **Factors that should be taken into consideration when throwing the ball**

You should take the following factors into consideration in order to maintain your body balance in all the ball passing methods you learn in this lesson.

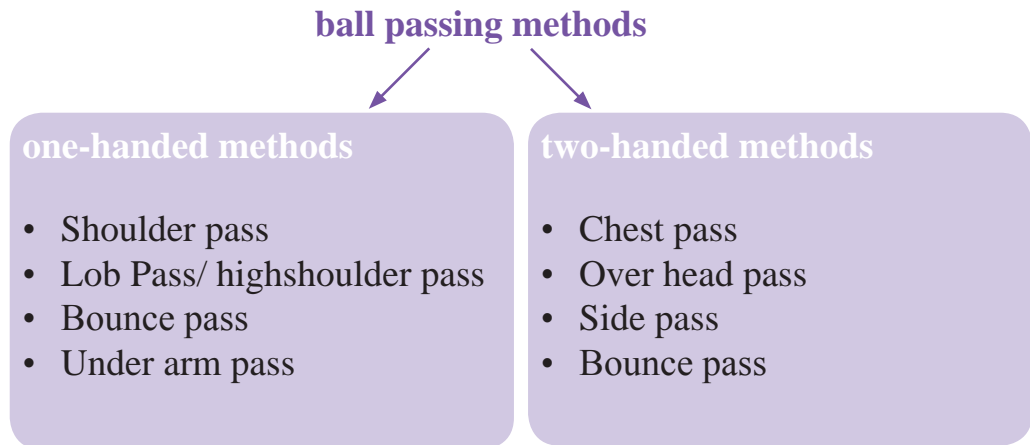
- When you begin to throw the ball, hold the ball with both hands or with one hand and place your strong foot a little behind.
- Shift the weight of your body on to the back foot.
- Keep your eyes on the direction to which you are going to throw the ball.
- If you use one handed techniques extend the free hand to the front freely.
- Now throw the ball forwards.
- 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 with both hands. 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 used for passing the ball.



### One-handed methods

#### Shoulder pass

This method is called the shoulder pass because the ball is held behind the shoulder. Follow the steps given below 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 that is passed to you in this manner, balance your body following the way described above.



Figure 4.3

## 2.High-shoulder Pass / Lob Pass

In this method, the ball moves along a curved path above the shoulder level between the passer and the receiver. Practice this pass in the playground following these techniques:

- Hold the ball with the powerful 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 passing and catching the ball, maintain your body balance as described above.



Figure 4.4

### Activities to practise the shoulder pass and high shoulder pass

Gather around with your friends and divide into several groups.

Get each group to form a line.

Ask the leader of each group to stand about 5 metres ahead of the line.

Ask the leader to pass the ball using the shoulder pass technique to the first member in the line.

The first member catches the ball, throws it back to the leader using the shoulder pass technique and runs to the back of the line and stands behind the last member in the line.

When you have finished practising the shoulder pass technique, practise the high shoulder pass technique, too, in the same manner.

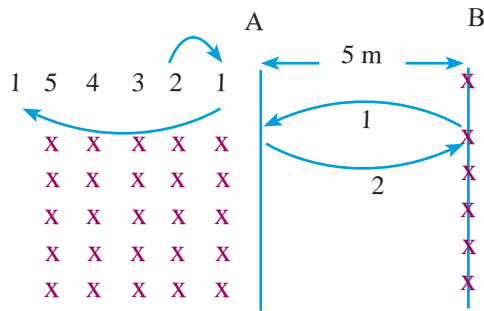


Figure 4.5

### 3. Bounce Pass

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

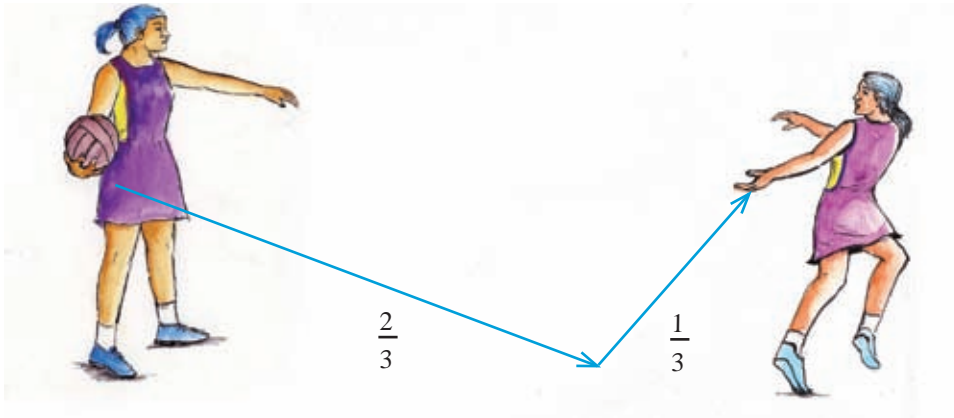


Figure 4.6

- 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.

## Activities to practise the bounce pass

Divide into Several groups.

Get the groups to stand face to face with a gap of about 3 metres between the groups as shown in the figure 4.7.

The first student in side A should pass the ball to the first student in side B using the bounce-pass technique and then runs to the back of the line and stands behind the last student.

The first student in side B catches the ball and passes it to the next student in side A and then runs to the back of the line and stands behind the last student.

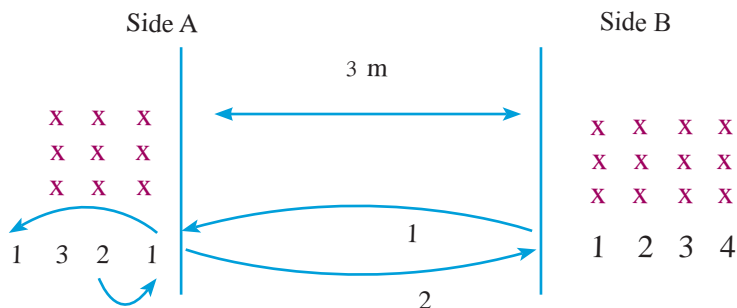


Figure 4.7

## 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.

- Bend the legs at the knees and bend forwards lowering the body; hold the ball below the knee level.



Figure 4.8

- 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.

### Activities for practising the underarm pass

Divide class into Several groups.

Get all the groups to stand in a semicircle as shown in the figure 4.9

Ask one student to come to the centre of the semi-circle.

The student in the center should throw the ball to each student standing on the semicircle using the underarm technique and students on the semicircle should catch the ball and throws it back to the student in the centre using underarm technique.

Continue doing this activity until all the student on the line have come to the centre.

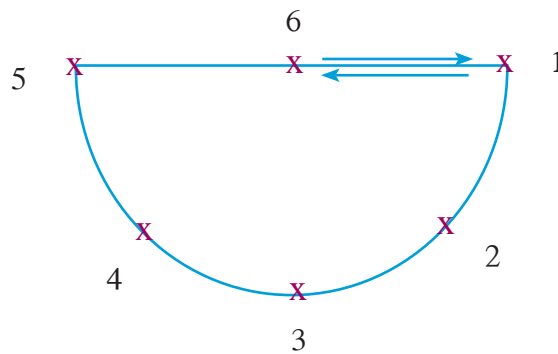


Figure 4.9



## Two-handed ball pass methods

### 1. Chest pass

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

- 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 forwards, release the ball using the wrist and the fingers.
- Maintain the body balance.



Figure 4.10

### Activities to practice chest pass

Divide the class into several groups of equal number.

The groups should now stand in two rows with a gap of about three meters so that the student in the opposite rows stand face to face (figure 4.11).

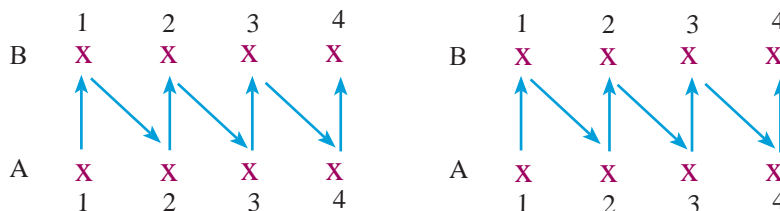


Figure 4.11

The first student standing in row 'A' passes the ball to the first student standing in row 'B' aiming the chest area.

The first student in row 'B' catches the ball and passes it to the second student in row 'A'.

In this way, the ball is passed to each player of the team giving them the opportunity to practice catching and passing the ball.

## 2. Overhead pass

For executing the 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.

- Hold the ball with both hands and extend the hands upwards over the head.
- Release the ball (using the wrists and fingers) so that it moves forwards in a curved path above head level.
- Maintain the body balance by stretching the body forwards.



Figure 4.12

## 3. Side pass

When executing the side pass, the ball is passed from a side of the body.

- Hold the ball with both hands and keep it at a side of the body at a height between the shoulder level 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 your body balance.



Figure 4.13

## Activities to practice the over head pass and the side pass

Divide the class into several groups of equal number.

Get each group to stand in a semicircle.

Ask one student to come to the centre and pass the ball to the other members of the group using the over head pass technique.

Do the same, to practice the side pass

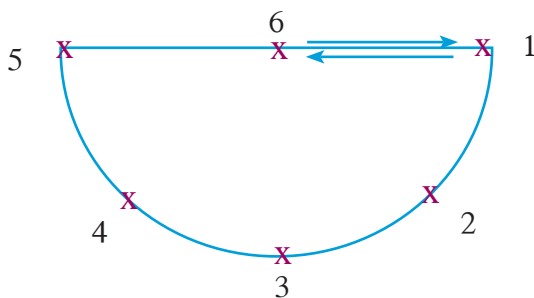


Figure 4.14

## 4. Bounce Pass

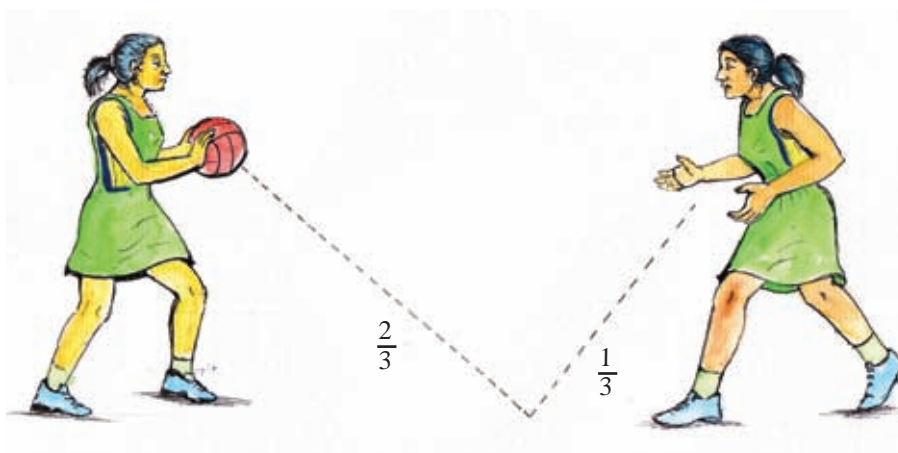


Figure 4.15

Bounce pass can be done either with one hand or with both hands. You have already learnt how to pass the ball using the bounce pass with one hand.

- Hold the ball with both hands and keep 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 well to the right or the left.

### Activities to practise the bounce pass

Form two lines standing face to face in the playground.

Throw the ball using the bounce pass technique to your friend who is standing opposite you.

After the ball has been thrown, go to the back of the line and stand behind the last student.

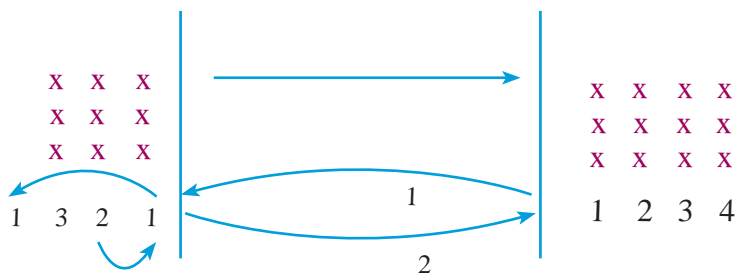


Figure 4.16

### Summary

You should master the skills of passing, catching and holding the ball correctly in order to play netball well. The ball can be passed using one hand or both hands.

The methods namely the shoulder pass, high-shoulder pass, bounce pass and under arm pass can be used to pass the ball with one hand.

The methods namely the chest pass, overhead pass, side pass and bounce pass can be used to pass the ball using both hands.

When passing the ball using the above methods and when catching the ball, the correct techniques should be adopted and the body balance should be maintained. Further, you can also engage in various activities to practise these ball passing techniques.



### **Exercise**

1. How many key methods of passing the ball are there in netball?  
Name those methods.
2. What are the factors that should be taken into consideration when passing the ball?
3. State the factors that should be taken into consideration when catching the ball.
4. Illustrate the correct way of holding the ball.
5. Demonstrate two of 'one handed passes' and 'two handed passes'.