# KS2 PE KNOWLEDGE ORGANISER – NETBALL

## Passing

### Netball Bounce Pass Technique

**Phases of a Bounce Pass**

**Preparation**
- Make sure your elbows are tucked in.
- On both hands, thumbs are placed behind the ball and fingers are spread out.
- Place your feet shoulder-width apart.
- Make sure your knees are slightly bent.
- Keep your head up, looking at your target.

**Execution**
- Start the pass with your wrists (not with your elbows sticking out).
- Push the ball forwards and down with your fingers.
- Aim to bounce the ball halfway between yourself and the target, reaching it at waist height.

**Follow-Through**
- Follow through with your arms, wrist and feet in the direction of the pass.

### Netball Chest Pass Technique

**Phases of a Chest Pass**

**Preparation**
- Make sure your elbows are tucked in.
- On both hands, thumbs are placed behind the ball and fingers are spread out.
- Place your feet shoulder-width apart.
- Make sure your knees are slightly bent.
- Keep your head up, looking at your target.

**Execution**
- Start the pass with your wrists (not with your elbows sticking out).
- Push the ball forwards and down with your fingers.
- Step into the pass to add extra power.

**Follow-Through**
- Follow through with your arms, wrist and feet in the direction of the pass.
- Look at the target all the way.

### Netball Shoulder Pass Technique

**Phases of a Shoulder Pass**

**Preparation**
- Hold your favoured hand behind the ball with your fingers spread apart.
- Your elbow should be bent (roughly at a right angle) and the ball should be slightly behind your head, at shoulder height and to one side.
- Your feet should be shoulder-width apart, with your opposite foot forward.
- You can support the ball with your other hand if you feel it slipping).

**Execution**
- Remove your supporting hand and extend your throwing arm behind.
- Using your whole arm, propel the ball in a straight line towards your target.
- Using your fingers, direct the path of the ball.

**Follow-Through**
- Follow the path of the ball with your throwing hand.
- As you throw the ball, transfer your weight forward onto your opposite foot, bringing your trailing foot through.

## Ball handling

i. Catching whilst stationary
ii. Catching on the run
iii. Catching in the air

## Footwork & Movement

i. Stopping landing
ii. Pivoting
iii. Dodging

### Netball Footwork Rule Technique

**One Foot:**
Players who land on one foot or have one foot on the ground when the ball is caught may use their other foot to step in any direction and then pivot on the spot. The foot that was already on the ground should not move anywhere, but it can rotate to allow you to pivot.

**Two Feet:**
Players who land on two feet or have two feet on the ground when the ball is caught can either remain still or choose one foot to step in any direction and then pivot on the spot.
Once they have moved one foot, the other must remain still (but can be rotated on).

**Breaking the Rule:**
The rules are broken if...
- a player moves their landing foot (other than rotation);
- a player hops on their landing foot, removing it from the ground;
- a player drags their landing foot to move their body.
If a player breaks the footwork rule, the other team is given a free pass.

## Shooting

### Netball Shooting Technique

**Phase One**
1. **Ball** = high on spread fingers in the shape of a W or one hand for support.
2. **Elbows** = high and slightly bent.
3. **Knees** = stand straight and tall.
4. **Eyes** = Looking at the far side of the ring.
5. **Feet** = Shoulder width apart: front to back or side to side.

**Phase Two**
1. **Ball** = Get ready to release this by dropping it behind your head.
2. **Elbows** = Need to bend fully.
3. **Knees** = Initial power comes from these so bend into the ground.
4. **Eyes** = Remain focused on the same point.
5. **Feet** = Remain still.

**Phase Three**
1. **Ball** = Release from above your head, with a flick of your wrists towards the ring.
2. **Elbows** = Straighten your arms from behind to above your head.
3. **Knees** = As you release the ball, straighten your legs and stretch tall.
4. **Eyes** = Still focusing on the back of the ring.
5. **Feet** = Release your heels from the ground and onto your toes to gain extra power.

## Decision making and tactical awareness, to include:

i. When to pass
ii. Where to pass
iii. Which pass to make
iv. When to dodge
v. When to shoot
vi. Awareness of the rules and regulations of the game and their application
vii. Attacking positioning on the court

## Defence

i. Marking the player with and without the ball
ii. Rebounds
iii. Interceptions