Netball FactFile (<https://www.bbc.co.uk/bitesize/guides/z299j6f/revision/1>)

**Netball - an overview and history of the sport**

**Overview**

Netball brings together a combination of speed, skill, agility, balance and tactics. The game is contested by two teams of seven players and involves one team invading another team’s territory with the aim of shooting a ball through their opponent's net. However, different to most invasion games, a netball court is broken into different sections and a player's position in the team affects what area they are allowed in.



The game today has a number of different formats and can be played competitively and recreationally in a range of different disciplines.

**History**

The origins of netball can be traced back to 1891 when Dr James Naismith created the game of basketball. Although basketball was originally designed for men, in 1892 it was adapted for female students with the aim of maintaining female etiquette. The modified version of women's basketball became very popular and by 1895 had spread in different forms across the United States.

The gradual transition from basketball to netball was first made at Madame Österberg's college (in Dartford, England) in 1897. An American teacher introduced a game that used basketball rules and an outdoor court but replaced basketball hoops with basic netted rings without backboards. This equipment change gave the sport a new name of 'netball'.

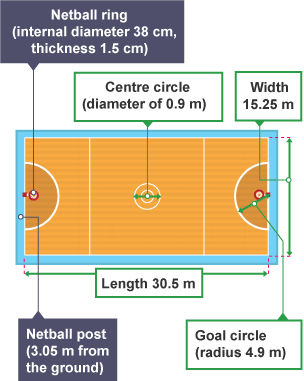
From this point, the game has continued to grow with thousands of children and adults playing both professionally and recreationally every week.

* 1891 – The game was invented in USA and called basketball.
* 1897 – Netball was played for the first time.
* 1900 – The Physical Education Association creates the first set of rules.
* 1926 - The All England Net Ball Association is formed.
* 1932 – The first national competition was played.
* 1949 – The first international matches were played between England, Scotland and Wales.
* 1960 – A new international code of rules was adopted, with the names of positions and match length changed.

**Netball player positions and playing area**

**Playing area**

A competitive netball match is played on a large rectangular court and can be played both indoors and outside. An official court is measured at 30.5 m (100 ft) long and 15.25 m (50 ft) wide.



* **Netball post** - the vertical height should be 3.05 metres from the ground.
* **Netball ring** - the ring's internal diameter should be 38 cm and the ring's thickness 1.5 cm.
* **Goal circle** - the attacking team are only able to shoot when they are within the semi-circle. The area measures a radius of 4.90 metres.
* **Centre circle** - the match begins and restarts after a goal from the centre circle. The area measures a diameter of 0.90 metres.
* The netball court is assigned into three different areas and two goal circles. No one player is allowed in all 5 areas of the court.

**Players**

A netball team consists of seven players per side and is divided into different positions. Like most sports the team has very clear roles to support their overall success:

* **Centre (C)** - this position starts the game and is allowed anywhere on the court except their own and the opposing team's goal circles.
* **Wing attack (WA)** - this position aims to collect the ball and deliver it safely into the goal circle to the shooters. The wing attack is only allowed in the top 2 thirds of their court.
* **Goal attack (GA)** - this position aims to collect the ball safely from the wing attack or centre and either passes to the shooter or has a shot for themselves. The goal attack is only allowed in the top two thirds of their court and the goal circle.
* **Goal shooter (GS)** - this position aims to find space in order to receive the ball from their teammates and shoot at the net. The goal shooter is only allowed in the top third of their court and the goal circle.
* **Wing defence (WD)** - this position is required to close down opposition players, intercept and protect the goal circle. The wing defence is only allowed in the bottom two thirds of their court.
* **Goal defence (GD)** - this position deals with preventing the opposition from passing the ball into the goal circle. The goal defence is only allowed in the bottom two thirds of their court and the goal circle.
* **Goal keeper (GK)** - this position aims to close down opposition shooters in order stop the ball from being shot at the net. The goal keeper is only allowed in the bottom third of their court and the goal circle.



**Netball scoring, rules and officials**

**Scoring**

In a game of netball there are two clear ways to score points:

1. In open play, if a shot is successfully scored from inside the goal circle, the team gains one point.
2. If the team is awarded a technical foul then they will receive a free shot at the net. A successful shot will be awarded with one point.

**Rules**

* Players are not allowed to travel with the ball.
* A team can have up to 12 players but only seven are allowed to play on court.
* Defending players are unable to snatch or hit the ball out of another player's hands.
* A defending player is only allowed to stand beside the player with the ball until it has left their hands.
* A defending player must stand three feet away from the person with the ball.
* An attacking player is unable to hold the ball for more than three seconds.
* Players must remain within their designated zones.
* The team retaining possession after the ball goes out of play have three seconds at the sideline to get the ball back into play.

**Officials**

During a competitive game of netball there are two referees and up to two scorekeepers and timekeepers officiating.

**Netball - essential skills and techniques**

**Netball standing shot**

An effective and accurate shot completed by the goal shooter and goal attack.

**Stage one**

* Stand with feet shoulder width apart on the balls of your feet.
* Keep the body straight in a forward-facing position.

**Stage two**

* Place non-shooting hand on the side of the ball and the shooting hand at the back of the ball.
* Fingers are slightly open, with the ball resting in the fingers, holding the ball high above the head.
* Elbows slightly flexed, lined in the direction of the post.
* Flex knees and elbows, not allowing the ball to drop behind your head.
* Keep trunk straight.

**Stage three**

* Extend the ankles, knees and elbows.
* Flex the wrists as the ball is released off the fingers.
* Straighten your legs by extending the knees at the same time as you release the ball.
* End the shot standing on tiptoes with your arms extended and fingers pointing towards the ring.

**Performing a bounce pass in netball**

A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

This video looks at the bounce and chest pass techniques used in netball

**Stage one**

* Feet shoulder-width apart in opposition, with knees bent.
* Place hands each side and slightly behind the ball, with the fingers comfortably spread.
* Hold the ball at waist level, with elbows tucked in.

**Stage two**

* Step in the direction of the pass, through extending your legs, back and arms.
* The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands.
* Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

**Performing a chest pass in netball**

A chest pass is a very fast and flat pass. This enables a team to move quickly up a court in a precise and accurate fashion.

**Stage one**

* Stand with feet shoulder width apart and on the balls of your feet, with back straight and knees slightly bent.
* Place hands on the sides of the ball with the thumbs directly behind the ball and fingers comfortably spread.

**Stage two**

* The ball should be held in front of the chest with the elbows tucked in.
* Step in the direction of the pass, by extending their legs, back, and arms.
* Push the ball from the chest with both arms (not from one shoulder).
* Fingers are rotated behind the ball and the thumbs are turned down.

**Stage three**

* The back of the hands face one another with the thumbs straight down.
* Make sure the ball is released off the first and second fingers of both hands.
* Follow through to finish up with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

**Pivoting in netball**

The pivoting action is a swivel movement that allows the player to move on a fixed axis to either pass or shoot.

**Stage one**

* Run towards the ball and jump by extending the legs and ankles.
* Keep your eyes firmly fixed on the ball.
* Bring your hands out in front of your body at chest height with fingers spread open and pointing up.

**Stage two**

* In the air catch the ball with thumbs an inch or two apart making a ‘W’ shape.
* Land on the ball of one foot on the ground.
* Flex your knee and ankle as your foot hits the floor.

**Stage three**

* Stand with knees slightly bent and your feet shoulder width apart.
* Bring the ball into your body to protect it.
* Pivot by rotating yourself on the ball of your landing foot.
* Keep your upper body straight and head up.
* Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the ball in.
* You can move or step with the other foot any number of times.
* You are not allowed to lift the foot you are pivoting on before you release the ball.

**Performing a shoulder pass in netball**

A shoulder pass is a very dynamic, fast and long pass. This enables a team to switch positions on court very quickly to either find a player in space or break defensive screens. However, a shoulder pass may not be thrown from the defensive third to the attacking third without being handled in the middle third.

This video looks at shoulder and overhead pass techniques used in netball

**Stage one**

* Player's feet should be shoulder width apart in opposition.
* Opposite foot forward to throwing arm.
* Stand on balls of feet with toes pointing toward target, and knees slightly bent.
* Hold the ball at head height, slightly behind your head.
* Elbow should be at a 90° angle.
* Fingers spread behind the ball.

**Stage two**

* Step in the direction of the pass by transferring your body weight from back foot to front foot.
* Pull the arm through with the elbow leading.
* To follow through, fully extend your arm and wrist.
* Point your fingers in the same direction as the pass, with palms facing down.