

Netball

Advanced Skills developed in structured plays to enable candidates to perform in the context of the assessment.

Catching: one handed, two handed, with feet grounded, in flight.

Passing: one handed passes (shoulder, high shoulder, underarm, bounce, lob);
two handed passes (chest, overhead, bounce).

Footwork: landing on one foot;
landing on two feet;
pivot;
running pass.

Shooting: one hand; two hands; running shot; forward step shot; backward step shot.

Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.

Defending: marking the player;
marking the ball;
blocking;
inside the circle;;
outside the circle (ie defending the circle edge against the pass in).

Intercepting: pass;
shot.

The toss-up.

Application of advanced skills in a structured game situation providing the basis for the assessment of the individual candidate.

Dodge to receive pass; holding the pass (timing); holding the space.

Pressurised small games eg 3 v 3 or 4 v 4 illustrating spatial awareness; timing – when to run/pass; judgement – where to run, which pass.

Tactics

Attacking: system of centre passes;
set patterns of play;
throw-in;
toss-up;
holding the space;
back up on the circle edge.

Defending: blocking;
zoning;
defending the space;
the throw-in;
the toss-up;
back up on the circle edge.

Role of individual players.

Rules of the game and their application, including umpiring signals.

Mark Band	Games Activity - Netball
9 – 10	<p>Passing shows power, control, accuracy and timing. Demonstrates running pass. Able to pass accurately to moving target.</p> <p>High quality of catching and control. Takes ball with one or both hands and demonstrates correct footwork on landing. Good anticipation and timing of oncoming ball evident.</p> <p>Footwork faultless even in awkward receiving situations. Very fast movement about court.</p> <p>Gets free from weak marker very easily indeed, using fast footwork, anticipation and timing.</p> <p>High standard of marking. Opponent rarely able to receive pass. Passes marked well and are often intercepted, with subsequent movement opportunities denied. Excellent use of peripheral vision to watch opponent and ball.</p> <p>Exerts significant control over game. Shows outstanding level of skill, tactical awareness and anticipation.</p>
7 – 8	<p>Demonstrates a variety of passes, showing accuracy and power.</p> <p>Shows correct footwork when landing. Gives clear signal indicating where ball required.</p> <p>Evidence of feet leaving ground to gain height.</p> <p>Able to get free from opponent, using a variety of methods.</p> <p>Effective marking to delay receipt of pass by opponent. Evidence of marking ball for next pass. Able to demonstrate 3rd stage defending.</p> <p>Able to exert an influence on the game both in attack and defence. Makes few unforced errors and assists team mates. Shows good level of skill and tactical awareness even under pressure.</p>
5 – 6	<p>Good standard of passing. Accurate but lacking power.</p> <p>Catches effectively using both hands. Basically static when receiving. Gives tentative signal to pass.</p> <p>Demonstrates correct footwork whilst catching, including pivoting.</p> <p>Able to get free from opponent of similar standard but may lack speed.</p> <p>Success at marking initially but may lose a good opponent. Some evidence of marking next pass.</p> <p>Plays effectively in game situation. Demonstrates competent level of skill in chosen position.</p>
3 – 4	<p>Able to pass with two hands. Passes are high and slow.</p> <p>Some success in catching easy pass but lacks consistency.</p> <p>Able to demonstrate footwork rule correctly.</p> <p>Has some difficulty in getting free from opponent. Lacks dynamic movement.</p> <p>Opponent often gets free. Makes little effort to mark the ball.</p> <p>Starts to become more effective in game situation. May exhibit some individual skills although they may be affected by pressures of game.</p>
1 – 2	<p>Chest bounce passes lack power and accuracy.</p> <p>Awkward when attempting to catch. Often drops ball. No signal given.</p> <p>Little evidence of correct footwork.</p> <p>Inability to escape from opponent. Movement slow and often clumsy.</p> <p>Opponent easily gets free.</p> <p>Unable to influence the game. Very limited contribution with skills not in evidence during play. Unable to comprehend changes in tactics or concepts of team work. Shows large degree of uncertainty.</p>

Netball

General warm-up

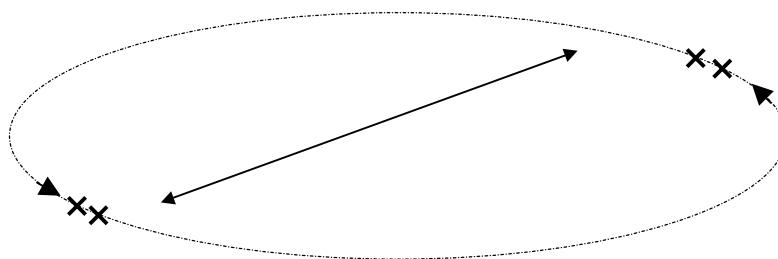
Passing, footwork etc.

Passing

In pairs two or three minutes on basic passing and catching showing variety, control, arm extension, one handed catching etc.

Pass and move – line practice – throwing and following the ball (give and go).

Following player then becomes the defender and tries to intercept.



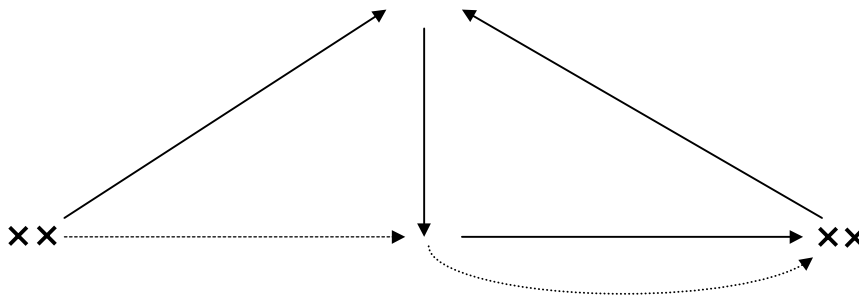
Able Candidates

May be developed for more advanced players eg throwing to a moving target, timing practices.

Working in threes: getting free and defending with a thrower.

Two against one practices.

Split line practices – throwing, catching, footwork.



Game Situation

2 v 2 passing game in limited area: showing footwork, dodging.

If time: half court work: centre pass drill, back line pass, patterns of play.

Full game. Allow all players the opportunity to show their favoured position.