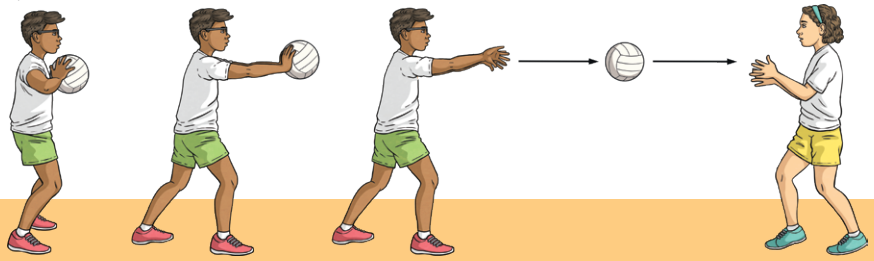
How to Pass the Ball in Netball

Chest Pass

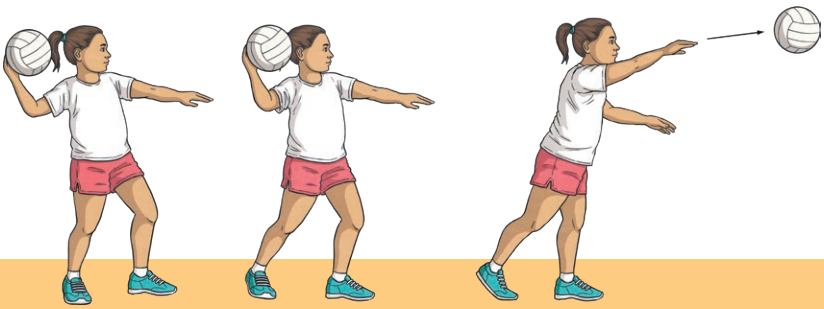
1. Spread your fingers out behind the ball, holding it at chest height with your elbows out in front of you.
2. Face the direction you want the ball to go in.
3. Step forwards with your dominant foot as you begin to straighten your arms.
4. Push the ball away from your body at chest height by powerfully extending the arms forwards and flicking the wrists.
5. Follow through with the arms, wrists, hands and fingers in the direction of the throw



Stand approximately 4-5m apart.

Shoulder Pass

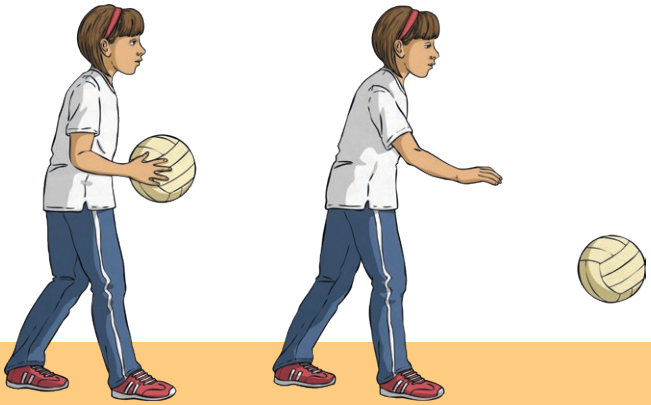
1. Hold the ball with your dominant hand just behind your head, at shoulder height and to one side.
2. Your elbow should be bent, roughly at a 90° angle. Use your other hand to support the ball if necessary.
3. Place one foot in front of the other, shoulder-width apart.
4. Remove your supporting hand and use your whole arm to propel the ball in a straight line towards your target.
5. Use your fingers to direct the path of the ball, following through with your whole arm – all the way down to your fingertips.
6. Transfer weight from your back to your front foot, bringing your trailing foot through as you propel the ball forwards.



Stand approximately 5-7m apart.

Bounce Pass

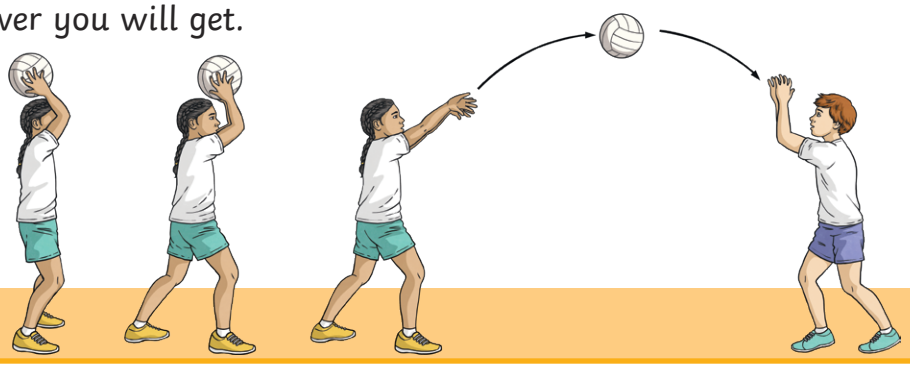
1. Hold the ball at chest height with your hands either side of it and your elbows out in front of you.
2. Spread your fingers either side of the ball with your thumbs behind it and your fingertips pointing towards your chin.
3. Step forwards with your dominant foot as you release the ball at waist height, by pushing it forwards and towards the ground.
4. Aim the ball just over halfway between you and the receiver.
5. Follow through by extending your arms as you release the ball to keep it on the right path.



Stand approximately 3-4m apart.

Overhead Pass

1. Face the direction of the throw with your knees slightly bent and feet hip-width apart.
2. Position your hands either side of the ball, with your fingers spread out and pointing to the sky, and bring the ball up over your head.
3. Bend your arms allowing the ball to drop back slightly so that your elbows are pointing forward and release the ball by bringing your arms down further and then snapping your wrists forward.
4. Step forwards with your dominant foot as you release the ball. The bigger your step, the more power you will get.
5. Follow through with your arms, wrists and fingertips on release of the ball.



Stand approximately 3-4m apart.