Netball Home Learning Tasks

Catching Skills

Practise your catching skills. You will need a ball, ideally the same size or similar to a netball.

1. Throw the ball up in the air, varying the direction of the throw and catch with two hands, pulling it into your body.
2. Throw the ball against a wall and jump to catch it, varying the speed and angle of the throw.
3. Throw the ball over your shoulder and turn to catch it.



Here are some useful tips for catching.

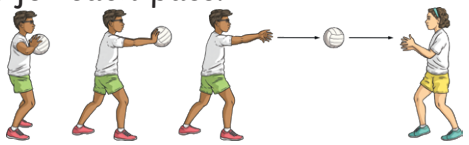
- Always try to catch with two hands for better control.
- Extend your arms and hands to meet the ball, with your fingers spread.
- Safely bring the ball in towards your chest, by bending your elbows to cushion it.
- Keep your eyes on the ball until it has been safely caught.

Passing Skills

Teach a friend or family member four different ways of passing the ball in netball. Use the attached sheet for more detailed information about the technique for each pass.

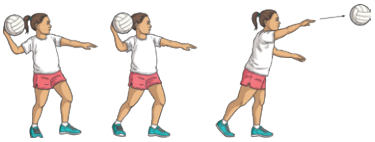
Chest Pass

A pass from your chest to the receiver's chest using two hands.



Shoulder Pass

A one-handed netball pass for longer distances which follows a straight line between your shoulder and the receiver's hands.



Bounce Pass

Passing the ball by bouncing it on the ground to another player.



Overhead Pass

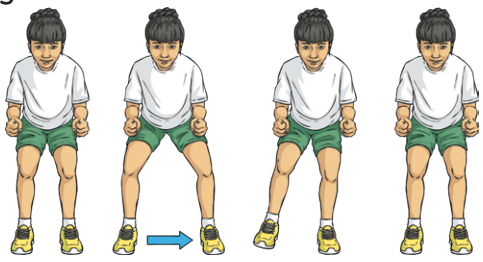
A long, high pass used to get the ball over the defenders.



Footwork Skills

You will need some space for this activity.

Practise moving in all directions by making shapes on the ground. For example, make a rectangle shape by sidestepping one way, running forwards, sidestepping the other way and running backwards.

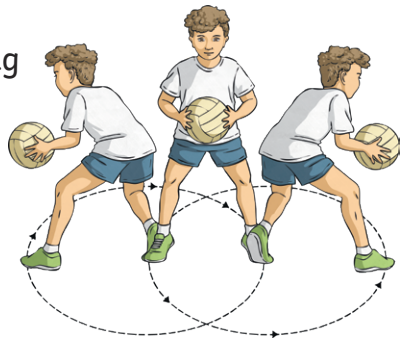


Try to stay facing in the same direction when making each shape so that you practise moving in a range of directions including sideways, forwards, backwards and diagonally.

You can decide how big your shape will be!

Pivoting Skills

Pivoting involves keeping one foot on the floor, as an anchor, while the other foot moves in a circular pathway, allowing you to change direction.



Practise pivoting with both your left and your right foot, moving forwards and backwards.

1. Keep one foot anchored to the ground and rotate on it using the ball (front part) of the foot.
2. Move or step with the other foot as much as you like to change direction.

Attacking and Defending Skills

Marking is one of the main jobs when a team is defending in netball. One-on-one marking involves one player from each team having an opposition player to stay close to them to try and prevent them from passing or receiving the ball.



Trying to outwit your defender and get free from them is an important attacking skill in netball. Dodging and weaving is one way to do this.

Practise your attacking and defending skills by having a game of 'Shadow Tag' with a friend or family member. The aim of the game is to run around trying to tag each other's shadows by stepping on them.

The Toss-Up

Simulate a toss-up. You will need three people for this activity.

- Two players stand 1m apart, with a feeder in the middle with the ball.
- The feeder must toss up the ball to approximately head height, shouting "Go" at the same time.
- Players try to be the first person to place their hands either side of the ball and snatch it into their body.

