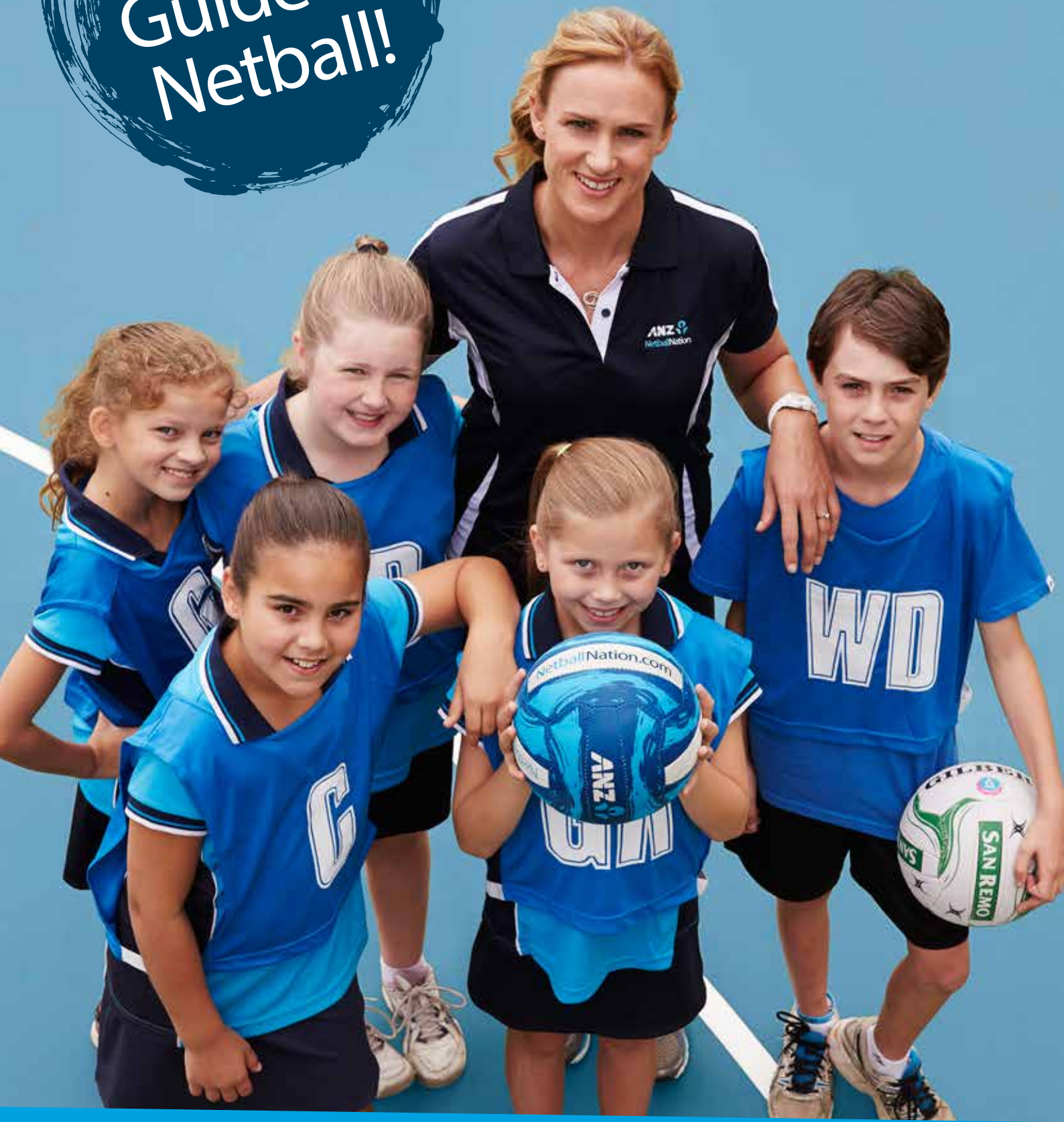


101 Guide to Netball!



NetballNation.com



Message from Laura

We want to make sure you can share in the fun and enjoyment of learning a new sport, so we've developed the Netball Nation guide to introduce you to the basics of our game. Think of it as your netball cheat sheet!

In this guide you'll find everything you need to know about the fundamentals of our game, including rules, playing positions and key attacking, shooting and defensive skills you can practice with your future netball stars.

Netball Nation is dedicated to helping all Australians get involved in netty so make sure you keep in touch!

See you courtside,

Laura Geitz

Captain – Australian Diamonds

Captain – Queensland Firebirds

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Welcome to the
wonderful world
of netball!



The aim of the game

It's all about scoring goals! A goal is scored when the Goal Shooter or Goal Attack shoots the ball from inside the semi-circle (goal circle) at their end of the court, through the ring at the top of the goal post. Only the Goal Shooter and Goal Attack can score.

A goal counts for one point. The team that finishes with the most goals is the winner.

To start the game

The game commences with the first Centre Pass taken at the umpire's whistle. A Centre Pass involves the Centre player stepping in to the Centre Circle.

After each goal is scored, a new Centre Pass is taken alternately by the two Centre players, irrespective of who scores the goal. The umpire's whistle indicates the beginning and end of each quarter.

All players must start in the goal thirds except the two Centres. The Centre pass must be caught or touched by any other player in the Centre third before moving into either Goal Third.

Generally the game is played for 60 minutes, divided into four 15 minute quarters however it does vary across leagues and levels.



Playing Positions

Each playing position has a specific area of the court in which to play:



GS (Goal Shooter) Areas 1 & 2
Scores and works in and around the Goal Circle with the Goal Attack.

GA (Goal Attack) Areas 1, 2 & 3
Feeds and works with the Goal Shooter to score.

WA (Wing Attack) Areas 2 & 3
Feeds the Goal Circle players giving them shooting opportunities.

C (Centre) Areas 2, 3 & 4
Takes the Centre Pass and controls game flow between attack and defence.

WD (Wing Defence) Areas 3 & 4
Looks for intercepts and prevents the Wing Attack from feeding the ball into the Goal Circle.

GD (Goal Defence) Areas 3, 4 & 5
Defends the Goal Attack, looking for intercepts, trying to prevent the Goal Attack and Goal Shooter from scoring.

GK (Goal Keeper) Areas 4 & 5
Works with the Goal Defence to prevent the opposition Goal Attack and Goal Shooter from scoring.

Rules



Contact

A player cannot accidentally or deliberately contact another player, in such a way that interferes with that player or causes contact to occur. For example, pushing, holding, leaning or tripping.

Obstruction

A player with arms extended cannot defend a player with the ball closer than 0.9m (3 feet).

Held Ball

You've got to be quick! A player must pass the ball or shoot for goal within three seconds of receiving the ball.

Footwork / Stepping

Having caught the ball, a player may land or stand on:

- **One foot** – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be regrounded until the ball is released.
- **Two feet (simultaneously)** – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

Over a Third

The ball cannot be thrown over a complete third without first being touched or caught first by a player in that third.

Offside

Players must stay within their designated playing areas. If a player goes offside, a free pass is awarded to the opposing team where the player went offside. A player may reach over and take the ball from an offside area provided that no part of their body touches the ground in that area. The lines that bound each area are part of that area.

Playing the Ball (or Replay)

A player who has possession of the ball may not bounce the ball and re-gain possession of the ball (replay it).

If a player does not catch the ball cleanly, it may be allowed to bounce once to gain possession or batted or bounced to another team mate. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post.

5 Different Types of Penalty

1. Toss Up
2. Free Pass
3. Throw-In
4. Penalty Pass/ Penalty Pass or Shot

1. Toss Up

A Toss Up is used when two opposing players simultaneously: catch the ball, knock the ball out of court; go offside with one holding the ball; contact each other or when an umpire cannot decide who last touched the ball out of court. The two players stand 0.9m (3 feet) apart, facing each other and their own goal end. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed it up from just below shoulder height of the shorter player, and blown the whistle. The ball may be caught or batted except directly at an opponent. A Goal Shooter or Goal Attack may shoot for goal from a successful possession at a Toss Up.

2. Free Pass

A Free Pass is awarded for infringements on the court involving one player, such as offside. The pass is taken where the infringement occurred by any player who is allowed in the area.

3. Throw-In

When the ball goes out of Court, it is thrown-in by a member of the opposing team who is allowed in that area.

4. Penalty Pass/Penalty Pass or Shot

A Penalty Pass/Shot is awarded for Contact and Obstruction infringements. The pass is taken where the infringer was standing. Any player who is allowed in the area can take the pass. The penalised player must stand "out of play". That is, beside and away from the player taking the pass, until the ball has left their hands. A Goal Shooter or Goal Attack taking a Penalty Pass/Shot in the Goal Circle may either pass or shoot for goal.

Safety

Jewellery

Players must remove all jewellery before the start of a match to avoid injury. This rule includes all piercings. The only exception is a wedding ring and/or medical alert bracelet. If either or both are worn, each shall be taped.

Nails

Nails must be kept short and smooth. As a guideline, nails should not be seen from the underside of the finger. Umpires will check all players for nail length and jewellery prior to the match.



Skills



SHOOTING

Practice is key. The ANZ championship shooters practice over 200 goals per day!

PASSING

Shoulder Pass

A long, flat, hard pass used to cover long distances of the court

- Face your target
- Hold the ball in one hand, hand outstretched behind the ball with elbow low
- Transfer weight and step forward with opposite leg to throwing arm
- Follow through where you want the ball to go
- Flick the wrist at the end of the flow to add more power
- If players do not have the strength/size to hold the ball with one hand, the second hand can be used to balance the ball in front

Chest Pass

An accurate pass used to cover short and middle distances of the court

- Face your target
- Both hands in the shape of a 'W' behind the ball, elbows tucked in (no chicken wings!) and relaxed
- Step in to the pass, transfer weight forward and release the ball
- Follow through with the arms and a slight flick of the wrist at the end of the flow

DEFENDING

Always be sure to have vision of your attacker and the ball.



ATTACKING

Movements should be quick and decisive. Be sure.

DEFENDING

Move your feet, not just your head!

SHOOTING

- Begin with both feet facing the goalpost, feet shoulder width apart and knees relaxed
- Raise the ball above your head with your preferred shooting hand, resting the ball on the pads of the fingers
- Use your opposite hand to lightly steady the ball (do not hold the ball with both hands)
- Bend both elbows and lower the ball behind your head
- At the same time, bend your knees to generate power
- Simultaneously, bring both the knees and arms up, and push the ball off the hand towards the goal
- Follow through with a flick of the wrist

DEFENDING

'Hands Over The Ball'

- As soon as your opponent takes possession of the ball, quickly step or jump back 0.9m distance
- Keep your head up with eyes on ball and opponent
- Stand with feet shoulder-width apart, knees, hips and ankles slightly bent
- Stretch both arms out and in position over the ball
- 'Follow' the ball with your arms, blocking the path of the ball as much as possible

One On One Shadowing

- Stand in front of opponent with back to attacker, and body halfway across opponent's body
- Arms close to sides of body
- Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright
- Vision to see attacker and the ball
- Shadow your opponent's moves using fast small steps
- Aim to move feet, keep head up and maintain vision of the attacker and not swing head





ANZ Netball Nation

Netball Nation is dedicated to providing support to the sport of netball at all levels. Netball Nation celebrates and connects the Aussie netball community through a series of programs, such as the Netball Nation Fun Days (coming to a state near you!) and the Netball Nation Grant Scheme.



Junior Development

ANZ NetSetGO is Netball Australia's only junior entry netball program. It has been developed to provide children from 5 to 10 years with the best possible learning and playing experience to develop a positive introduction to netball, ensuring enjoyment and continued participation. ANZ NetSetGO incorporates skill activities, dance and music activities, minor games and modified matches in a fun and safe environment. The weekly program is coordinated by accredited coaches to ensure a quality experience for all participants. ANZ NetSetGO uses modified rules to help participants learn the game of netball in a fun environment. Click here to see these rules.

netsetgo.asn.au



ANZ Championship

The ANZ Championship launched in 2008 with ten teams (five from Australia and five from New Zealand). The competition is owned by Trans-Tasman Netball League Ltd (TTNL), a joint venture between Netball Australia and Netball New Zealand.

The ANZ Championship is played over 17 weeks, comprising 14 Regular Rounds, followed by the Finals Series (four matches played over three weeks). Matches are generally played on Saturdays, Sundays and Mondays.

anz-championship.com/

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