

# Netball – Passing

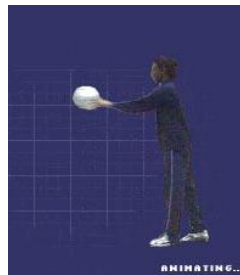
## Keywords

Attack	Pivot
Balance	Obstruction
Control	Balance
Speed	Dodge
Defence	Shoot
Coordination	Footwork

Can you think of anymore?



**CHEST PASS**



- The ball is held in two hands, fingers and thumbs spread
- The ball is brought in close to chest
- The wrists rotate so that the thumbs point downwards
- The player steps forward onto her left foot in the direction of the throw.
- The elbows & wrists extend strongly
- Step into the pass



**OVERHEAD**



- Bend your arms and keep your elbows close to your body
- Lift the ball over your head and allow it to drop back a little
- Put one foot forward for you to step into the pass
- Aim between their head and chest for easier receiving
- The flight of the ball should be high



**BOUNCE PASS**



- The ball is brought in close to chest
- It should be held so that fingers are pointing towards the floor
- Release the ball from waist height
- Aim the ball 2/3rds the distance between you
- The ball should bounce into her hands at waist level

Making and Applying Decisions	Can you select the correct shot?
	Can you use the correct footwork?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you make space in attack?
	Can you control the game?
Accurate Replication	Can you catch with both hands?
	Can you shoot at ring?
	Can you land with control?
	Can you keep your body between ball and marker?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

**NOTE YOUR LEVEL IN YOUR PLANNER**