

Netball is fast-paced and requires fitness, speed and accuracy. Most junior games have 5 players per team, but senior teams have 7 players. Points are scored by shooting the ball into the opposite team's net. Players must not travel with the ball and must stay in particular areas of the court, therefore teamwork is important.



accuracy

bounce pass

shoot

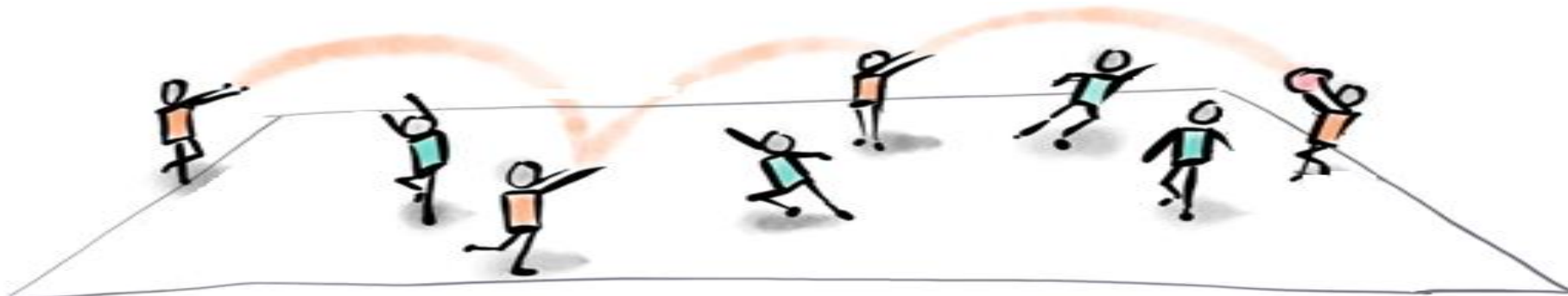
control

teamwork

speed

chest pass

possession



STEPS TO SUCCESS

These are the skills I need to achieve success in LKS2 Netball:

To pass / send a ball with increasing accuracy.

To move with the ball keeping it under control.

To pass the ball in different ways.

To find and use space well to keep possession.

To apply basic attacking and defending principles.

Play in small sided games, employing simple tactics.