

Netball

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Pass accurately to a partner in an isolated practise

Pass to a partner who is on the move in an isolated practise

Pass accurately to team mate when under pressure (conditioned game)

Perform a chest and shoulder pass in a game situation with power and accuracy

Appropriately select which pass to use and perform with power and accuracy.

Passing

Dodging using a basic drive, in an isolated practise with some control

Dodge with some speed and control in a practise situation

Feint dodge with good control in a practise situation

Demonstrate an understanding of when to dodge and when to hold space.

Confidently dodge with good control and timing to outwit opponents in game play using awareness.

Apply knowledge in game play, showing an understanding of when to dodge successfully.

Dodging

Land with some footwork technique in an isolated practise

Land with good footwork and technique in an isolated practise

Land and use footwork consistently in an isolated practise

Land in a game play situation, using good court movement

Move well in a game with good footwork to outwit opponents

Apply a range of footwork and movement skills in a game, including turning in the air

Footwork/
movement

Demonstrate the key points to attack 1v1 with some technique

Demonstrate how to attack 1v1 when receiving the ball

Attack 1v1 with confidence to win the ball in practise

Attack 1 v1 in game play with some success

Apply attacking formations in game play to outwit the opposition

Attack as part of a team in game play confidently with success

Attacking

Demonstrate the key points to shoot in an isolated practise

Demonstrate how to shoot with some success in an isolated practise

Shoot with good accuracy to score in a practise

Shoot with good accuracy whilst under defensive pressure in an practise

Apply shooting skills in game play with some success

Apply shooting skills in game play confidently with success

Shooting

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<p><u>Passing</u></p> <ul style="list-style-type: none"> - What is the passing order? - Why is the passing order important? - Who should take the defending goal line pass? - What are the four passes? - What is the correct technique of passing? 	<p><u>Dodging</u></p> <ul style="list-style-type: none"> - What is dodging? - When would you dodge? - What are the different types of dodging? - How do you perform a feint dodge? 	<p><u>Shooting</u></p> <ul style="list-style-type: none"> - How do you score a goal in netball? - When should you shoot in a game? - Who can shoot in netball - What technique do you use to shoot? - What technique should you use to shoot with accuracy? 	<p><u>Game play – rules and regulations</u></p> <ul style="list-style-type: none"> - What is the official called? - What are the positions? - Why are positions important? - How can positions/formations help your team to be successful? - When do you receive a free pass and how is it taken? - When do you receive a penalty and how is it taken? - What tactics are you going to apply to the game? - When would your tactics change in a game? - Why would your tactics change in a game?
<p><u>Attacking</u></p> <ul style="list-style-type: none"> • Which players are attacking players? • How do you get free? • What is the contact rule? • What happens if contact occurs? 	<p><u>Defending</u></p> <ul style="list-style-type: none"> - How might you defend? - When do you use 1 to 1 marking? - What is the obstruction rule? - What happens if obstruction occurs? - At what point might you try to win the ball through intercepting? 	<p><u>Footwork/movement</u></p> <ul style="list-style-type: none"> - What are the 7 positions? - What is the footwork rule? - What happens if footwork occurs? - Who marks who? - What happens on a centre pass? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Court, - Passing, - Thirds and Semi-circle, - Attack, - Defend. - Footwork, - Offside, - Contact, - Obstruction., - Shooting, - Feint dodge