



Physical Literacy Through Netball

PHYSICAL LITERACY

Start / Re-Start	<ul style="list-style-type: none"> The centre steps into the centre circle & the whistle blows These are taken alternately after a goal is scored. Other players are outside the centre third. The ball must be received in the Centre third. A toss up is awarded for a simultaneous foul. Delaying play rule – This is why everyone runs back, if the centre steps into the circle before you are back, a penalty is given.
Rules	
Scoring	<ul style="list-style-type: none"> The ball must go into the net without a foul. A goal can only be scored from inside the shooting circle. 1 point (goal) / goal scored
In & Out of Play	<ul style="list-style-type: none"> The ball must be all the way over the line and on the ground for it to be out. The lines are part of the court and part of each area. Therefore, a foot on the line and not over it means you are still in your area. Throw in – Side-line / back-line, feet must be behind the line for
Time	<ul style="list-style-type: none"> 4 x 15-minute quarters, 3-minute breaks and 5 minutes at half time, change ends after each quarter.
Sport Specific Rules	<ul style="list-style-type: none"> Offside – Players have areas they are allowed to go into, a player must be touching the ground to be offside. Contact – Not allowed. Obstruction – Players must be 0.9m away from the landing foot of the attacker. Over a Third-The ball must be controlled by a player in every third. Three second rule-The ball cannot be held for more. Re-playing the ball-A player is not allowed to lose control and then pick the ball up again. Footwork-No dragging, stepping or hopping with the landing foot. Short pass – Not allowed, there has to be room for a defender to move between.
Sanctions and awards	<ul style="list-style-type: none"> Penalty pass / shot-Only awarded for contact or obstruction, the offending player must stand by the side of the taker and cannot mark. Free pass / shot- For all other fouls, the defender can mark



Possession	Attacking	Defending
<ul style="list-style-type: none"> Planning positions as a team When to pass The Type of Pass. Triangles Short passes Balanced play Patience Sideways play Playing out from the back Shielding the ball Switching play Support options 	<ul style="list-style-type: none"> Feeding bounce pass • Timing Runs Passing into space • Signaling and communication Angling runs • Set penalty plays Varying dodges • One-Twos • Height Set plays from a ball out of play Feeding shooters • Attacking positions Target Forward • Disguise Awareness of other teams' weaknesses Rule awareness • Direct play • Through balls Drawing the defender Using width • Selecting appropriate set play takers • Overloading areas 	<ul style="list-style-type: none"> Public marking Reading the opponent Defensive positions • Formations Being goal side • Counter attacking Man-to-man marking Zonal marking Jockeying to slow play • Supporting Cornering • Safety play Spotting patterns in attacking play Awareness of other teams' weaknesses • Communication Pressing / high-pressure Recovery play • Anticipation Screening • Aggression

Tactics

Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities



Possession	Attacking	Defending
<ul style="list-style-type: none"> Footwork Pivoting Catching stationary and moving Catching in the air Chest pass 	<ul style="list-style-type: none"> Dodging Overhead pass Shoulder pass Rebounding Dodging 	<ul style="list-style-type: none"> Shadowing Intercepting Marking a player



Fitness

Skills