

**Playing Area**

**Basic Skills**

Dodging Shooting

Passing Marking

Footwork Blocking

**Positions**

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| GS **–** GOAL SHOOTER |
| GA **–** GOAL ATTACK |
| WA- WING ATTACK |
| C **–** CENTRE |
| WD **–** WING DEFENCE |
| GD **–** GOAL DEFENCE |
| GK **–** GOAL KEEPER |

**Governing Body**

The All England Netball 



**Relevant Components of Fitness**

**Physical components**

**Endurance –** to be able to perform for the full game at maximum performance levels

**Strength** – to be able to use strength when defending

**Speed** – to be able to get away from your opponent quickly

**Skill components**

**Reaction time** **–** to respond quickly to the movement of a team mate and the whistle

**Agility** **–** to change direction quickly when dodging to get away from an opponent

**Balance** – when passing or shooting the ball

**Equipment / Health & Safety**

**Nails –** must be short

**Jewellery** – No Jewellery worn

**Team bibs** – must be worn to differentiate team and position

**Footwear** – Trainers must be worn

**Tactics & Set plays**

**Centre passes** – Teams create set centre passes so they know who will receive the ball

**Throw in and backlines –** Teams create attacking and defensive set plays so they know who is receiving the ball.

**Rules**

**Footwork** – you cannot move with the ball

**Obstruction** – you need to be 3 feet away from the landing foot

**3 seconds** – you can only hold the ball for a maximum of 3 seconds

**Contact** – you cannot make contact with another player