Year 9 Netball Knowledge Organiser

Skills

- I can perform advanced footwork and movement - running pass, turning in the air, reverse pivot to speed up attacking opportunities
- I understand how to balance the court depending on the position of my teammates
- I can mark the space/block to prevent the opposition from progressing up the court/gaining a rebound
- I can shoot using the correct technique and hold my space or use a split step to get closer to the post

Decision Making

- I can select the appropriate type of footwork to use depending on the situation and position of my teammates
- I can decide where to stand and when to move to ensure the court is balanced to create more attacking space
- I can help my team decide appropriate tactics for a centre and backline pass

Growth & Development

- I complete regular exercise to help develop the components of fitness which will benefit my netball performance.
- I can analyse the impact of different exercises on my performance in netball.
- I can explain what type of exercise is predominantly used in netball and how to develop this energy system.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small sided game to improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

Rules

- You can move your landing foot as long you throw the ball before re grounding it.
- The ball must be touched in each third of the court
- You can not replay the ball
- You can not use your arms to block an attacking player
- A penalty is awarded for obstruction or contact
- A free pass is awarded for all other rule infringements

Key Terms

Running pass	Split step
Turning in the air	Over a third
Reverse pivot	Replayed ball
Balancing the court	Centre pass
Marking space/blocking	
Holding space	Backline pass