



## Overview



- Netball is a fast-paced, non-contact team sport played predominantly by women, though men's and mixed netball are also growing in popularity. It is played by two teams of seven players each, with the objective of scoring goals by shooting the ball through a raised hoop.
- The game is played on a rectangular court with designated areas for different player positions. Players are assigned specific roles, which restrict their movement to certain parts of the court.
- Netball originated in England in the late 19th century and is especially popular in Commonwealth countries such as Australia, New Zealand, England, and Jamaica.

## Rules

- Team Composition: Each team consists of 7 players with specific positions: Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD), and Goal Keeper (GK).
- Court Sections: The court is divided into thirds, with players restricted to certain areas based on their positions.
- Game Duration: A standard netball match consists of four quarters, each lasting 15 minutes, with breaks in between.
- Scoring: Goals can only be scored by the Goal Shooter (GS) and Goal Attack (GA) from within the shooting circle.
- Footwork Rule: Players cannot take more than one step while holding the ball. The pivot foot must remain grounded if the player moves.

## Further Support

- World Netball: The international governing body for netball. [World Netball Website](#)
- England Netball: Governs netball in England. [England Netball Website](#)
- Netball Australia: Oversees netball in Australia. [Netball Australia Website](#)
- Netball New Zealand: Manages netball activities in New Zealand. [Netball New Zealand Website](#)

## Did you know?

Origins: Netball was adapted from basketball in the late 1800s to provide women with a sport of their own.

Positions and Movement: Each player's movement is restricted based on their position, making strategic positioning and passing critical for success.

Commonwealth Games: Netball is a core sport in the Commonwealth Games, with some of the top teams being Australia, New Zealand, England, and Jamaica.

## Skills

**Passing:** Different types of passes include chest pass, bounce pass, shoulder pass, and overhead pass. Players need to master these to move the ball quickly around the court.

**Footwork:** Players must be able to pivot and change direction without moving the grounded foot after receiving the ball.

**Shooting:** Accuracy in shooting is essential for goal shooters and goal attackers, who aim to score by throwing the ball through the hoop.

**Defending:** Players must mark their opponents closely, attempting to intercept passes and block shots.

**Dodging:** Moving quickly to get free from a defender and receive the ball.

**Positioning:** Understanding where to be on the court to support teammates, maintain team shape, and follow the rules about restricted areas.

## Vocabulary

Centre Pass

Pivot

Contact

Obstruction

Shooting Circle

Interception

Turnover

Held Ball

Chest Pass

Shoulder Pass

Bounce Pass

Defence

Attack