



Netball Knowledge Organiser

3 top tips of a warm up and cool down

1. Pulse raiser consisting of things such as jogging, high knees.
2. Dynamic stretching (stretches on the move) lunges.
3. Static stretching.

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Basic rules

1. A netball team consists of 7 players
2. The game starts with a centre pass
3. A player must be 3ft away from the ball when defending
4. You have 3 seconds with the ball
5. You must comply with the footwork rule
6. A goal can only be scored by the GS or GA
7. A match consists of four quarters

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Types of passes

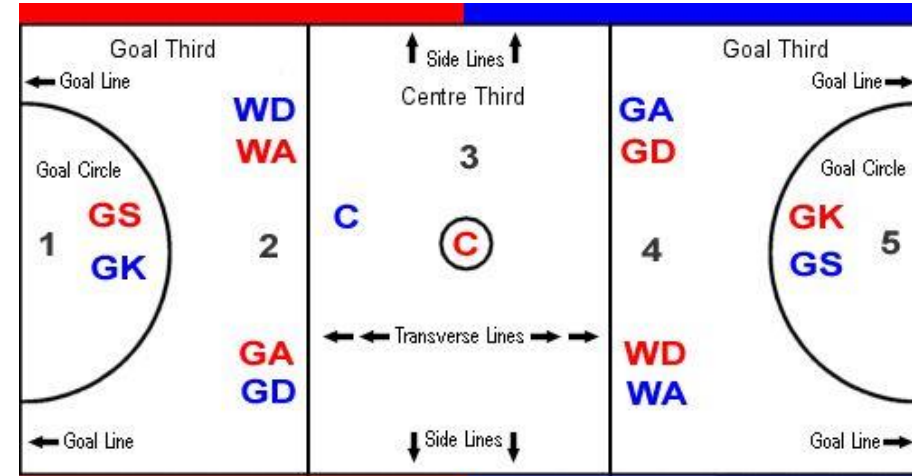
- Chest pass
- Shoulder pass
- Bounce pass

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England Netball
Website

www.Englandnetball.co.uk

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Netball Positions

1. **GS (Goal shooter)**- To score goals and to work in and around the circle with the GA.
2. **GA (Goal attacker)**- To feed and work with GS and to score goals.
3. **WA (Wing attack)**- To feed the circle players giving them shooting opportunities.
4. **C (Centre)**- To take the centre pass and to link the defence and the attack.
5. **WD (Wing Defence)**- To look for interceptions and prevent the WA from feeding the circle.
6. **GD (Goal Defence)**- To win the ball and reduce the effectiveness of the GA.
7. **GK (Goal Keeper)**- To work with the GD and to prevent the GA/GS from scoring goals.

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