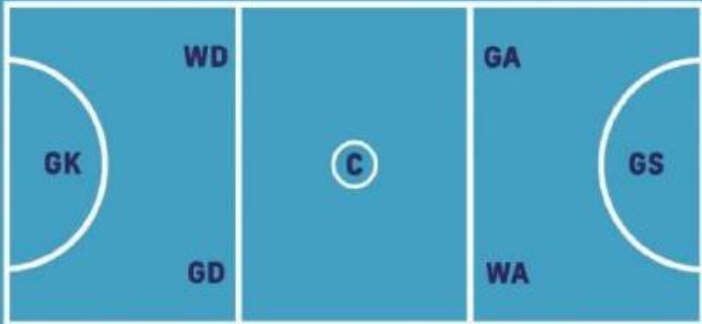
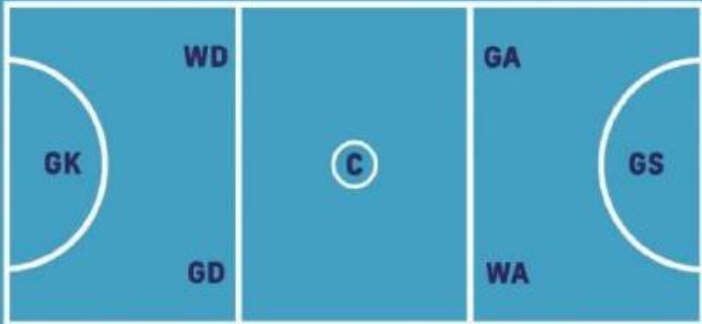
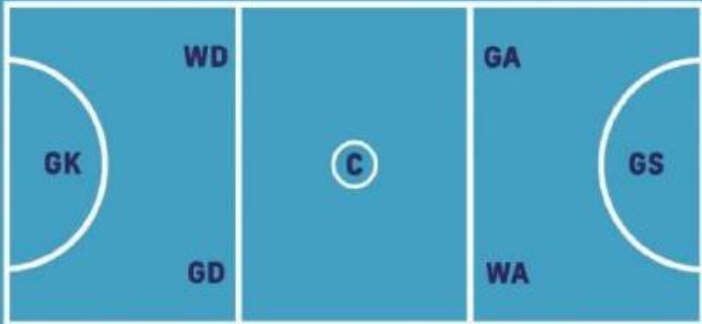


Skills and Techniques: → Chest pass: Most accurate pass. Hands form W shape behind ball. Step forward into pass, keep elbows close to body. Push through with ball → Shoulder Pass: Used to cover bigger distances. Place throwing hand behind ball, move opposite foot in front of body. Full extend arm when passing, following through with pass. → Bounce Pass: Used when space is restricted. Standing with one foot forward. Push ball into floor. → Shooting: Ball on fingertips, use non throwing hand to steady ball. Bend knees and elbows, lifting ball up to net.	Rules: → Game is started by centre pass within the centre third → Two umpires officiate the game → Players are not allowed to travel with the ball → Players must remain within their designated zones → A defending player must stand three feet away from the person with the ball.	Positions: GK - Goalkeeper GD - Goal Defence WD - Wing Defence C - Centre WA - Wing Attack GA - Goal Attack GS - Goal Shooter 7 players in total	Scoring System: → To score a goal, the ball must be put through the opposition's goal ring → The team with the most points at the end of the game wins. Tactics: → Quick Passing → Dodging and changing speed to receive ball	Key Words: Chest Pass Bounce Pass Shoulder Pass Intercept Marking Defensive Third Centre Third Attacking Third Goal Circle Net Attacking Defending Centre Pass									
 NETBALL POSITIONS <table><tr><td>GOAL THIRD</td><td>CENTRE THIRD</td><td>GOAL THIRD</td></tr><tr><td></td><td colspan="2" rowspan="2"></td></tr><tr><td colspan="3">DIRECTION OF PLAY →</td></tr></table> 					GOAL THIRD	CENTRE THIRD	GOAL THIRD				DIRECTION OF PLAY →		
GOAL THIRD	CENTRE THIRD	GOAL THIRD											
													
DIRECTION OF PLAY →													

Skills and Techniques:

→ Passing / receiving

the idea is to play the ball to your team using different types of passes and then control the ball with different parts of your body

→ Dribbling / moving with the ball

You can use different parts of your foot to dribble with the ball

→ Shooting & Attacking play

You can take aim at the goal, you can cross the ball towards the attackers or you can play a through ball forward to the attackers

→ Heading

This can be attacking to score a goal or defending to clear the ball away from the goal

→ Defensive play

you can tackle, jockey, close down and mark a player

Rules:

→ The Game is started by one team in the middle of the pitch

→ One referee officiates the game with the help of two assistant referees

→ Players are not allowed to use their hands or arms to control the ball unless they are the goalkeeper

→ Usually a game consists of 45 minutes each half

Positions:

Goalkeeper

Right Back

Left Back

Centre Backs (2)

Centre Midfield (2)

Right Midfield

Left Midfield Forwards (2)

Though some teams play with other positions and formations 9 players in total for Year 7, 11 players in total for other age groups

Scoring System:

→ To score a goal, the ball must be put over the line into the goal

→ The team with the most goals at the end of the game wins.

Tactics:

→ Teams attack and defend together

→ Create width to create more space

Key Words:

Side foot pass

Lofted pass

Corner

Free Kick

Throw-in

Dribble

Shoot

Heading

Tackle

Jockey

Marking

Attacking

Defending

Crossing



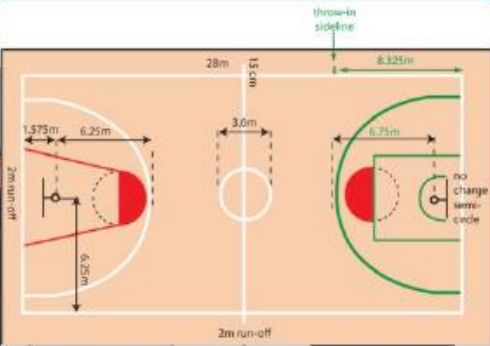
Skills and Techniques:

- Dribbling Used to keep possession of the ball and travel around the court. The ball should be kept close to the body at all times (under control).
- Shooting Used to score points for the team(See Scoring system for how to score)
- Passing Used to get up the court quickly. Another way for the team to maintain possession. Can be used to find a better scoring or dribbling opportunity.



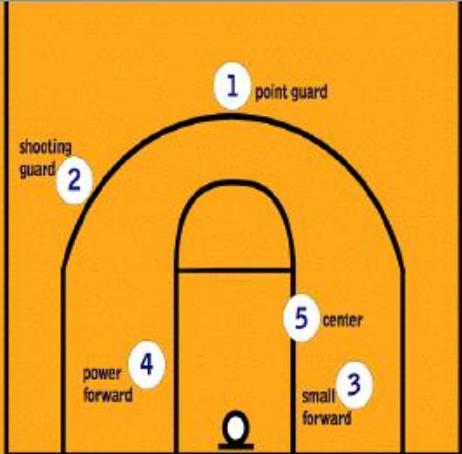
Rules:

- Each team can have a maximum of 5 players on the court at any one time.
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands)



Positions:

- **Point guard** direct play going forward and decide which moves the team should make.
 - **Shooting guard** are the main shooter in the team but it is usually from long distance.
 - **Small forward** is normally the tallest player, shooting is a large part of their game.
 - **Centre** will look to score from close to the basket and also block shots and deal with rebounds.
 - **Power Forward** specialises on the rebounds and defence.
- 5 players in team.



Scoring System:

- **Inside three-pt line**
Any baskets not scored from the free throw line or from outside the three-point line will be worth two.
- **Outside the three-pt line**
These baskets will be rewarded with 3 points, your feet have to be behind the 3 point line for it to count.
- **Free throw line**
A free throw from the free-throw line is worth one point. It is an unchallenged shot at the basket. This is awarded after a technical foul, or a personal foul on a player in the act of shooting.



Key Words:

- Chest Pass
- Bounce Pass
- Shoulder Pass
- Intercept
- Marking
- Defensive Third
- Centre Third
- Attacking Third
- Goal Circle
- Net
- Attacking
- Defending
- Centre Pass

