

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Netball is a fast, skillful game that involves running, jumping, throwing and catching. It is a team game, played by two teams of seven players. The aim of the game is to score more goals than your opposition. Netball is somewhat like basketball but not as rough. There's more passing in Netball because you are not permitted to run with the ball.

Netball is one of the most popular participation sports in Australia, New Zealand, Great Britain and South Africa. It is also growing in popularity throughout the world.

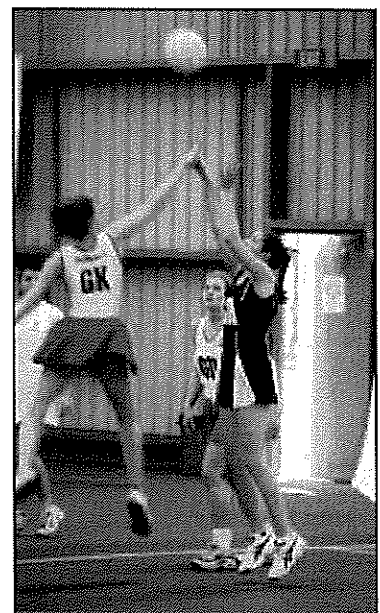
After a lackluster birth in America as "Women's Basketball," Netball has developed into a popular female sport, and is quickly becoming popular with men.

HISTORY OF THE GAME

Netball actually began in the United States when the game of basketball was invented in 1891 by the Canadian immigrant, James Naismith. Women's indoor basketball began shortly thereafter. But it wasn't until 1895 that the present game of netball came about.

Netball was first played at Madame Ostenburg's College in England in 1895. By 1897 the game was being played on grass courts by women and was called netball.

The All England Net Ball Association was formed in 1926, changing its name in 1935 to the All England Women's As-



sociation for Net Ball and Other Hand Ball Games. Finally, in 1944 it became the All England Netball Association.

The game is predominately played in countries of the British Commonwealth including Australia, New Zealand and the West Indies. The game has spread to many other countries including Japan, Canada and America.

The International Federation of Women's Basketball and Netball Associations were formed in 1960. Formal rules were established and a decision was made to hold World Championship tournaments every four years beginning in 1963. Until there were standardized rules, five-a-side and nine-a-side versions of the game co-existed with the present seven-a-side format.

The Australian women are the most dominant team in the world championships. In Australia the game was called Women's Basketball until 1970.

HOW NETBALL IS PLAYED

The game of Netball is played either indoors or out on a hard surface by two teams of seven players. The game requires goals to be scored by throwing a ball through a ring which is attached to a post 3.05 meters high. Players must pass or shoot within three seconds. Contact which interferes with play is not allowed.



Speed, strategy, team work and co-ordination are essential skills for Netball. This game is about running, jumping, throwing, catching, attacking, defending, scoring goals and stopping goals.

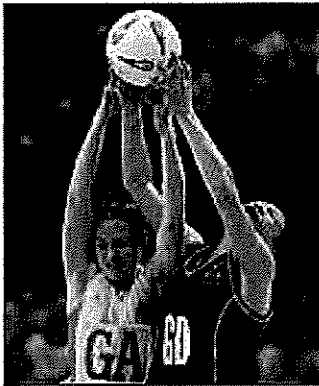
The rules are simple. There are seven players on each team and each player has a position. The positions are: Goal Shooter, Goal Attack, Wing Attack, Center, Wing Defense, Goal Defense and Goal Keeper.

Each position is specialized and has a specific purpose. For example, only the Goal Shooter and Goal Attack are allowed to shoot the goals and only the Center can restart the game after each goal is scored. Positions are limited to certain areas of the court and the ball must be touched by a player in each third on its way to the shooters.

Limited body contact is allowed and you must give the player who has the ball a distance of one meter before you can defend.

Each player has a playing position determined by the areas on the court where she or he may move. The playing positions are shown by identification letters worn above the waist, on both the front and the back of the player.

The purpose of the game is to score as many goals as possible from within an area called the Goal Circle, which is a semi-circle centered on the goal line and measuring 4.9 meters in radius (16 feet).



Minor rule violations include: a held ball, taking steps, breaking (crossing the transverse line before the whistle is blown), offside (a player moving out of her own area) and over a third (ball thrown over a third and untouched by a player). These are penalized with a free pass. Major rule violations consist of: obstruction, intimidation, contact and discipline. These are penalized with a penalty pass or a shot. With this penalty, the offender must stand out of play until the ball has left the thrower's hands.

A game consists of four 15 minute quarters with an interval of three minutes between the first and second and third and fourth quarters and a five minute half-time interval. There is up to two minutes of time allowed for an injury.

There are many variations of the game, including indoor netball, five-a-side netball and social netball played in the off season.

Equipment

The ball is made of leather, rubber or similar material, weighing 400 - 450 gms (14 - 16 ounces) and measuring 690 - 710 mms (27 - 28 inches) in circumference. The regulation netball is a little smaller than a basketball and is lighter and somewhat softer.

Playing Surface

The Court is 30.5 meters (100 feet) long and 15.25 meters (50 feet) wide, which is divided into thirds. There is a center circle with a diameter of 0.9 meters (3 feet) and two goal circles which are semi-circles measuring 4.9 meters (16 feet) in radius.

All lines are part of the court and measure 50mm (2 inches) in width.

The Goal Posts are placed mid point on each goal line and measure 3.05 meters (10 feet)

in height. The goal rings have an internal diameter of 380mm (15 inches). The goal ring projects horizontally from the post on a single attachment measuring 150mm (6 inches) in length. The rings have no backboard.

Playing Techniques

Shooting Tips:

Feet: Your feet should be shoulder width apart (for better balance), pointing toward the post.

Hands: Place the ball in one hand on your fingers - not on the tips, but not flat on the palm (a finger space between the ball and palm). Your other hand is used to support the ball only. Rest it slightly on the ball during the whole motion.

Arms: Your arm should be straight above your head and almost resting against your ear. Try not to arch your back.



Arms and legs: Your arms and legs bend at the same time, again making sure that your elbows and knees are pointing to the post. When bending your arm it is mostly a drop from the elbow not the shoulder. Your elbow should not come forward. Your other hand supports the ball on the drop behind the head - so it doesn't fall off your hand.

Passes

It is important not to ignore the fundamentals of the game which include throwing and catching. Attributes of a good netballer include strong hands to catch and throw. This is because the game is dependent on the ball being passed with speed and accuracy down the court. Consequently, spend time in each training session on throwing and catching and remember the following hints:

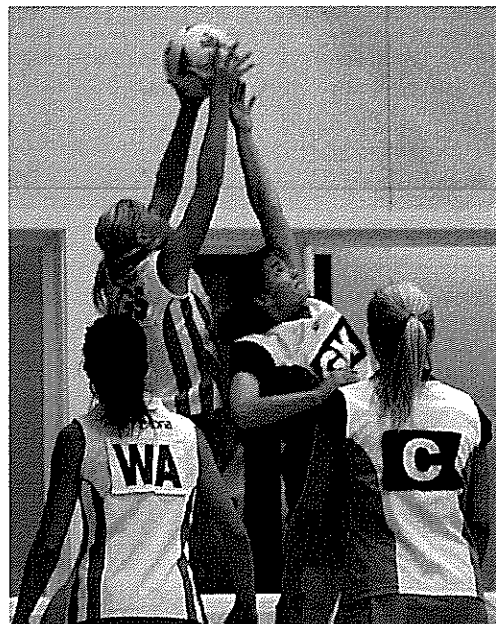
When throwing: Have fingers well spread. Follow through by transferring your weight from your back foot to the front foot. Throw into the space ahead of the catcher's fingers. Use a variety of passes.

When catching: Watch the ball until it is in your fingers. Open fingers wide to receive the ball, with thumbs behind. Drive your hands out toward the ball and snatch ball in close to the body.

NETBALL NEWS & NOTES (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

The International Federation of Women's Basketball and Netball established that World Championship tournaments would be held every four years, beginning in Eastbourne, England, in 1963.

Since then World Championships have been held in Australia 1967, Jamaica 1971, New Zealand 1975, Trinidad & Tobago 1979, Singapore 1983, Scotland 1987, Australia 1991, England 1995, New Zealand 1999, Jamaica 2003 and New Zealand 2008. Throughout this period, Australia has dominated, winning the event in 1963, 1971, 1975, 1979, 1983, 1991, 1995, and 1999. The 2008 Netball World Championship went to Australia with a 42-38 defeat over New Zealand.



The 2011 games in Singapore saw a closely fought gold medal match between Australia and New Zealand. The game was tied at the end of four quarters of regular time. Australia eventually scored the winning goal in the dying seconds of extra time by defeating New Zealand 58–57 to claim their tenth World Championship title.

In 1995 netball became recognized as an Olympic sport but as yet has not appeared at an Olympic Games. Netball was included in the Commonwealth Games program, for the first time, in 1998 in Kuala Lumpur, where Australia took the Gold medal. In 2002 Commonwealth Games were held in Manchester, England. Australia prevailed in sudden death to defeat New Zealand 57-55. In 2006 it was the third time in which netball, (one of the only women-only sports), was played in the Commonwealth Games. The games were played in Melbourne, Australia. In the final game New Zealand defeated Australia 60-55 for the championship. New Zealand defeated Australia 66-64 in a double overtime to win the gold in the 2010 Netball Commonwealth Games.

Websites that can provide you with information about netball include:

<http://www.netball.org/>

<http://www.netball.asn.au/>

<http://www.sportisgood.com/netball.html>

STUDENT RESPONSE PACKET #29

NETBALL

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of Netball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. In what countries is the game of Netball most popular?

2. Who is James Naismith?

3. Where and when was Netball first played?

4. What are essential skills for Netball?

5. Name the positions in Netball.

6. What two players are allowed to shoot the ball?

7. Which players must touch the ball on its way to the shooters?

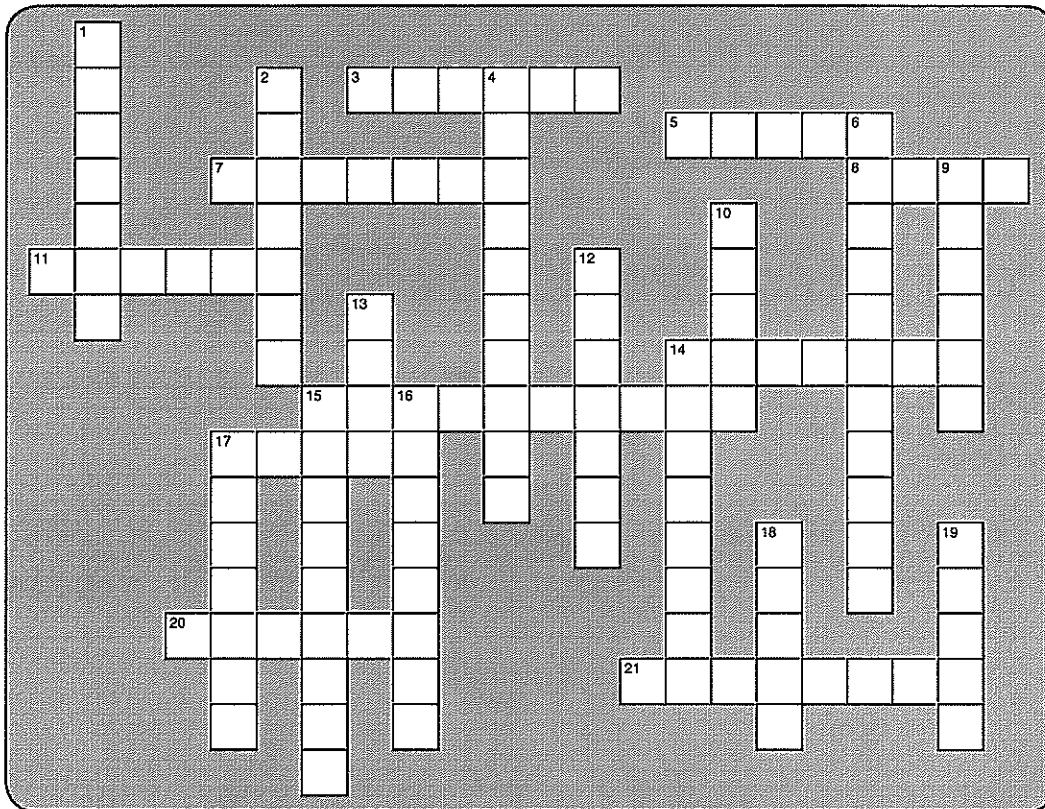
8. What determines a player's position on the court or where a player may move?

9. When you look at a player how are you able to tell their playing position?

10. Minor rule violations include what infractions?

Name: _____ Date: _____

Physical Education 29 Crossword



Across

3. The "W" in IFWBN
5. A good netballer has strong ones
7. Netball can be played here or outdoors
8. Major rule violations are penalized with a penalty _____ or shot
11. The purpose of the game is to score as many goals as possible from within the goal _____
14. A fast, skillful game that involves running, jumping, throwing and catching
15. These women are the most dominant netballers in the world
17. Positions are limited for play on certain parts of this
20. Netball was first played at _____ Ostenburg's College
21. It is important not to ignore the fundamentals of the game which include _____ and catching

Down

1. In 1995 Netball become recognized as an _____ sport
2. When throwing, have them well spread
4. The first World Championship tournament was held here
6. Each player position is _____ and has a specific purpose
9. This word describes the rules of netball
10. The number of players on each side in a game of netball
12. All _____ Netball Association
13. A game consists of _____ 15 minute quarters
14. This Canadian invented the game of basketball
15. This country took the first Commonwealth Games gold in Netball
16. One of the four essential skills for netball
17. Only a little is allowed
18. Taking steps is considered this type of rule violation
19. Netball is somewhat like basketball, but not as _____

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

- | | | |
|------------|--------------|------------|
| Netball | Court | Skills |
| Teams | Women | Shooters |
| Goals | Commonwealth | Violations |
| America | Tournaments | Posts |
| Sport | Rules | Rings |
| Basketball | Australian | Passes |
| | Ball | |