

Acquiring and performing movement skills.

Introduction

The sport I have chosen for my personal portfolio is Netball. In Netball the objective of the game is that each team must attempt to score goals by throwing the ball through the nets at the end of the opponents side of the court. The team, which has scored the most goals by the end of the game, wins.

The court is divided into thirds. Each player has a responsibility on court, and they must remain in their own third of the court, according to which position they play. Netball is played by two teams of seven players.

Netball players must be skilled in both attack and defence in order to be an efficient player, as the game moves quickly. Ideally, netball is played on a sprung wooden floor, but is often played on grass or concrete.

There are four fifteen minute quarters. There are intervals of 3 minutes between quarters one and two, three and four, with a 5 minutes break between two and three. At the end of the intervals, the teams change ends.

For international tournaments, such as the Netball World Cup, where teams may play two matches in one day, the time is reduced to two twenty minute halves. National and regional differences may apply. Matches for different age groups also have different length of playing times. For school competitions, ten minutes quarters are common, as well as fifteen or twenty minute halves. Junior players will often play five minute quarters.

One of the most important skills on netball is passing. There are three main passes:

- Overhead pass
- Bounce pass
- Shoulder pass

The player who receives the ball has restricted movement when landing after catching the ball. The foot that the player lands on may be used a pivot or can be lifted, but cannot be put back on the ground until after the ball has been released.

If the player lands on both feet, then one foot may be moved and the other used as a pivot, or lifted, but cannot be put back on the ground until after the ball has been released.

The players are allowed to take only one step when they have the ball, and they must release the ball within three seconds.

Netball is very much a passing game, as players cannot run with the ball, dribble or move position when in possession of the ball.

Overhead passing.

If you see a player in space in the next third, then you should use the overhead passing technique. It's a high pass, and will go far using power from the force applied to the ball. So you must put plenty of power into the pass so it gets to the correct player. Spread your fingers around the ball but don't let it rest on your palms. Bend your arms and try and keep your elbows in close to your body. Lift the ball over your head and allow it to drop back slightly. This will give you a little extra push as you release the ball. You should put one foot forward, leaning into the pass, making the ball go faster. When passing you need to make sure you aim in the right direction, aim between your teammates head and chest making it easier for them to catch the ball without stretching, when you throw the ball stretch out your arms and fingertips keeping the ball going in the right direction.

Chest pass

In a game, chest pass is probably the most commonly used pass. It is a flat pass, which means it will go from player to player in a straight line. As well as being used for passing quickly the chest pass is often used during throw ins and when in the attacking zone.

When using the chest pass you need to place your hands correctly around the ball. Your fingers should be in a 'W' shape behind the ball with your thumbs touching, holding the ball at chest height. Again with this pass, when throwing the ball step forward with one foot giving more force behind the ball.

You need to use lots of force from your arm muscles (biceps, triceps, etc) keeping your elbows close to your body, with wrists pointing upwards.

Bounce pass

When a player of the opposite team is close to you and you need to act quickly you are best to use the bounce pass.