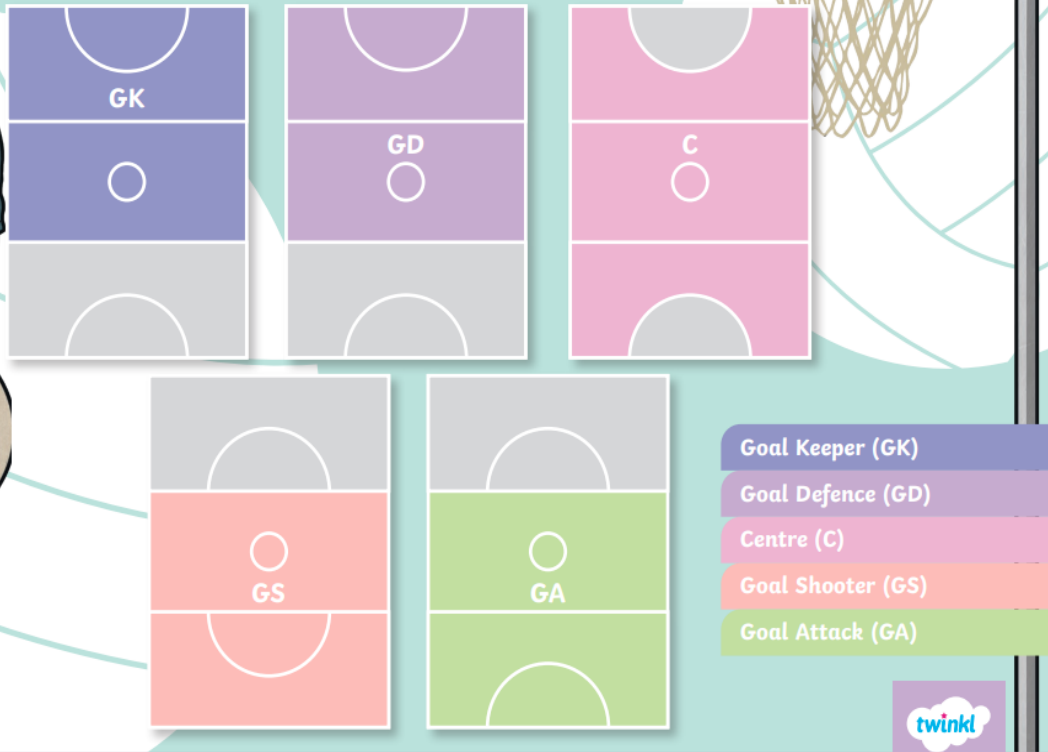


# Netball



## 5-A-Side Netball Court Positions

There are five player positions in this game. Here are the areas on the court that each position can move in.



Goal Keeper (GK)

Goal Defence (GD)

Centre (C)

Goal Shooter (GS)

Goal Attack (GA)

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### Key skills

**Throwing** - Release the ball with force and throw in to the air

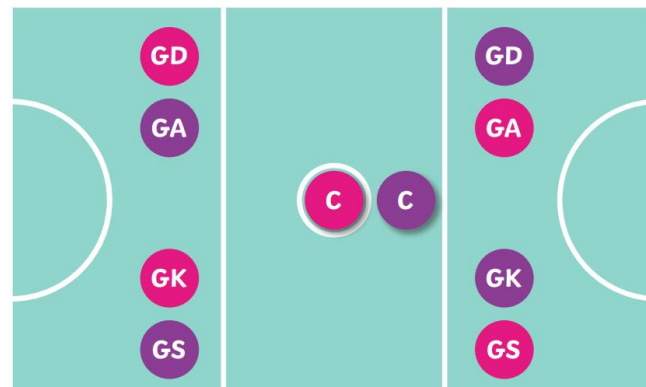
**Catching** - To bring the ball towards your upper body and hold

**Jumping** - Take off from the floor in an upwards direction

### Key Vocabulary

<b>Defend</b>	Mark your opponent and win the ball
<b>Intercept</b>	Win the ball regaining possession for your team
<b>Shoot</b>	Push the ball up to the ring and through the net
<b>Dodge</b>	Movement to get away from your partner
<b>Pivot</b>	Turn the foot by keeping it on the floor

### Starting positions:



### Rules

1. You cannot run with the ball
2. Land 1 foot 2 foot keeping landing foot 1 on the floor
3. Release the ball within three seconds of having possession
4. Mark the ball with a distance of three feet and put your arms up
5. Do not contact or push your opponent