

P.E. SPORTS AND ACTIVITIES

NETBALL



“...walking into [training] camp and onto court, I just can’t believe I’m back. When you get back into an environment like this, the heart starts pumping and the passion comes back.”

Laura Langman, New Zealand international netball player, gold medalist 2019 World Netball Championships, 2010 Commonwealth Games, and 2009 World Netball Series

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



Association 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 coordination 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 NOTES

As the largest Netball organization in the USA, Netball America is the first organization to get this sport the attention it deserves. Netball America was the first to introduce Netball into core US curriculums.

Netball has many benefits:

- It is an all inclusive team sport
- Females and males of all ages can play it
- A wide range of positions allow for different skill levels
- It is a cost efficient sport that requires a minimum of equipment
- The sport is competitive but is not aggressive

Netball is a popular sport; over 20 million people in more than 70 countries play it. In 1995, Netball became a recognized Olympic sport but it has never been included in the summer games. The International Netball Federation (INF) is pushing to allow more sports on a temporary basis for the 2020 Games and beyond. The INF must convince the Olympic committee that Netball has great potential for ticket sales and that the sport has global appeal.

Netball has shown rapid growth across South Africa. Several African nations are ranked among the top twenty-five participating countries in the world. Over 40% of African girls rate netball as their favorite sport.

In North America the United States of America Netball Association was created in 1992. Now this national organization has affiliates in 17 states. In 1992 the first national championship was held and in 1995 the USA's first international game was played against England. In 2003 the US was ranked 9th in the world. Canada has both men's and women's national teams.

In Australia and New Zealand, netball is the most popular women's participation sport. And 98% of New Zealand netball players are female. And as previously mentioned Australian women are the most dominate national netball team in the world.

Websites to find more information about netball are noted below:

www.netball.org

www.netballamerica.com