



## Catching

Catching is one of the most important skills in netball. You need to get the technique correct and then have lots and lots of practice.

To catch:

- Eyes on the ball

- Extend hands forward with fingers spread and thumbs behind the ball (make a 'W') keeping hands "soft"

- Pull / grab / snatch the ball towards your body



## Chest Pass

Pass with two hands from the chest, used for quick, short, and accurate passes.

- Stand front on with the ball in two hands at chest height and elbows down

- Step forward

- Push the ball with wrist and fingers



## Shoulder Pass

One hand pass used for speed and accuracy over long distances.

- Opposite foot to the throwing arm forward

- Ball held with one hand level with the shoulder

- Step forward as throwing arm comes through

- Follow through throwing arm in the direction of the pass



## Goal Shooting

- Ball is held above the head - feet, knees, elbow all pointing to the post

- Rest the ball on one hand and place the other hand on the side of the ball to steady it

- Stand with feet about shoulder width apart

- Bend the knees and shoot the ball - aim high, **not** at the ring

- Flick wrist and point the fingers at the post (wave good-bye to the ball) - rebound.



## Landing

- Control the Hip, knee and ankle when landing. Do not allow for any swing (inward or outward) on landing.

- Keep the knee and toe pointing in the same direction

- Ensure a 'soft' (slightly bent) landing of the hip, knee and ankle.

By following these guidelines the risk of injury to the lower limb is reduced and a balanced/stable base is made to ensure a fantastic pass and decision can be made in a short space of time

Netball is a fast paced sport, players are required to move with speed and agility but when they get the ball, "*the breaks must go on*" to stop and land (without stepping).

The ability to land and use correct footwork techniques while in a dynamic situation is a fundamental skill netballers are required to master.