

*HAVE FUN, play fair, respect your opponent, your fellow team members, your umpire and your coach. Without them you would not be participating.*

- ✓ **ALWAYS GET THE FRONT POSITION**, best place to defend, best place to attack.
- ✓ **KEEP THE COURT BALANCED**, do not bunch, move around create space to move into, dodge, weave, go diagonal.
- ✓ **KEEP MOVING, TIME YOUR MOVES** - do not stand still, be ready to be explosive with a strong drive, if your first move is not successful, offer a new move, and another if you have to.
- ✓ **STAY FOCUSED**, bounce on your toes, be ready to time your attacking or defensive drives, be ready to get that turnover.

Turnovers, in netball, occur when the team in possession of the ball make a mistake and turn over possession of the ball to the other team.

You need to keep your 'turnovers' to a minimum and pressure the opposition, with everyone defending, into making as many 'turnovers' as possible.

Turnovers are worth three goals, because instead of your opposition scoring, you score instead so it is like a minus goal to them and a bonus goal to you!

- ✓ **POSSESSION OF THE BALL IS TO BE VALUED AND TREASURED** don't throw it away with poor passing and catching.
  - **PASS IN FRONT OF THE RECEIVER**, pass to where the player is moving to, (receiver should always be on the move).
  - **WATCH THE BALL - GRAB THE BALL PULL IT IN TO YOUR BODY**, strong, two handed grab around the ball or one handed tap to gain controlled possession with both hands.
  - **SMART TAKING OF PENALTIES**, set up with the correct person taking the pass, everyone else should be offering a lead.  
If an opposition player is standing beside you "out of play" our team must have a "free" player somewhere.

**MY NETBALL GOALS ARE:**

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**MY TWO FAVOURITE NETBALL PLAYING POSITIONS ARE, BECAUSE:**

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