

# Didcot Netball Club



2 teams of 7 players



Each player has to wear a bib to identify their position.

Wing Attack - **WA**

Goal Attack - **GA**

Goal Shooter - **GS**



**GK** - Goal Keeper

**GD** - Goal Defence

**WD** - Wing Defence

**C** - Centre

# DEFENDING POSITIONS

## Goalkeeper GK

A goal keeper's job is to protect their goal post! You have to stay alert so that you can collect rebounds off the post and intercept passes, you need fast reactions. It is really important for the Goalkeeper to be aware of what is happening out in front of you. This will help you to work out what the attacking team's movements are and get lots of interceptions, creating turnovers (A turnover means that you managed to take the ball away from the team with the ball) .



**Goal Keeper**

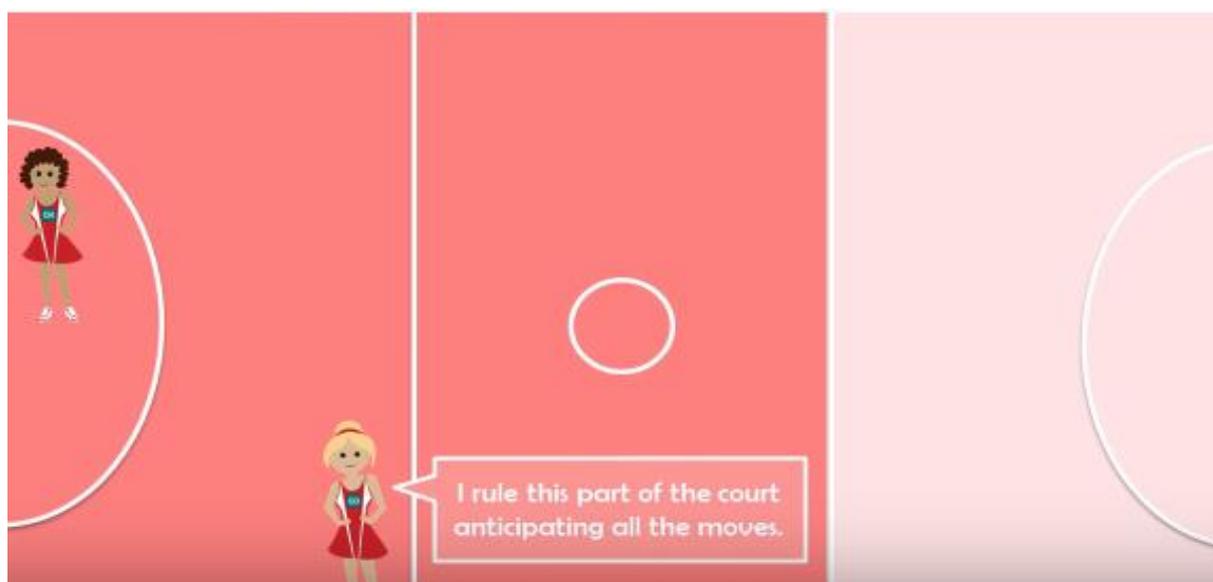
- I'm Goal Keeper I'm the last line of defence.
- I guard the goal circle and the defensive third and must stop the Goal Shooter from scoring.
- I have to stay alert so I can collect rebounds off the post and intercept passes.
- I'm also responsible for taking throw-ins from the goal-line.
- I'm a tall and physical player and I'm prepared to fiercely protect the goal post.



This is where I'm allowed on court.

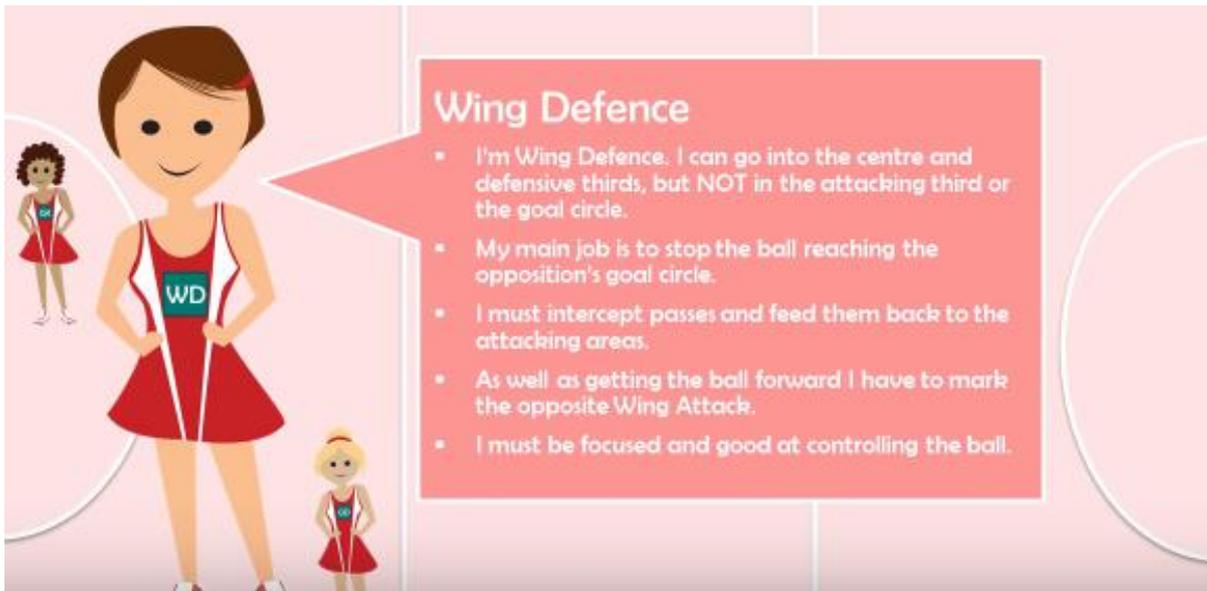
## Goal Defence GD

The Goal Defence works really closely with the goal keeper, they must support each other. GD players must be good at marking. If you can read the game well, spot opposition passes before they're played and are alert to ball interceptions, this position is for you. The GD has more available space on court to play the ball than the GK, so should like to run. As well as defending, you also need the skills of an attacker. The GD starts the attack by successfully getting the ball out of the defensive third, and help her team in moving the ball down the court.



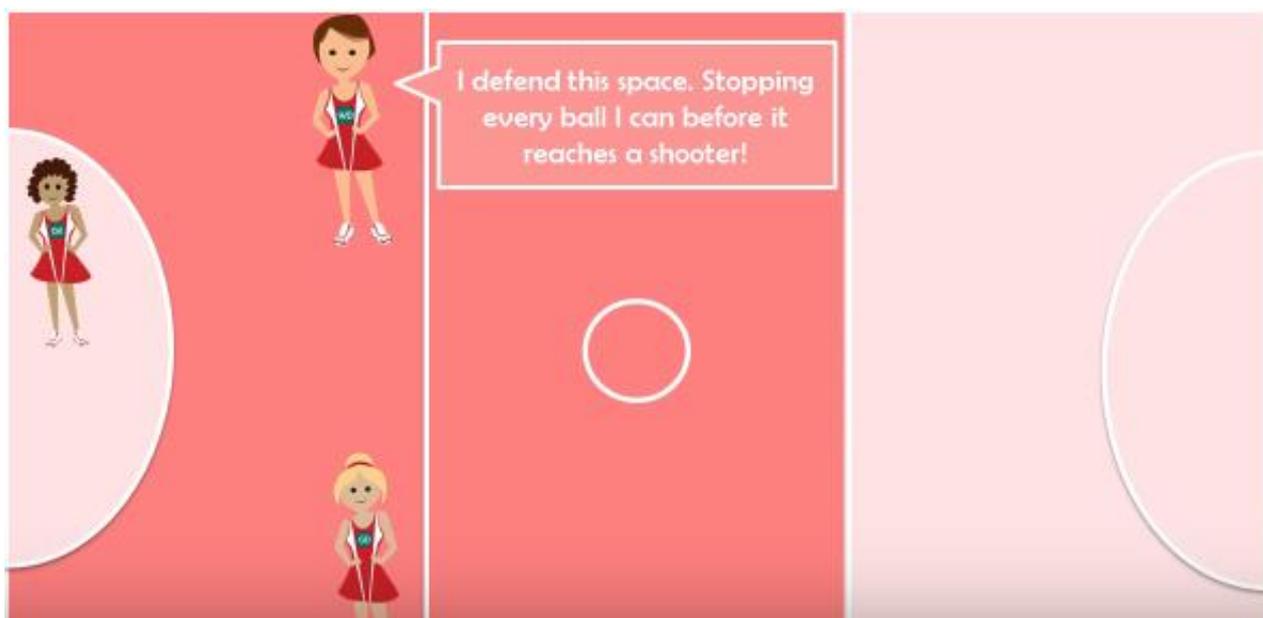
## Wing Defence WD

As well as getting the ball forward, players in the Wing Defence position have to mark their opposing wing attack. The wing defence must be focused on the attacking opponents game play and good at controlling the ball. They should be ready at all times to pick up any tips or interceptions created by the circle defenders as well as playing a supporting backup role for the attackers down court.



### Wing Defence

- I'm Wing Defence. I can go into the centre and defensive thirds, but NOT in the attacking third or the goal circle.
- My main job is to stop the ball reaching the opposition's goal circle.
- I must intercept passes and feed them back to the attacking areas.
- As well as getting the ball forward I have to mark the opposite Wing Attack.
- I must be focused and good at controlling the ball.



I defend this space. Stopping every ball I can before it reaches a shooter!

# MID-COURT & ATTACKING POSITIONS

## Centre C

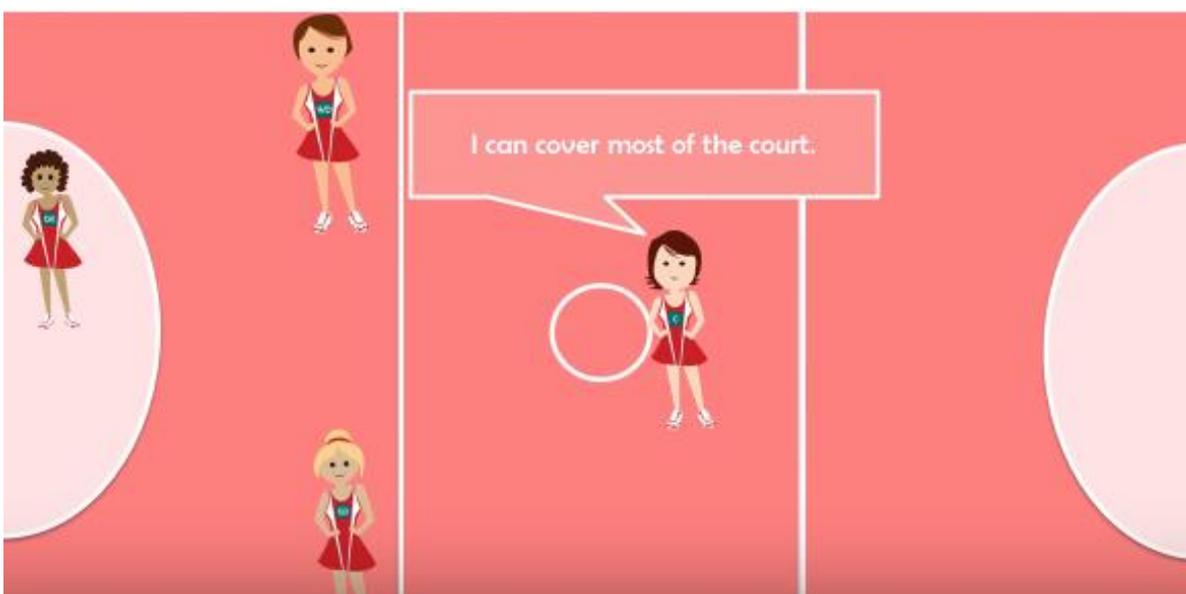
The Centre is the engine of the team and they have to be quick thinking and creative with their play. Centre players are normally the fastest on the court, meaning they are quite often among the smallest players on the team. They usually receive the most passes than any other players on court and often receive low quick passes which makes it challenging for the taller defending players to get low and catch or intercept the ball.



The infographic features a central illustration of a female basketball player in a red jersey with a white 'C' on the front. She is surrounded by three smaller versions of herself in different poses. To the right, a red speech bubble contains the following text:

### Centre

- I'm able to move in the whole court, with the exception of the goal circles.
- I have to help out the defence and attack.
- But I'm mainly relied upon to shift the ball away from the defensive area into attack.
- I also restart the game each time a goal has been scored. I do this by making a pass from the centre circle.
- I'm the engine of the team so I have to be quick and creative with my passing.
- I'm normally the swiftest player on the court which means I'm often among the smallest.



This infographic shows a female basketball player in a red jersey standing in the center of a court. A speech bubble above her says, "I can cover most of the court." The court is depicted with white lines and a center circle. Three smaller versions of the player are shown in the background, one in each of the three main court areas.

## Wing Attack WA

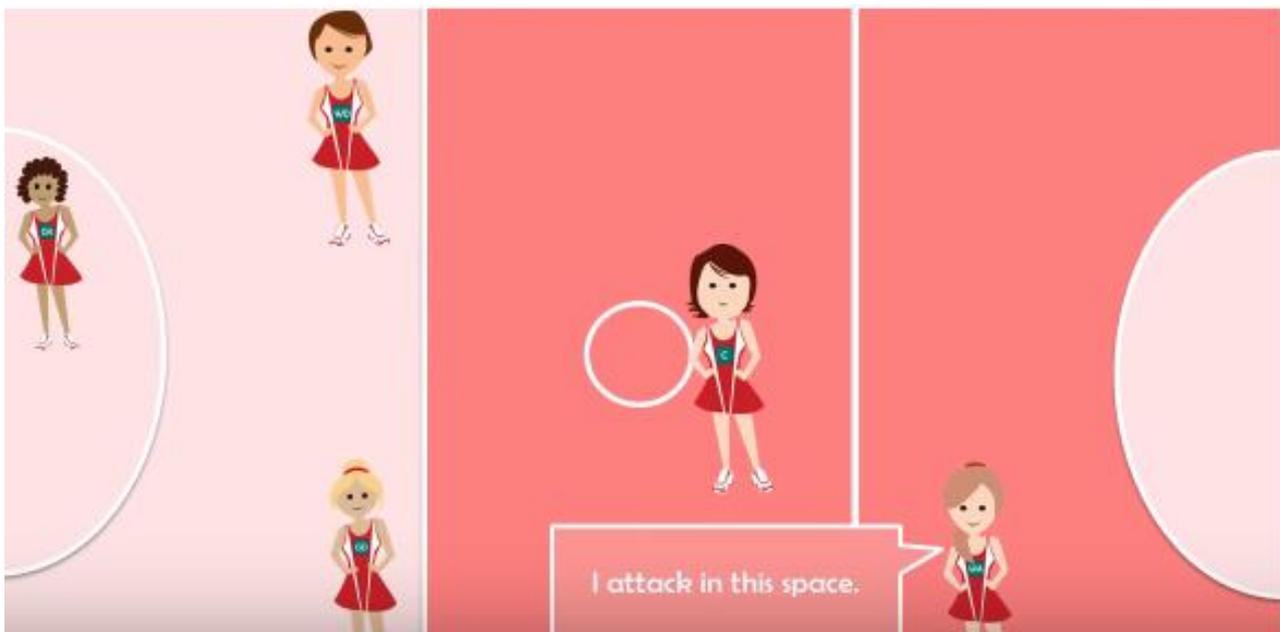
The Wing Attack is the Centre's wing man! They must have a solid passing game and ball collecting skills. The WA is often the first person to receive the ball after the centre pass so needs to be quick off their feet from a stand still position. Speed is highly important for a Wing Attack as quick reactions are needed to receive the initial pass from the Centre is essential, as the Wing Attack needs to beat the opposing Wing Defence off the mark so the ball is not turned over. A Wing Attack needs the ability to open up space on the court so this position suits speedy players.



The infographic features a central red speech bubble with the title "Wing Attack" and four bullet points. It is surrounded by illustrations of netball players in red uniforms. One player on the right has "WA" on her jersey. The background is light pink with white circular accents.

### Wing Attack

- I'm Wing Attack. I'm the key playmaker of the netball court.
- It is my job to create as many goal scoring chances as possible by passing the ball to the shooters.
- I can move in the attacking and centre third but not in the goal circle or the defensive third.
- I have to have solid passing and collecting skills. I also need good footwork and the ability to open up space on the court.



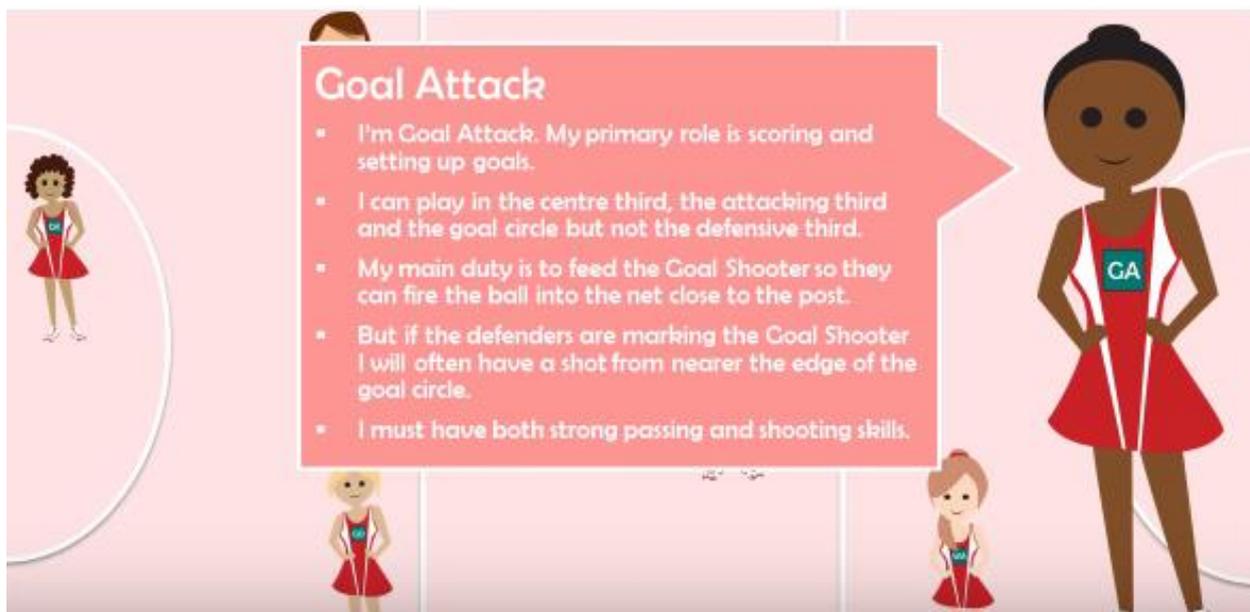
The diagram shows a netball court divided into three horizontal thirds. The Wing Attack (WA) is positioned in the attacking third, which is highlighted in a darker red. A speech bubble from the WA player says "I attack in this space." The Centre (C) is in the middle third, and the Goalkeeper (GK) is in the defensive third. The background is light pink with white circular accents.

I attack in this space.

# SHOOTING POSITIONS

## Goal Attack

The goal attack must have both strong shooting abilities be fast. The goal attacks main job is to work with the Wing Attack and Centre to bring the ball closer to the post and if possible get the ball to the Goal Shooter. Their passing must be quick and direct to give the shooter the best opportunity to score before the defenders have caught up. They must also be able to work out what the two circle defenders are doing and get the ball into the circle. As well as this, they must have extremely quick reactions to ensure they have a second shot on goal if there are any rebounds.



The infographic features a central pink speech bubble with the title "Goal Attack" and a list of five bullet points. To the left is a small illustration of a player in a red dress with "GA" on the chest. To the right is a larger illustration of a player in a red dress with "GA" on the chest. Below the speech bubble are two smaller illustrations of players in red dresses, one on the left and one on the right.

### Goal Attack

- I'm Goal Attack. My primary role is scoring and setting up goals.
- I can play in the centre third, the attacking third and the goal circle but not the defensive third.
- My main duty is to feed the Goal Shooter so they can fire the ball into the net close to the post.
- But if the defenders are marking the Goal Shooter I will often have a shot from nearer the edge of the goal circle.
- I must have both strong passing and shooting skills.



The infographic shows a player in a red dress with "WA" on the chest in the center. A speech bubble above the player says "My space is the same as the WA but I get the shooting circle too." To the left is a smaller illustration of a player in a red dress with "GA" on the chest. To the right is a smaller illustration of a player in a red dress with "GA" on the chest. Below the central player is a smaller illustration of a player in a red dress with "WA" on the chest. The background is a light pink color with a large white circle on the left and a large white circle on the right.

My space is the same as the WA but I get the shooting circle too.

## Goal Shooter GS

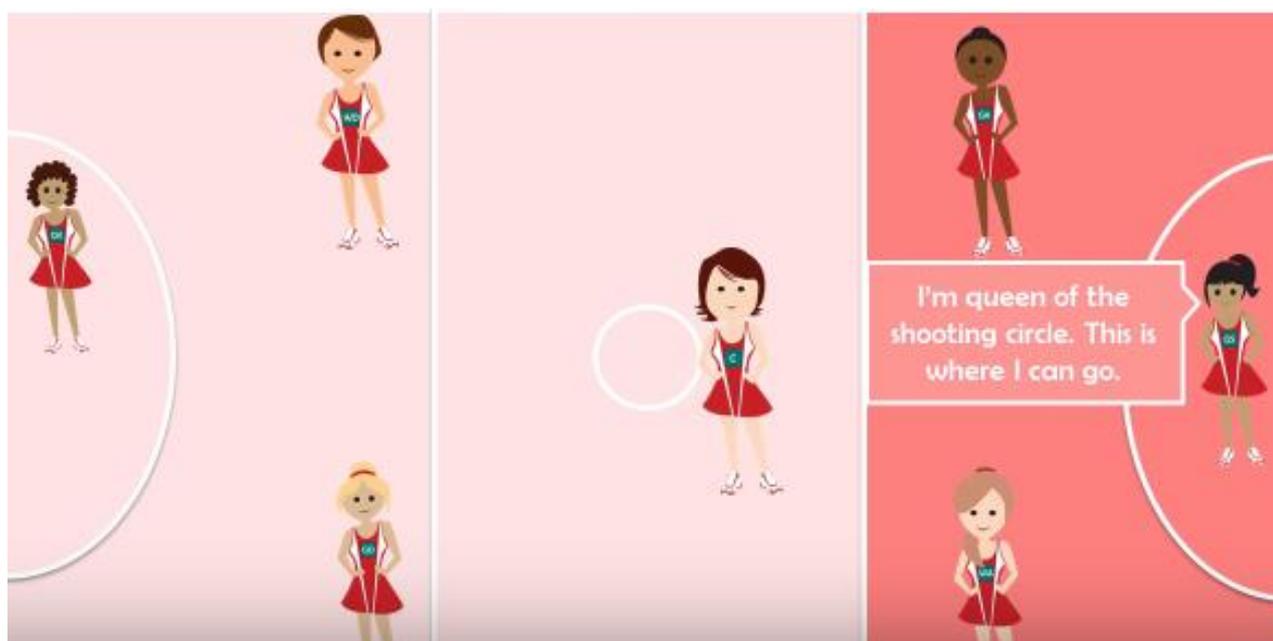
The goal shooter must be confident to shoot from anywhere in the circle (sometimes this is called the D). Once the ball is inside the circle, the GS must work hard to secure a goal. You must also be able to react quickly, dealing with quick passes into the circle and alert to claim rebounds if a goal doesn't go in the net. Goal shooters seem to have the steadiest hands on the court and are often among the taller players ( but not always). Goal shooters are often calm and can shoot even with lots of noise and shouting around them.



**Goal Shooter**

- I'm Goal Shooter. My main job is simply to score goals.
- I'm allowed in the attacking third and the goal circle but nowhere else on the court.
- I must have sharp shooting skills.
- I have to be able to react quickly, dealing with passes and rebounds.
- I must have the steadiest hands on the court and I'm often among the taller players.

The infographic features several illustrations of goal shooters in red and white uniforms. One large illustration on the right shows a tall player with 'GS' on her chest. Other smaller illustrations show players of various heights and ethnicities, some standing in the goal circle.



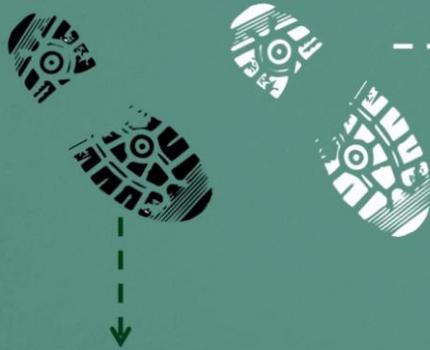
**Shooting Circle (C)**

I'm queen of the shooting circle. This is where I can go.

The infographic shows a central illustration of a player with 'C' on her chest holding a ball, with a white circle around her. To the right, a speech bubble from a player with 'GS' on her chest says, 'I'm queen of the shooting circle. This is where I can go.' Other illustrations show players in various positions on the court.

# Rules

## 1. Footwork



Landing foot

Pivot foot

- You are not allowed to move with the ball.
- After you catch the ball your landing foot must normally stay grounded.
- The second grounded foot can be moved around. This is called pivoting.
- Your landing foot can be lifted off the ground but you have to release the ball before grounding it for a second time.

## 2. Contact

- A player cannot accidentally or deliberately come into contact with another player in a way, which impedes their play.
- Pushing, charging, tripping, throwing their body against an opponent or using the ball to push or contact an opponent is not allowed.
- Players must not hold an opponent, nor keep their elbows against another player.





### 3. Obstruction

- A player, who is trying to defend another player with the ball, must be no closer than **3 feet** from the players **first** grounded foot.
- Defenders may defend from in front, to the side, or behind a player with the ball.
- Players may only defend from on court.



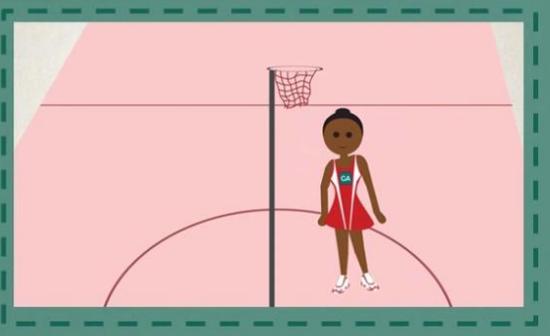
### 4. Three seconds

- When you have the ball you are only allowed to hold on to it for 3 seconds.
- If you hold it for longer then the umpire will blow their whistle and it will be a free pass to the opposite team.



3 sec

### 5. Shooting and Scoring



- Only GA and GS are allowed to shoot in your team.
- They must be wholly inside the goal circle to shoot.

1 Goal = 1 Point

# Umpires

