

# Games – Netball



<b>Court</b>	Playing area where the game (netball, basketball, handball) takes place
<b>Intercept</b>	To gain possession on the ball when the other team are passing the ball.
<b>Invasion</b>	The aim of the game is to attack the other teams territory to score a goal/point.
<b>Pass</b>	Successfully send and receive a ball to a teammate.
<b>Pitch</b>	Playing area for rugby.
<b>Pivot</b>	Keeping one foot on the floor—rotate body on that foot
<b>Possession</b>	When your team has the ball.
<b>Receive</b>	Take possession of the ball from a teammate W / Target Hands important
	
<b>Send</b>	Using your feet/hands or a stick push the ball to a teammate.
<b>Space</b>	An area of the pitch/court where you are not next to your teammates or opponents.
<b>Turn</b>	Change direction with or without the ball.

## Different Passes

When playing sports such as netball and basketball passing is very important these are the 3 key passes.

### Chest Pass

Both thumbs to the back of the ball, take the ball from your chest and send it to a teammates chest (ball should not touch the floor). Fingers finish pointing towards the target and palms facing out.



### Bounce Pass

Same setup at the chest pass with the exception of fingers end up pointing to the floor when you let go of the ball. Aim towards your teammates feet— the ball should bounce once.



### Shoulder Pass

One handed pass—cradle the ball in hand and lift the ball to shoulder—push the ball quickly towards your teammate. Foot position opposite foot forwards to the hand being used.

