

Name:

Form:

Year 8 Netball Homework

1a. Describe the teaching points of a chest, shoulder and bounce pass.

	Preparation	Execution	Follow through
Chest			
Shoulder			
Bounce			

b. Give an example of when you would demonstrate a chest pass in a game situation?

2. Draw and label the playing boundaries of a netball court.



b. Shade in the areas that a WD can play in.

3a. Explain the footwork rule in Netball.

3b. Explain the contact rule in Netball.

4. Research and identify 3 local netball clubs within Birmingham.

- a. _____

- b. _____

- c. _____

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5. Describe the teaching points of a double dodge technique using words; on your toes, sprint, and drop shoulder.



6. Fill in the table below by adding:

- the type of joint
- the bones involved

The word bank has all the words you need. The words in bold are used more than once.

Location	Neck	Knee	Hip	Elbow	Shoulder
Type of joint					
Bones involved					

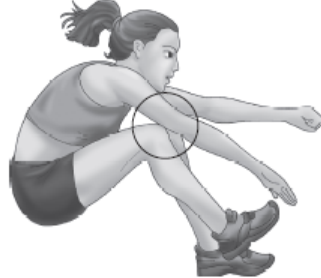
Word bank

- pivot
- humerus
- **ball and socket**
- pelvis
- **femur**
- tibia
- **hinge**
- axis
- scapula
- atlas
- ulna

7a. Look at the illustrations of the 2 athletes below and work out which joint (circled) is involved in the action they are performing. Write the name of the type of joint in the spaces provided.

b. Add labels to each of the diagrams, giving the names of the bones involved.

a) Long jumper



b) Rugby



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Chosen Sport: Netball

8. Research a famous Netball player.

a. Name:

b. What team do they play for?

c. What position do they play?

Fitness components

Component	Definition	Example of why it is needed in Netball.
<u>Cardiovascular Endurance</u>		
<u>Agility</u>		
<u>Speed</u>		
<u>Reaction time</u>		
What is the difference between health and skill related components of fitness?		

