

SENIOR TWO
PHYSICAL EDUCATION NOTES
TERM I 2020

1. CATCHING IN NETBALL

Catching refers to the skill of receiving a ball in flight during the game of netball. It is one of the basic skills that every learner needs to perfect when learning the game of netball.

TYPES OF CATCHES

There are two types of catching in Netball

1. 2-handed catch
2. 1-handed catch.

TWO-HANDED CATCH

This is the type of receiving or holding a ball in flight using two hands. It involves the body being in a steady position. It is the commonest method of receiving the ball by both learners and senior players.

How to execute a two handed catch

- Assume a steady position.
- The eyes should be focused onto the ball.
- Extend the arms forward towards oncoming ball.
- The palms should assume a finger cupped shape with thumbs behind and slightly near each other.
- When the ball comes into contact with the palm gently compress the ball
- Pull the ball towards your body

ONE-HANDED CATCH

This type of catch requires mastery of time as it is executed using one hand. It is very useful when receiving very high and outstretched balls.

The receiver extends the hand towards the oncoming balls with an open palm .At the incidence of the ball contacting the ball, the palm is twisted to condense the ball.

Assignment 1

Why is it necessary to master the skill of receiving the ball in the game of netball?

3. PASSING

Passing refers to the skill of moving a ball from one player to another by means of throwing it. The throwing should have a sole purpose of sending it to a specific target, a teammate. Without aim, it becomes just a throw.

Passing is the fastest way to move the ball from one side to another.

TYPES OF PASSES

There are many types of passes but the following are the commonest

- Overhead pass
- Shoulder pass
- Chest pass
- Bounce pass
- Side Pass
- Lob pass

1. The two-handed overhead pass

This is a type of pass that is executed from above the head .It is most often used when a player has a defender closely guarding her or him.

It is also a long distance pass employed to initiate a fast-break. This pass is used to enable a player to pass the over a tall defender.

How to execute an over-head Pass

- When the ball is received, place the hands either side but slightly behind the ball with the fingers slightly spread.
- The ball is held slightly above and behind the forehead.
- The elbows should be flexed at about a right angle.
- Feet should be balanced, shoulder width apart for stability
- Locate the target and then pass the ball.
- Make a follow through after releasing the ball

Common Errors (Mistakes)

- a) Pass lacks power.
- b) Pass lacks accuracy
- c) Ball gets stolen

2. CHEST PASS

It is a short, accurate and clear pass. It is the most accurate way of getting the ball around the court. It is one of the commonest and easiest pass used around the court.

How to execute a chest pass..

- Hold the ball at chest level with fingers evenly spread around it.
- Fingers point towards the head, thumbs nearly touch each other behind the ball and pointing down.
- The ball is close to the body with the elbows pointing outwards.
- The body should be balanced with knees slightly bent.
- Arms should be straight and parallel to the ground when releasing the ball.
- The palm should face the receiver and a follow-through.

ADVANTAGES OF A CHEST PASS

- It is short, quick and clear.
- Thrower throws from a balanced body position; both feet.
- Thrower has a very clear view of where the ball is going.
- It is fairly strong since two hands are used.

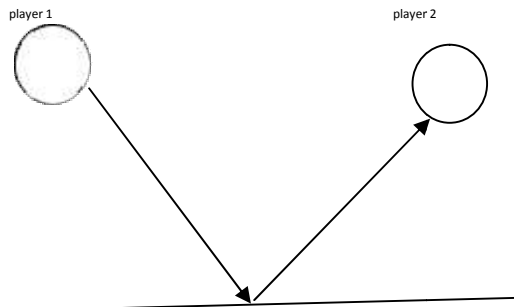
DEMERITS OF A CHEST PASS IN THE GAME OF NETBALL.

- ❖ It is easy to intercept since it is a straight forward pass.
- ❖ **Can't** go over an opponent who is taller than the thrower.
- ❖ Not suitable for teams with players of varying heights.

3. BOUNCE PASS

This is a type of a pass executed by the ball possessor hitting or pushing the ball onto the ground at an angle of about 45° - 55° and it bounces to a team at the same angle.

This pass is used when the area is very crowded. It is a good pass for a learner who is short and has difficulties passing around taller defenders. The passer holds the ball at waist level and pumps it into the ground at an angle of 45 degrees so that the team mate receives at the same angle.



Player 1 bounces the ball at an angle of 45° distance away from his/her position. Player 2 receives the ball around the knee height.

4. SHOULDER PASS

The shoulder pass is used to cover longer distance on the court than any other pass. The ball is thrown at a greater height so it is another way of overcoming defenders. The throw should follow a straight-line between your shoulder and the receiver's hands.

THE LOB PASS

The lob is executed by throwing the ball in a high arc, with the ball initially being held behind the head and released above the head.

The drop pass is similar to the lob pass. The major difference is with the catcher: a lob pass is for a catcher who is stretching to get away from a defender, while a **drop pass** is for a catcher who will move into free space to receive the ball. These two passes are sometimes referred to as **throw-up passes**.

The purpose of the lob and drop passes is to get around a defender and reach a teammate who is moving away from the passer. The lob pass is used because it is very accurate and covers both long and short distances.

The side pass

This is a two-handed pass. It is used in situations requiring quick, straight throws. The bullet pass is a one-handed pass. It is used as a short or medium pass. The pass is fast and direct. The underarm pass is a one-handed pass. This short pass style is used in situations where an element of surprise is required.

Different positions require different passing skills.

- The fake pass should be mastered by every position.
- The centre pass should be mastered by the Centre. The Centre should also master any pass that must be made on the run.
- Both the Goal Attack and Wing Attack should be familiar with the long passes and the lob and drop pass.
- The Goal Attack should also be familiar with all styles of passing.
- The Goal Shooter should know how to do penalty passes.
- The Wing Defence should also be comfortable making lob passes.
- The Goal Defence should know how to make goal-line passes.
- The Goal Keeper should be comfortable making penalty passes and inbounding the ball.

Assignment ii

Outline major advantages a team will have if all its players are masters of passing the ball.

By Coach Teacher Kaganda Vincent @kagandav2@gmail.com