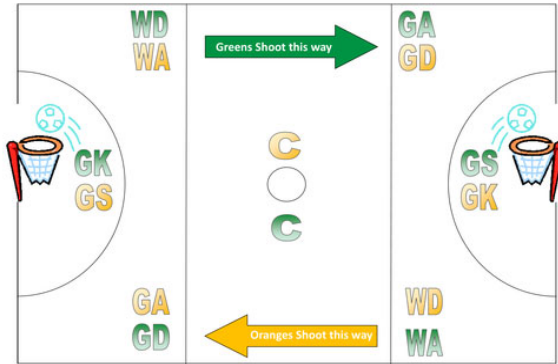
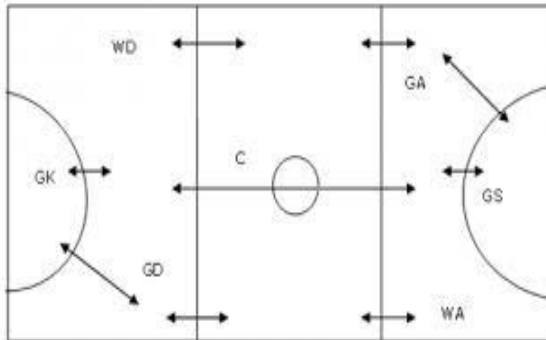


# Gamesense Netball | Physical Education



This shows the position on the court that each netball player must start at for every centre pass.  
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This is the starting position at a centre pass for all players on the court. It is important to know this to ensure a fluent start at a centre pass.

This image explains where each position is allowed to go on the court during play. It is important to know this to ensure you do not lose possession to the other team for being offside.

**POSITION (attacking player)**  
1: Defender half covers attacking player

2: Body slightly angled to attacking player's uncovered side

3: Position close and within arm's reach of attacker

4: Back to player

**FOCUS**  
1: Watch player and ball

**STANCE**  
1: Feet shoulder width apart  
2: Weight balanced and on balls of feet  
3: Arms flexed at front or side of body  
4: Head up

**Stage 1 Defending**  
Aim: mark so closely to prevent player receiving ball or making interception

Here are some basic tips for defending. Again, it is key to get your defending stance right. If you misjudge the distance you can give the other team possession. You are always responsible for one player on the opposition. **Can you identify which player you should be marking for each position you play?**

Rebounding	Rebounding in netball is when a player attempts a goal by shooting but the ball hits the goalpost and bounces
Possession	possession is physical control of the ball or other implement of play by one
interception	In ball-playing competitive team sports, an interception is a move by a player involving a pass of the ball—whether by foot or hand, depending on the rules of the sport—in which the ball is intended for a player of the same team but caught by a player of the team on defence, who thereby
invasion	an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal
Positioning	Position in team sports is the joint arrangement of a team on its field of play during a game and to the standardized place of any individual player
Attacking	To keep the ball in possession and score
Marking	This is a defensive strategy that a team uses when they pair up one of their defenders against one of their oppo-
Space	a continuous area or expanse which is free, available, or unoccupied.

Possession Non possession Transition