

A-Z School Games Challenge

N- Netball

Challenge – Passing Skills

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @SSolihullSSP

NETBALL:

Passing Skills

Teach a friend or family member four different ways of passing the ball in netball. Use the attached sheet for more detailed information about the technique for each pass.

Chest Pass

A pass from your chest to the receiver's chest using two hands.

Shoulder Pass

A one-handed netball pass for longer distances which follows a straight line between your shoulder and the receiver's hands.

Bounce Pass

Passing the ball by bouncing it on the ground to another player.

Overhead Pass

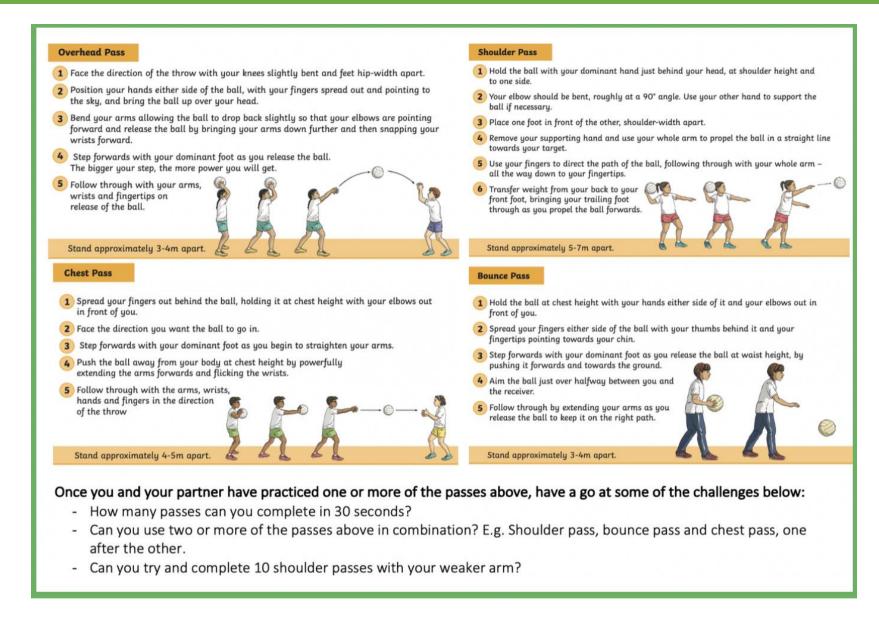
A long, high pass used to get the ball over the defenders.



Look out for @englandnetball Bee's Netball resources, which are launching this week!







FUN FACT – The England Netball team are also know as the Vitaility Roses. Their best result in a big tournament is a gold medal at the 2018 Commonwealth Games.

Watch the final few seconds of their amazing win and their celebration here - https://youtu.be/G2o72-7bwSl

If you have enjoyed this challenge and would like you get involved in a local Netball club click here: www.englandnetball.co.uk/play-netball/find-a-session-or-club/

