

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!

Overhead Pass

- 1 Face the direction of the throw with your knees slightly bent and feet hip-width apart.
- 2 Position your hands either side of the ball, with your fingers spread out and pointing to the sky, and bring the ball up over your head.
- 3 Bend your arms allowing the ball to drop back slightly so that your elbows are pointing forward and release the ball by bringing your arms down further and then snapping your wrists forward.
- 4 Step forwards with your dominant foot as you release the ball. The bigger your step, the more power you will get.
- 5 Follow through with your arms, wrists and fingertips on release of the ball.



Stand approximately 3-4m apart.

Chest Pass

- 1 Spread your fingers out behind the ball, holding it at chest height with your elbows out in front of you.
- 2 Face the direction you want the ball to go in.
- 3 Step forwards with your dominant foot as you begin to straighten your arms.
- 4 Push the ball away from your body at chest height by powerfully extending the arms forwards and flicking the wrists.
- 5 Follow through with the arms, wrists, hands and fingers in the direction of the throw.



Stand approximately 4-5m apart.

Shoulder Pass

- 1 Hold the ball with your dominant hand just behind your head, at shoulder height and to one side.
- 2 Your elbow should be bent, roughly at a 90° angle. Use your other hand to support the ball if necessary.
- 3 Place one foot in front of the other, shoulder-width apart.
- 4 Remove your supporting hand and use your whole arm to propel the ball in a straight line towards your target.
- 5 Use your fingers to direct the path of the ball, following through with your whole arm – all the way down to your fingertips.
- 6 Transfer weight from your back to your front foot, bringing your trailing foot through as you propel the ball forwards.



Stand approximately 5-7m apart.

Bounce Pass

- 1 Hold the ball at chest height with your hands either side of it and your elbows out in front of you.
- 2 Spread your fingers either side of the ball with your thumbs behind it and your fingertips pointing towards your chin.
- 3 Step forwards with your dominant foot as you release the ball at waist height, by pushing it forwards and towards the ground.
- 4 Aim the ball just over halfway between you and the receiver.
- 5 Follow through by extending your arms as you release the ball to keep it on the right path.



Stand approximately 3-4m apart.

Once you and your partner have practiced one or more of the passes above, have a go at some of the challenges below:

- How many passes can you complete in 30 seconds?
- Can you use two or more of the passes above in combination? E.g. Shoulder pass, bounce pass and chest pass, one after the other.
- Can you try and complete 10 shoulder passes with your weaker arm?

FUN FACT – The England Netball team are also known as the Vitality 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/G2o72-7bwsI>

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/

FOLLOW, RETWEET, GET INVOLVED!