



NETFIT NETBALL DICTIONARY

BALL The ball in netball is a spherical shape and the objective of the game is to get it through the ring to score points.

BEND AND FLICK A term used to train goal shooters for when they are shooting: bend your knees and flick your wrist.

BIBS Bibs are a part of the netball uniform they say what position you are playing.

BLOCK Or Dictating Space. Blocking is when a player positions their body in a way that forces their opponent into a particular part of the court, usually the sidelines or corners of the goal ring.

BOUNCE PASS A pass used to get around the opponent. Commonly used in the goal circle to get around tall defenders.

BOX When you as a goaler or defender box your opponent out to stop them from getting the rebound.

BREAK IT To get a turnover on the opposing sides center pass.

CAPTAIN The assigned leader of the team. Part of this role involves communicating coaches messages to the team, building team culture and leading warm ups and cool downs.

CENTRE (C) Link the ball through the court from ring to ring.

CENTRE CIRCLE Is the circle in the middle of the court, it is where the center starts the game after a goal.

CHANGE OF PACE To mix up the intensity of the game.

CHASE Said when a player must quickly go after a loose ball to gain possession.

CHEST PASS A hard pass aimed directly at a players chest. Used to cover short distances.

CLEAR OUT Said when players need to move back and make space around the ball handler so that a new player can make a clean lead into the space.

CLEARING When a player moves out of a space to make room for another player to lead in and receive the ball.

CONTACT When a players physical action interferes with their opponents ability to play whether accidental or deliberate.

CORRIDORS The court is split into three even sections up the court from baseline to baseline. There is a left, middle and right corridor.

DEPTH Drive deep to create space, driving back into space with all force towards the netball.

DODGING A quick change in direction aimed at losing your opponent to get the ball.

DON'T CROWD Said when everyone in the team is in one area.

DREAM To have a vision for the future and set goals to achieve that vision.

DRILLS An exercise that is used in training or warm up to practice for a specific game scenario.

EARLY WORKLOAD How hard a player works at the beginning of their time on court.

EXPLOSIVE TAKE-OFF The initial movement when a player begins a lead. The player moves as fast as they can in the direction they're leading into.

FAST FEET Running on the spot as quickly as possible. Used to train footwork for on court.

FEEDING When a player passes the ball into the goal circle from outside the ring.

FITNESS A persons physical condition and ability to perform a task like playing a full netball game.

FOOT WORK The way that the feet move to optimise performance. In netball it's best to continuously move your feet so you're ready for an explosive take off.

FUN To enjoy playing the game and being part of the team.

GIVE AND GO When a player passes the ball to their teammate and leads straight away to get the next pass from the player they passed to.

GOAL ATTACK (GA) Explosive drives to the ring and shoot.

GOAL DEFENCE (GD) Eyes on the ball. Defend with your outside hand.

GOAL KEEPER (GK) Play in front. Get your distance. Block out.

GOAL SHOOTER (GS) Stand tall. Look at the ring. Back yourself.

HANDS OVER THE BALL Said when a player needs to stand with their arms up three feet from their opponent and defend the pass.

HANDS UP Defending and you have your hands over the ball. Remember your three feet of space.

HELD BALL When a player has possession of the ball for more than three seconds without passing it.

HERE IF YOU NEED A team mate is standing in a position to support their team mate if they need to pass-off or reset into position.

HIT THE RING Said when the objective of the pass is to get the ball into the goal circle.

JUMP The act of having both feet leave the ground to catch the ball.

LEAD When a player runs in a direction that opens up space for their team mate to pass them the ball.

LEADERSHIP To have the skills to guide and direct the team.

LOB A high pass that a player needs to jump to catch. Used to get over the head of the opponent.

MAN-TO-MAN This is when each player on the team is responsible for defending one opponent each.

MOVE When a player is holding but the defender has them covered so they must move off the body to get the ball.

NETBALL A game played between two teams of seven players with the objective of getting the ball through a ring to score points. Also known as...the best sport ever!



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NETFIT NETBALL Sparking up netball all over the world.

NEVER GIVE UP To continue playing with your head held high and fight to win until the last siren.

ON YOUR PLAYERS Said when players need to man up on their player to defend them.

OUT OF PLAY When a player contacts or obstructs their opponent, they must stand next to the opponent as they take a free pass, they cannot talk to their teammates or defend the pass.

OUTSIDE HAND The hand on the opposite side of your body to your opponent, this is the hand you can reach out with to defend without being called for contact.

OVERHEAD PASS An overhead pass is a two-handed pass taken from above the head.

PIVOT The act of planting one foot on the ground and moving the other foot around the body in a circular motion.

POWER To have the ability to perform an action to a high standard. Together a team can have the power to win.

REBOUND Jumping to recover the ball in the goal area after a missed shot.

RELAX Said when the team is tense and needs to remain calm.

REPLAY Occurs when a player bounces it and regains or retains possession to replay it.

RING OR HOOP The ring with a net attached which the ball must go through in order for a point to be scored.

ROLL-OFF When a player spins around their opponent, not losing contact with the body, to lead in a different direction.

SHOOT THAT Said to a goal shooter or goal attack when they catch the ball in the goal circle and are in position to shoot a goal.

SHOULDER PASS Shoulder passing is a shoulder height method of projecting the ball across a long distance.

SKILLS A person or teams abilities to do something well. Skills can be trained and developed.

SPACE AWARENESS A persons ability to understand their place in a space without running into or crowding other players.

SPARK IT UP To do something different to inject new energy into the team and play with spirit.

STAND TALL Said when a player needs to stand straight up when defending the ball or shooting a goal. It makes them appear more confident and strong to their opponent.

STEADY Said when a player catches the ball off balance and needs to regain balance before passing it off.

SUNCORP NETBALL Suncorp Super Netball is the premier netball league in Australia.

TAKE A RISK Said when a player must perform an action that's not the traditional option, like a long pass into the circle or coming out of the goal circle to get an intercept and leaving your player behind.

TALK Speaking loudly to your team mates on court. To communicate what the opposition are doing or yelling words of encouragement.

TALK GIRLS Said by a player or coach when they want their team to communicate with each other.

TEAM WORK When the players in a team work together to achieve the same goals and objectives.

THREE FEET The distance a player must be when defending their opponent with their hands up.

THREE SECONDS The time which any player can be in possession of the ball without passing or shooting.

TURN AND LOOK Relates to shooting. When a goaler gets the ball and immediately turns and looks at the ring to shoot.

UMPIRE They dictate and enforce the rules of netball.

UNITED To be joined together as a team to achieve a common goal.

USE YOUR ANGLES When sprinting to receive a pass, change direction on your drive which will create an angle for receiving the pass.

WING ATTACK (WA) Lose your defender. Drive strong and hit the ring.

WING DEFENCE (WD) Quick feet. Stick tight. Hands over the ball.

WORK HARD Said by a player or coach when the team has to increase their intensity to score a goal or get a turnover during the game.