

Netball Positions

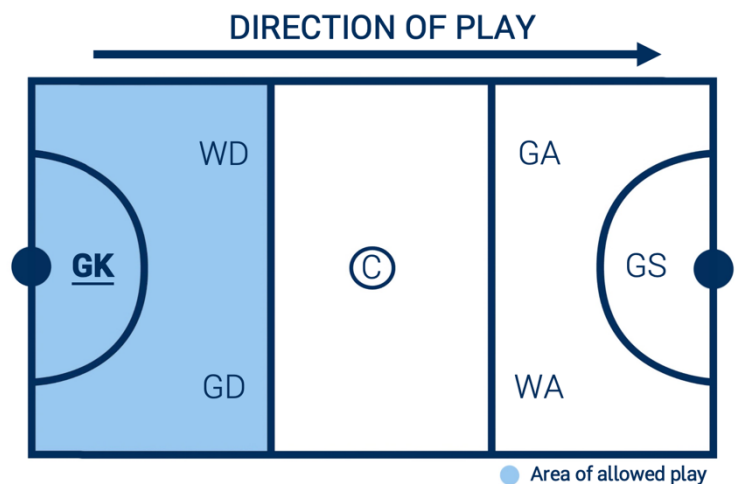
Use the following information to help you decide what positions you would like to try. Remember, you don't always stay in those positions, and it would also be wrong for us as coaches to keep you in them.

You will also find that different coaches see different things.

As an example, one of our players in Year 7 started out as GA. Due to a hand injury we then had to move her to GD. When she moved to County, they played her as a WA. When she joined a different club, they played her as a WD. More recently, a new coach has come in and thinks that she is a C.

The Goal Keeper (GK)

The Goal Keeper is the last line of defence. They're usually matched up against the opposition's best shooter and need to be able to apply physical and mental pressure in a small space. The GK should also shout instructions to the GD and WD, since they have a clear view of the play down the court

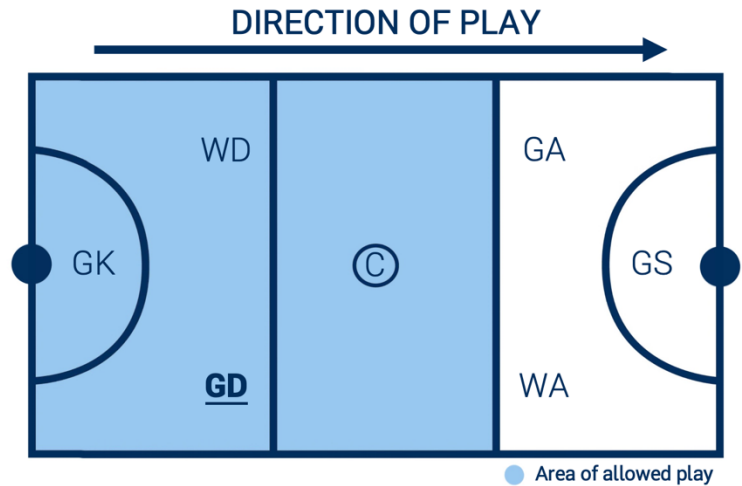


Jobs:

- Close "one on one" defence of the goal shooter.
- Work closely with the Goal Defence in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and pass the ball down the court.
- Take throw-ins from the goal line and side-line.
- Make attacking moves to take the ball down to the transverse line.
- Take free pass / penalty pass in the goal third.

The Goal Defence (GD)

The Goal Defence is one half of the circle defence team and needs to be able to defend in the mid-court and in the circle. Like the GA, they need to be athletic since they're a key link between the defence and attack in the event of a turnover.

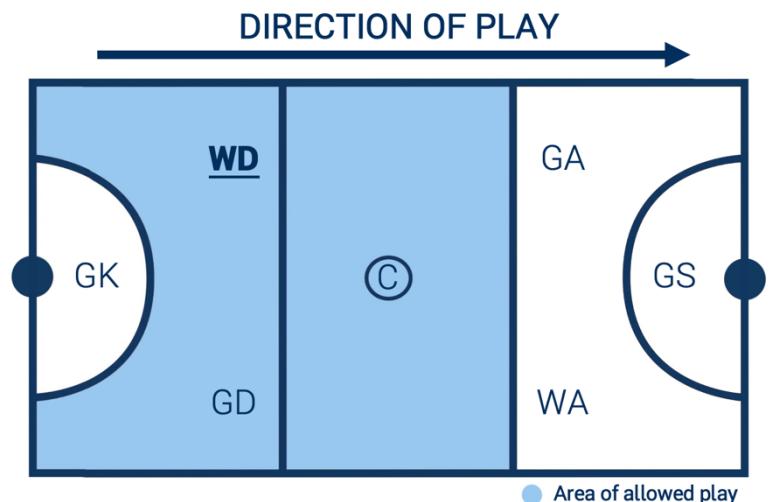


Jobs:

- Close "one on one" defence of the Goal Attack.
- Work closely with the Goal Keeper in the goal circle.
- Defend the shot for goal.
- Rebound missed shots and pass the ball down the court.
- Make attacking moves to take the ball down to the team's goal third.
- Take appropriate throw-ins / free pass / penalty pass in the centre third.

The Wing Defence (WD)

The WD is the centre court's main defender. They help the two circle defenders pressure the other team's attack as well as being the main route to link the ball from the defensive third into attack if there's a turnover. Great WDs are also good at reading the other team's passes and going for flying intercepts when there's an opportunity.

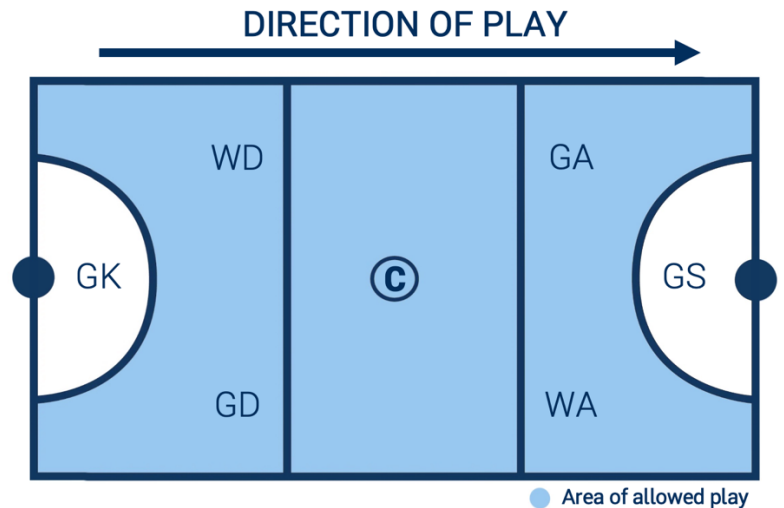


Jobs:

- Close "one on one" defence of the Wing Attack.
- Force errors, close off spaces and intercept passes.
- Make attacking moves to take the ball down to the team's goal third.
- Take appropriate throw-ins / free pass / penalty pass in the centre third

The Centre (C)

The C is the engine of the team and carries the ball between both ends of the court. They must have great stamina and skill in attack and defence, as well as having great spatial awareness and timing so as not to congest any part of the court.

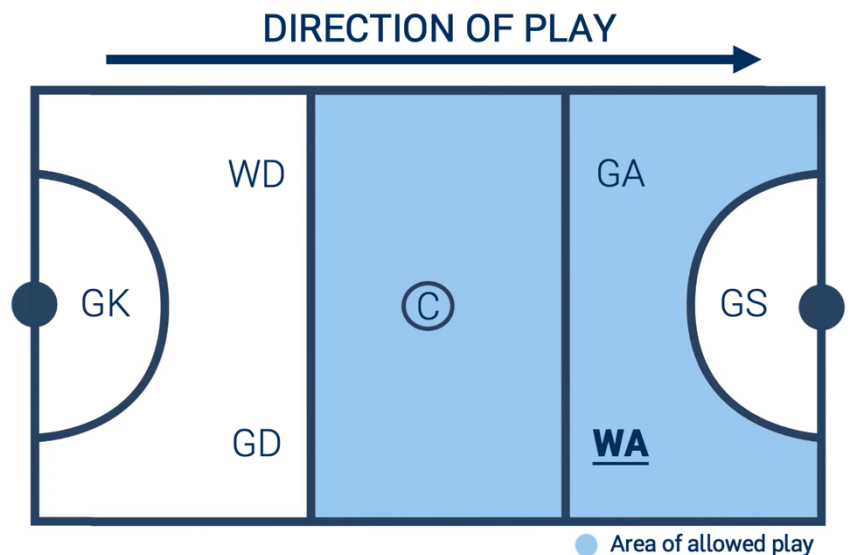


Jobs:

- Deliver the centre pass.
- Make strong attacking moves, combining with the WA to deliver the ball to the shooters.
- Closely defend opposition centre player.
- Combine with the Wing Defence to create pressure on the opposition at centre passes.
- Take throw-ins / free pass / penalty pass in the goal third.

The Wing Attack (WA)

Great Wing Attacks are creative and have great footwork, allowing them to shake off a defender. They usually have some of the best passing skills of the team and can put accurate and varied feeds into the circle.



Jobs:

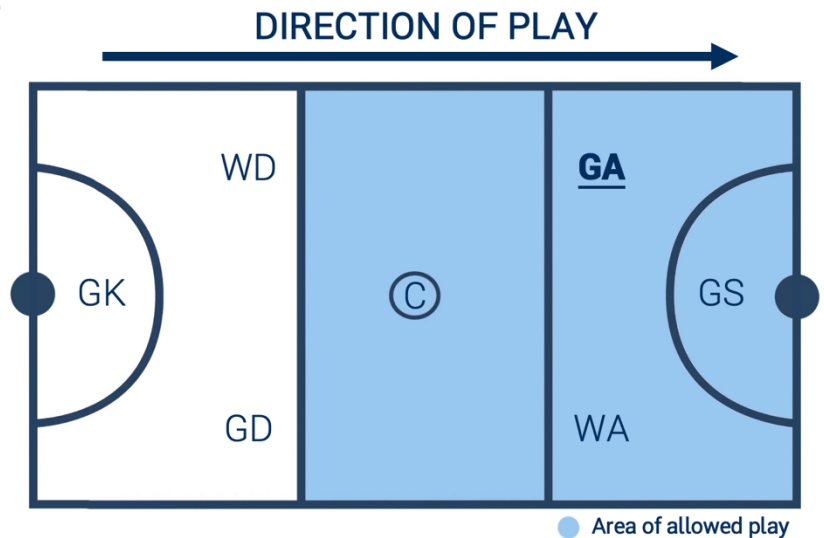
- Deliver the centre pass.
- Obtain the centre pass.
- Feeding the circle.
- Take throw-ins / free pass / penalty pass in goal third.
- Work with the C, GA and GS on attacking strategies.
- Provide close defending of the opposition WD:
 - at defence throw-ins.
 - after a turnover or interception.
 - at opposition centre passes.

The Goal Attack (GA)

The GA is usually one of the playmakers on court, being able to shoot and bring the ball through centre court. GAs all play very differently, but the best ones are great at shaking off their defender and making clever, well-timed drives into the circle.

Jobs:

- Rebound missed shots.
- Combine with the GS to offer a variety of leads in the goal circle.
- Work with the C and WA to bring the ball through the centre third and goal third into the circle.
- Provide close defending of the opposition GD:
 - at defence throw-ins.
 - after a turnover or interception.
 - at opposition centre passes.



The Goal Shooter (GS)

As GS, your job is to be the main goal scorer. Usually, the taller of the two shooters, you should stay in the circle and only run out as a last option. Great GSs are able to get free of defenders in tight spaces, often needing to lunge or jump to catch the ball one-handed.

Jobs:

- Work with the GA to create a variety of leads in the goal circle.
- Work with the GA, WA and C on attacking strategies in the goal third.
- Rebound missed shots.
- Defend closely the opposition GK:
 - at goal line throw-ins.
 - after a rebound.
 - after a turnover or interception.

