

Main Rules of Netball

You can only pivot, not step, while in possession of the ball.

No dribbling the ball.

This is a NO CONTACT game. You cannot touch a player or the ball while it is in another's possession.

You must be three feet from the player with the ball to block.

No player can go everywhere on the court; each player has a specific area in which to play.

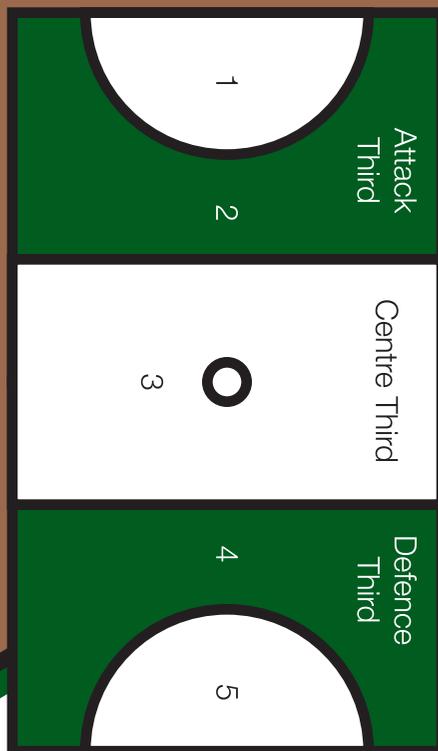
You can only score a goal in the Goal Circle.

You can only go in the Goal Circle if you have a *Goal* position (GS, GA, GD, GK).

You cannot have possession of the ball for more than three seconds.

"Parents even stopped to comment on how excited the students were (about learning Netball)."
 Monsignor Neville Anderson
 Calgary

Playing Positions



Goal Shooter	GS	Areas 1, 2
Goal Attack	GA	Areas 1, 2, 3
Wing Attack	WA	Areas 2, 3
Centre	C	Areas 2, 3, 4
Wing Defence	WD	Areas 3, 4
Goal Defence	GD	Areas 3, 4, 5
Goal Keeper	GK	Areas 4, 5

"The instructor's progression to introduce the game made it very easy to learn so the students had a great time! It was a pleasure to have her here."
 Bishop O' Byrne High School, Calgary



netballALBERTA.com

A SPORT FOR EVERYONE!

School Clinics

Youth & Adults, Boys & Girls

Leagues & Tournaments

Recreational & Competitive

Our mission is to champion the growth and excellence of netball in Alberta





"The students were eager to go to gym class, which says a lot!"
Woodlands Elementary, Calgary

Book Your School Clinic Today!

"We all learned so much beyond the game itself. Sportsmanship and team work were part of the lesson. All students were engaged which resulted in a high degree of participation."
Woodbine Elementary, Calgary

What's Involved in a Netball School Clinic:

We will bring all the necessary equipment to your school.

We will teach the fundamentals of netball to your students during their Phys Ed classes.

For more information such as fees and availability, please email:
coach@netballalberta.com

Our Netball Equipment To Schools (NETS) Program:

Netball Alberta is very excited to introduce our NETS Program. Thanks to a grant from Parks Foundation Calgary, we are lending new netball equipment to schools in Alberta.

This program has been developed so that schools are able to make netball a regular part of their curriculum and intramural sports program.

A complimentary teacher informational session is included in this equipment package to ensure that staff not only feel comfortable in the use of this equipment, but can also educate students in the sport of netball.

To get more information about this program, please email: coach@netballalberta.com



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