

Organised by the Hong Kong Netball Association
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Netball 〉

Aim

The handbook helps to establish a standard assessment guideline to examine students' learning progress in various netball skills in the Easy Sport Programme and Outreach Coaching Programme, with a view to increasing students' interest in netball and improving their personal skill level.

Types of Badging and Awards

1. Three badges awards: bronze, silver and gold
2. Assessment Guideline:

Points will be awarded to the student when he/she has achieved the key requirements in each technical area, and the badging award will be determined by the average score.

Average Score:

1. 5.0 – 6.6 Bronze Award
2. 6.7 – 8.3 Silver Award
3. 8.4 – 10.0 Gold Award

Note: Applicable to the Easy Sport Programme and Outreach Coaching Programme in School Sports Programme.

Participation Method/Award

All students in the Easy Sport Programme and Outreach Coaching Programme in the School Sports Programme are eligible to join the Badges Award Scheme. The coach will conduct the netball badge testing at the end of the training course. Students who pass the test will be awarded a badge and certificate by the Leisure and Cultural Services Department.

Badges and Certificate Collection Method

The teacher should fax the completed Coach Assessment Form to School Sports Programme Unit of the Leisure and Cultural Services Department within one week. After certifying the result, our staff will send a confirmation letter to the school for badges and certificate collection from Leisure and Cultural Services office, and then the teacher-in-charge can deliver them to the students.

Enquiry

Leisure and Cultural Services Department

Address: Schools Sports Programme Unit, 1/F, Leisure and Cultural Services
Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories

Tel: 2601 7602

Fax: 2684 9076

Website: www.lcsd.gov.hk Email: ssp@lcsd.gov.hk

Hong Kong Netball Association

Address: Room 1016, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay,
Hong Kong

Tel: 2504 8208

Fax: 2577 5694

Email: hkna@hkolympic.org

Note: Netball Badge Award Scheme is organised and developed by Hong Kong
Netball Association.

Netball Skills Coaching Points

1. Chest Pass

Hold the ball with both hands in front of the chest, eyes on target, step forward with either foot, then push the ball towards the target. Fingers should be pointed towards the target after the pass.

2. Catching

Eyes on the ball, relax the fingers and reach out with both arms, the index fingers and thumbs should form a “W” shape. When catching the ball, wrap your fingers around the ball with thumbs at the back, the palms should not touch the ball. Pull the ball into the chest quickly after the catch, with both feet at shoulder width and knees slightly bent.

3. Catching and Landing

After catching the ball, the player can either land with both feet at the same time or one after another. The player should be landing softly, with his/her back straightened, knee slightly bent and body balanced.

4. Shoulder Pass

After catching the ball, use one hand to bring the ball up to the shoulder level, with elbow out at around 90 degrees. Step opposite foot forward (i.e. left hand right foot, right hand left foot), and then pass the ball forward with fingers pointed towards the

target.

5. Shooting

Use one hand to hold the base of the ball and lift it above the head, another hand up by the side of the ball to keep it balanced. Start the action by bending the elbows and knees, then extend the arms and legs at the same time to push the ball up towards and above the ring, flicking the wrist down to finish. The power should be generated from the legs and path of the ball should form a parabolic arch.

6. Defending the Player

1. Both arms of the defender should be placed on the side of the body, and do not raise the arms to block or touch the attacker.
2. Stay close to the attacker.
3. Only cover half of the attacker's body, either on the left or right side.
4. Turn the head slightly left or right, try to keep the attacker on the same side and avoid turning the head when the attacker moves. Make sure eyes are on the ball and the attacker and use small and quick shuffle steps to stay close to the attacker and prevent him/her from going out to get the ball.

7. Hands Over Ball

1. Quickly step back to the attacking direction of the opposite team.
2. Must stay 3 feet away from the attacker with the ball before using arms/hands to block.
3. Keep your body balanced during the hands over (both feet at shoulder width, knee slightly bent).

Netball Badge Award Examination Guideline and Assessment Format

Sport Skill	Content and Assessment Format				
Attack	Know the area of each playing position (max 10 points) GK – Goal Keeper GD – Goal Defence WD – Wing Defence C – Centre WA – Wing Attack GA – Goal Attack GS – Goal Shooter				
Chest Pass (at least 2 feet away from the target)	Step forward (1 point)	Both hands pushing forward (1 point)	Straight arm (2 points)	Fingers pointing toward target (1 point)	Hit the target (max 5 points)

Catching and Footwork	Catch the incoming ball (2 points)	Land according to specific footwork pattern (2 points)	Correctly identify the grounded foot (2 points)	Catch and land without stepping (2 points)	Pivot on the grounded foot without stepping (2 points)	
Shoulder Pass (at least 2 feet away from the target)	Bring the ball up to the shoulder level with one hand (1 point)	Opposite foot stepping forward (1 point)	Pass the ball out correctly (1 point)	Arm Straight (1 point)	Fingers pointing toward the target (1 point)	Hit the target (max 5 points)
Defending the Player	Body covering the attacker (1 point)	Staying close to the attacker (1 point)	Both arms and hands by the side of body (1 point)	Eyes on both the ball and attacker (1 point)	Correct footwork (1 point)	Deflect or intercept the pass (max 5 points)
Hands Over Ball	Defend the Player correctly (2 points)	Step back to the attacking direction of the opposite team (1 point)	Stand at the correct distance (3 feet) (1 point)	Hands over ball (1 point)	Deflect or intercept the pass (max 5 points)	
Shooting	Catch the ball (1 point)	Correct footwork (1 point)	Hold the ball correctly (1 point)	Bend the knees and elbows (1 point)	Extend arms and legs when shooting (1 point)	Shoot in the ball successfully (max 5 points)

Badging Guideline (Average Score = Total Score/7)

Bronze Award = 5.0 – 6.6

Silver Award = 6.7 – 8.3

Gold Award = 8.4 – 10.0