



CARD
NO: 2

PASSING

SHOULDER, CHEST, BOUNCE AND LOB PASSING.

At the foundation level players should aim to throw these four passes with accuracy ensuring they have a very sound grounding for more advanced passes as their netball skills develop.

SHOULDER PASS

One Handed

- Feet should be shoulder width apart with knees slightly bent and weight on the back foot
- The ball is held with two hands and as the ball is taken back behind the shoulder ready to pass, one hand remains on the ball
- The opposite foot to the throwing arm should be forward
- Transfer the body weight from the back foot to the front foot as the player steps forward
- The ball is pushed forward, extending in sequence the shoulder, elbow, wrist and fingers
- Follow through with the hand and fingers pointing in line with the throw.



Two Handed

- Everything is the same as for the one handed shoulder pass but as the ball is taken back behind the shoulder and two hands remain on the ball.

CHEST PASS

Two hands behind the ball with thumbs and fingers in a "W" shape

- Ball held close to chest
- Elbows bent and relaxed
- Wrist and fingers direct and control the ball
- Step forward into the pass
- Weight is transferred onto the front foot
- Follow through with arms and fingers in the direction of the pass
- As the player steps forward ensure feet are in a balanced position



Link to video: <https://youtu.be/5zWbOm4DQhI>



BOUNCE PASS

- A bounce pass can be performed with one or two hands from in front or the side of the body
- Ball can be held at either waist or hip level
- Bend knees and step forward onto the front foot
- As the ball is pushed forward the hand and fingers should follow the path of the ball
- When executing the bounce pass, the ball should bounce approximately 2/3rds the distance between passer and receiver



LOB PASS

- A lob pass can be performed with one or two hands
- The ball starts at chest height and released above the head
- As the throw is executed the throwing arm or arms moves up and forward in the direction of the receiver
- The wrist and fingers direct the ball in a high arc into the space ahead of the receiver
- The highest point of the arc should be when the ball passes over the defender standing in front of the receiver



Link to video: <https://youtu.be/5zWbOm4DQhI>