

SPORT SCIENCE & MANAGEMENT
SS5106 NETBALL

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|---------------------------|---------|-----------------|---|
| Academic Year | 2024-25 | Semester | 1 |
| Course Coordinator | | | |
| Course Code | SS5106 | | |
| Course Title | Netball | | |
| Pre-requisites | - | | |
| No of AUs | 3 | | |
| Contact Hours | 39 | | |

Course Aims

Netball is one of the sport courses offered under the Sport Electives@SSM. This course aims to equip you with the knowledge and skills of Netball so that you are able to demonstrate an understanding of the rules of the game, the technique of the game and how to play the game.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. recall the fundamental rules of the game.
2. demonstrate the techniques of the game.
3. demonstrate the skills and employ the concepts of the game during gameplay.
4. apply the rules of the game during gameplay.

Course Content

The following topics will be covered:

1. Rules of the game
2. Concepts of the game
3. Techniques and skills of the game

NTU Competencies & Graduate Attributes

NTU Competencies

| | |
|-------------------|---|
| Character | √ |
| Competence | √ |
| Cognitive agility | √ |

NTU Graduate Attributes

| | |
|-------------------------|---|
| Graduate Attributes | Level (i.e., basic, intermediate, advanced) |
| 1. Adaptability | Intermediate |
| 2. Building Inclusivity | Basic |
| 3. Collaboration | Advanced |
| 4. Decision Making | Basic |
| 5. Critical Thinking | Basic |

Assessment (includes both continuous and summative assessment)

| Component | ILO Tested | Weighting | Team/ Individual | Assessment Rubrics |
|-------------------------|----------------|-----------|---------------------|--|
| 1. Practical Assessment | 1, 2, 3, and 4 | 60% | Individual | Appendix 1 (Skills) Appendix 2 (Gameplay) |
| 2. Theory Assessment | 1, 4 | 30% | Individual | Quiz |
| 3. Participation | 1, 2, 3, and 4 | 10% | Individual | Appendix 3 |
| Total | | 100% | | |

Formative Feedback

The instructor will provide verbal feedback to you on your techniques, skills and gameplay during the situational games and developmental focus tasks.

The instructor will respond to your queries during/after the presentations on the rules and concepts of the game.

Learning and Teaching Approach

| Approach | How does this approach support you in achieving the learning outcomes? |
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| Presentation | Lectures will present and explain the rules and concepts of the game to you. |
| Online Learning | Time will be given for learning from online materials as a part of flip teaching approach. These materials will support key concepts covered in lectures and practical lessons. |
| Situation Games | You will participate in situational games designed to highlight a |

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| | concept associated with the game. After each situational game, the instructor will lead a Q&A session with you to elicit the concept. |
| Developmental Focus Tasks | You will participate in developmental focus tasks to practice the techniques and skills needed to enact the concept elicited in the situational games. |

Reading and References

NIE Research and Publications

Nil

Other Readings and References

1. International Netball Federation (2020) Rules of Netball. Retrieve from <https://netball.sport/game/the-rules-of-netball>

Course Policies and Student Responsibilities

(1) General

You are expected to complete all assigned pre-class readings and activities, attend all classes – lecture and laboratory – punctually, submit all scheduled assignments and take tests by due dates. You are not allowed to swap laboratory groups without express permission from the course coordinator. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for sessions they have missed. You are expected to participate in all discussions and class activities unless there is a valid medical reason not to do so.

(2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick, supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies.

If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

(3) Absence Due to Medical or Other Reasons

If you are sick and not able to complete a test or submit an assignment, you have to submit the original Medical Certificate (or another relevant document) to the Sport Science & Management (or Home School) administration to obtain official leave. Without this, the missed assessment component will not be counted towards the final grade. There are no make-ups allowed.

(4) Attire and safety

You are strongly encouraged to wear proper sports shoes (preferably court shoes instead of running shoes that support your ankle and multi-direction change). No sandals or general going-out shoes are allowed. Wear comfortable sports apparel for lessons. Please remove

jewellery such as necklaces, earrings, rings, etc. and trim your nails. Bring a set of dry clothes to change into after the class. Bring along a water bottle for hydration purposes.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognise your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion, and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [NTU Student Academic Integrity Policy and Procedures link](#) in the Student Portal for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Special note: Generative AI tools will be allowed to the extent stipulated for each assignment in the assignment instructions, and any such use must be duly referenced or disclosed.

Course Instructors

| Instructor | Office Location | Phone | Email |
|------------|-----------------|-------|-------|
| TBA | | | |

Planned Weekly Schedule

| Week | Topic | ILO | Readings/ Activities |
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| 1 | <ul style="list-style-type: none"> • Passes and footwork • Rules – playing the ball & footwork • Street Netball | 1, 2, 3, 4 | <ul style="list-style-type: none"> • Lecture on International Netball Federation (2020) Rules of Netball. |
| 2 | <ul style="list-style-type: none"> • Landing • Obstruction and contact rule • Shooting posture – one handed vs two handed shooting | 1, 2, 3, 4 | |
| 3 | <ul style="list-style-type: none"> • Playing positions and understanding the court – offside rules | 3, 4 | |
| 4 | <ul style="list-style-type: none"> • Center pass strategies • Timing for attacking • Inside and Outside Pivot • Running into space & Dodging | 2, 3, 4 | <ul style="list-style-type: none"> • Practical |
| 5 | <ul style="list-style-type: none"> • Shooter movement in the goal circle • Blocking vs. moving • Feeding at the goal circle | 2, 3, 4 | <ul style="list-style-type: none"> • Practical |
| 6 | <ul style="list-style-type: none"> • Throw in by shooters | 2, 3, 4 | <ul style="list-style-type: none"> • Practical |

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| | <ul style="list-style-type: none"> • Throw in at attacking goal third and centre third • Throw in at defending third | | |
| 7 | <ul style="list-style-type: none"> • Defensive skills and footwork • Defending the centre pass • Defending inside the goal circle • Man to man defence – denying and channelling | 2, 3, 4 | <ul style="list-style-type: none"> • Practical |
| Recess Week | | | |
| 8 | <ul style="list-style-type: none"> • Special Situations • Full game with alternate throw-in instead of centre pass | 2, 3, 4 | <ul style="list-style-type: none"> • Practical |
| 9 | <ul style="list-style-type: none"> • Player's Position • Umpiring | 1, 2, 3, 4 | <ul style="list-style-type: none"> • Practical |
| 10 | <ul style="list-style-type: none"> • Game Practice – deploying strategies | 1, 2, 3, 4 | Practical |
| 11 | <ul style="list-style-type: none"> • Game Practice – deploying strategies | 1, 2, 3, 4 | Practical |
| 12 | <ul style="list-style-type: none"> • Theory Assessment • Skills Assessment | 1, 2, 3, 4 | |
| 13 | <ul style="list-style-type: none"> • Gameplay Assessment • Course Evaluation | 1, 2, 3, 4 | |

Appendix 1: Practical (Skills) Assessment (30%)

The total skills assessment (30%) will comprise the following 3 skills tasks:

Task 1: Shoot within 1m range. (3 points)

- Record number of shots out of 6. Each successful shot is half a point.

Task 2: Shoot beyond 1m range (3 points)

- Record number of shots out of 6. Each successful shot is half a point.

Task 3: Moving Pass and Catch with proper footwork and defending technique assessment rubric is presented below: (total 24 points)

| | 7 - 8 points | 5 - 6 points | 3 - 4 points | 1 - 2 points |
|---|---|--|--|--|
| Feeder / Thrower (Chest pass / Shoulder pass/lob pass/bounce pass) | <p>Exhibit a variety of passes <u>with accuracy and ahead of</u> receiver, <u>leading</u> the receiver to receive the ball.</p> <p><u>Use appropriate and effective</u> passes when under pressure.</p> | <p>Exhibit a <u>variety</u> of passes.</p> <p>Passes are <u>made accurately</u> to moving receiver, but the receiver sometimes has to stop and run abruptly to catch the ball.</p> <p>Able to <u>pass under pressure</u>.</p> | <p>Exhibit mainly <u>one or two</u> types of pass.</p> <p>Passes to moving receiver is slow and inaccurate.</p> <p>Thrower sometimes <u>uses inappropriate passes when under pressure</u>.</p> | <p>Did not show a variety of passes.</p> <p>Passes to moving receiver is slow and inaccurate.</p> <p>Ball is sometimes unable to reach the moving receiver or passes in the wrong direction.</p> |
| Receiver on the move (Chest pass / Shoulder pass/lob pass/bounce pass) | <p>Catch the ball, land with appropriate footwork, and pivot <u>swiftly</u> to face the direction of the throw.</p> <p>Able to bring the ball close to the body <u>swiftly</u> after catching.</p> <p>Motion of receiving and releasing the ball is smooth.</p> | <p>Catch the ball, land <u>without committing footwork offence</u>, able to pivot, but action is robotic and not smooth.</p> <p><u>Bring ball close to body</u> after catching it.</p> <p>Motion of receiving and releasing the ball is <u>smooth</u>.</p> | <p>Catch the ball, land, but <u>sometimes committing footwork offence</u>.</p> <p>Player is sometimes unsure of the landing foot, and pivoting is <u>robotic and not smooth</u>.</p> <p>Player does not bring ball close to body after receiving it.</p> | <p>Unable to catch the ball sometimes and lands, committing footwork offence frequently.</p> <p>Player is unsure which was the landing foot.</p> <p>Player is unable to catch the ball at times.</p> |
| Defending / Obstructing | Able to obstruct thrower 3-feet | Able to obstruct thrower 3-feet | Obstruct thrower with | Frequently commits |

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| | <p>away without committing any obstruction offence.</p> <p><u>Jump at the right timing to effectively intercept the ball / block the pass.</u></p> | <p>away <u>without committing any obstruction offence.</u></p> <p><u>Hands and eyes follow the ball at all times,</u> sometimes successfully blocking a pass.</p> | <p>hands up, but <u>sometimes committed obstruction offence</u> (i.e. less than 3-feet).</p> <p>Hands and eyes fail to follow the ball.</p> | <p>obstruction offence.</p> <p>Defence is passive.</p> <p>Sometimes, it's too slow or too late to raise your hands.</p> |
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Total possible points for the 3 skills tasks assessment is 30 points and will be equivalent to 30%.

Appendix 2: Practical (Gameplay) Assessment (30%)

Total possible points for Gameplay Assessment is 30 points and will be equivalent to 30%.

| Criteria | Achieved / Excel (5-6 points) | Developing (3-4 points) | Beginning (1-2 points) |
|--------------------------------------|---|--|--|
| Attacking outside goal circle | <p><u>Dodge away</u> from the defender into open space to create options for teammates to pass and receive the ball with <u>proper footwork</u>.</p> <p>Pass the ball, <u>when guarded</u>, to a teammate who is free and able to <u>direct the receiver to the ball away from the defender</u> to advance the ball towards the goal.</p> | <p>Move into open space towards the goal to <u>receive the pass with little footwork offence</u> and create options for teammates to pass.</p> <p>Pass the ball accurately to a teammate who is free.</p> <p>Ball hardly gets intercepted by the defender.</p> | <p>Does not move beyond personal space. Teammates unable to pass ball most of the time.</p> <p>Release ball quickly without considering various options like a hot potato.</p> <p>Ball is often intercepted by the defender.</p> |
| Defending outside goal circle | <p><u>Guard the attacker</u> to prevent the attacker from receiving the ball or a rebound and <u>intercept the ball when within reach</u>.</p> <p>Guard the attacker to prevent the attacker from passing to advance the ball towards the goal. <u>Regain possession of the ball to set up a counter-attack</u>.</p> | <p><u>Follow the attacker</u> to attempt to prevent the attacker from receiving the ball.</p> <p>Guard the attacker to prevent the attacker from having a clear line to pass <u>without committing much obstruction offence</u>.</p> | <p>Did not attempt to defend attacker.</p> <p>Frequently commit obstruction/contact offence.</p> |
| Attacking within goal circle | <p><u>Apply effective strategies in the goal circle to get the ball</u> in the best position and, shoot when within range and ability, and <u>follow through to rebound the ball</u>. Able to read and work with another shooter.</p> | <p><u>Apply strategies</u> in the goal circle to get the ball in the <u>best position</u> and shoot when within range.</p> <p>Sometimes clashes with the other shooter.</p> | <p>Shoot whenever ball is caught. Did not attempt to move/catch ball closer to goalpost.</p> <p>Did not go for rebound ball after shooting.</p> |

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| <p>Defending inside the circle</p> | <p>Guard the attacker to prevent the attacker from receiving the ball <u>or a rebound</u> and intercept the ball when within reach.</p> <p>Attempts to deploy some area/zone defence.</p> <p><u>Regain possession of the ball to set up a counter-attack.</u></p> | <p>Guard the attacker to prevent the attacker from having a clear line to shoot without committing much obstruction offence.</p> <p>Deploys only man-to-man marking with no clear evidence or any strategic intent.</p> | <p>Did not attempt to defend attacker.</p> <p>Frequently commit obstruction/contact offence.</p> |
| <p>Understanding Areas of Play / Role of Player</p> | <p>Understand and play all the different positions with <u>high ability and contribution</u> to the team.</p> | <p>Does not commit offside offence.</p> <p>Contributes to the team most of the time.</p> | <p>Frequently commit offside offence.</p> <p>Little contribution to the team.</p> |

Appendix 3: Participation (10%)

| Criterion | 8-10 | 6-7 | 3-5 | 0-2 |
|--|--|--|--|---|
| Pre-class readings and/or participation in activities during class | Completes all the required readings & online activities and/or actively participates in all activities during class. | Completes most of the required readings & online activities and/or actively participates in most of the activities during class. | Completes some of the required readings & online activities and/or actively participates in some of the activities during class. | Does not complete the required readings & online activities and/or does not participate in activities during class. |