

WHAT IS NETBALL? GET INVOLVED

WHY PLAY NETBALL?



Netball is the
number one sport
for women and
girls in Australia



Anyone
can play



Sport makes
children better
at school



It's fun!

WHAT ARE THE BENEFITS OF PLAYING NETBALL?



TEAM WORK

Play together,
work together



CONFIDENCE

Believe in yourself



SOCIALIZE

Make new friends



HEALTH

Keeps you fit
and healthy

WHAT DO YOU NEED TO PLAY NETBALL?



RUNNERS

and comfortable
clothing for exercise

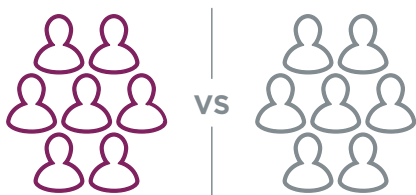


ENTHUSIASM

WHERE CAN YOU PLAY NETBALL?

For more information contact
community@netballq.org.au
or visit play.netball.com.au

WHAT IS NETBALL?



Netball is a ball sport played by 2 teams of 7 players



A goal scored is worth 1 point



Players all have different positions and are restricted to specific areas on the court



A player with the ball can hold it up to 3 seconds before passing to another player



No contact - stand 3 feet apart from opponent



Players can not run when in possession of the ball

