



FOOTWORK

RULE REFERENCE

9.6

RELATED SANCTION AND ACTION

Free Pass

ACTIVITY OBJECTIVE

To provide umpires with the opportunity to recognise a player's landed foot in relation to when the ball is caught and recognise any infringements of the **Footwork** rule.

AREA REQUIRED

Your choice of indoor or outdoor playing area.

EQUIPMENT REQUIRED

1 x Rule Book per umpire

1 x Stopwatch

1 x Whistle per umpire

1 x Set of bibs/patches

10-15 MINUTES DURATION

WHAT TO DO

- Divide the group into two teams and select two extras as the 'umpires'.
- Place patches/bibs on half the group - the attackers.
- Using one quarter of the Court, the attackers attempt to make as many passes as possible within two minutes.
- The defenders (non-patches/bibs) attempt to stop the attackers by intercepting the ball.
- Each time the ball is intercepted, dropped or one of the players steps, the count starts again.
- Normal netball rules apply (for example, Obstruction, Contact, Held Ball, Footwork).
- Each umpire selects a Sideline to stand on.
- While the game is in play, umpires are to call out 'left', 'right' or 'both' each time a player catches the ball, to indicate which foot/feet they landed on.
- If the umpires see a player step, they are to blow their whistle, call 'footwork' and use the correct hand signal. The count starts again.
- When the two minutes are up, indicate to one of the umpires, who will blow their whistle to indicate the end of the game.
- Swap umpires and play again, this time making the non-patches/bibs team the attackers.
- Use the **Ask the Umpires** questions to promote further discussion and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.
- Always finish each training session with the **Quick Quiz** section.

UMPIRE COACHING TIPS

- A player in possession of the ball may not drag or slide the landing foot; hop on either foot; or jump from both feet and land on both feet unless the ball has been released before landing.
- The Sanction for Footwork is a Free Pass to the opposing team where the infringement occurred.
- Learn to view the whole player, not just the hands or feet.
- Recognise the moment of gaining possession.
- Recognise the landed foot.
- Be aware of the time from gaining possession of the ball to the moment of release.

ASK THE UMPIRES

- To penalise a player for Footwork, what needs to have happened?
- What is the Sanction for a Footwork Infringement?
- Where is the Sanction awarded?
- What is the hand signal for Footwork?
- Do any players need to stand out of play?



Refer to the instructions within the Starter Guide

1. May a player who has received the ball with the left foot on the ground, step with the right foot, lift the left foot and throw before this foot is reground?
A. Yes
2. May a player who has received the ball with the left foot on the ground, step with the right foot any number of times, pivoting on the left foot, then lift and re-ground the left foot before throwing?
A. No
3. May a player who jumps to catch the ball and lands on the left foot, jump from the left foot on to the right foot before throwing?
A. Yes
4. May a player who has received the ball with both feet grounded, step with the right foot any number of times, pivoting on the left foot, then lift and re-ground the left foot before throwing?
A. No
5. May a player who jumps to catch the ball and lands simultaneously on both feet, jump from both feet and land on the left foot before throwing?
A. Yes
6. May a player who has received the ball with both feet grounded, step with the right foot, then jump and throw before re-grounding either foot?
A. Yes
7. May a player in possession of the ball:
 - Drag the landing foot?*
A. No
 - Slide the landing foot?*
A. No
 - Hop on either foot?*
A. No
 - Jump from both feet and land on both feet before the ball is released?*
A. No