

# 12/12 NETBALL

## CONFIDENCE

Be confident. The more you show your confidence the more people will think you're good. Be loud, hold your ground.

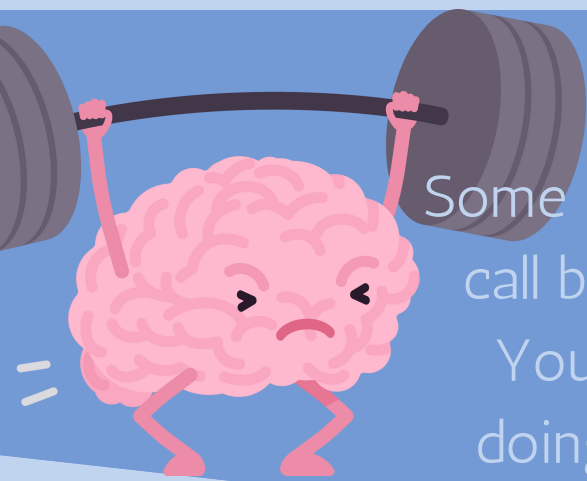


## DISCIPLINE

Sometimes to get really good you might need to have discipline once in awhile. It exercises you and makes your mind run. Sometimes if your coaches discipline you it'll make you try harder.

## EXERCISE

In most positions in netball you've got to do a lot of running around. Most positions spend half their time running up and down the court.



## MEMORY

Some teams do sets. They're thing that you call by codenames so no one knows them. You use them so yous know what youre doing but the opposite team doesnt. They help to get the ball.

## OBSERVING

Make sure to observe the court. Only run if your team will need you. It'll save time and energy. It will also make sure that you're not all in the same place all at once.

