

# SKILLS IN THE SPOTLIGHT

Identify one injury that could occur when performing a header

Identify one symptom of asthma that may appear during fast passing drills

Explain a part of a warm-up that prepares the shoulder muscles

Explain how strength training can reduce the risk of shoulder injuries

Explain how an asthma attack should be managed during a netball session

Describe one correct technique used in a shoulder pass to reduce injury risk



Netball -  
Shoulder Pass

# SKILLS IN THE SPOTLIGHT

Shoulder strain

Wheezing

Dynamic arm circles - gently increase blood flow and loosen the shoulder muscles

Stronger muscles support the joint during passing

Stop activity and use reliever inhaler

Keeping the elbow raised and aligned with the shoulder



Netball -  
Shoulder Pass